

# Setting Sacred Intentions for the New Year

\*What do you want to work on in the new year?

\*Why do you want to work on that? *(Keep asking 'why' to each answer until you get to the root of what you need from this shift)*

\*State your sacred intention mantra for the new year *(example, 'I let go of things I cannot control', 'I am abundance', 'I honor my body')*

\*What are perceived obstacles that stand in your way? *(thoughts, circumstances, habits, etc.)*

\*What are all the positive things that can come out of setting this sacred intention for yourself and changing your mindset?

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\*Take the negative list and burn or bury in the earth. If you burn place ashes outside in the dirt or a bush Let the nature mulch the old energy to be renewed into new positive energy.

\*Take the positive list, and plant in the soil of a new house plant. Tend to it, water it, plant the seeds of your new sacred intention and watch it grow.