

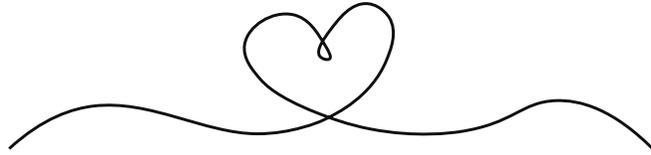
Supporting Me in 2023

JOURNAL



You are so welcome to this Journal where you can take time out to focus on all that you can do to support yourself in 2023, which will allow you create your desires and make the changes you have wanted year after year. Let this be the year that you do that. Let this be the year that the positive changes happen and that you have a year of self-focus, self-love and self-care.

We all want changes when the new year begins and can often feel motivated to do so and sometimes we can even feel pressure to do so. Our new year can begin at any time and on any day so don't worry when you begin and remember, this is not a race to achieve everything quickly, this is a time of reflection and getting closer to who you know you are and the life you feel you are meant to be living.



Before you begin writing in your journal it would be a lovely idea to close your eyes for a few moments to center yourself. Place your hands on your heart and just breathe in and out until you feel your body and mind are beginning to let go and relax.

Create a quiet, cosy space for yourself. You may wish to light a candle, pour a herbal tea or water, play gentle music or burn essential oils ~ whatever helps you make this time sacred to you is perfect.

Think back over 2022, or even over the past few years. What do you feel has improved in your life in this time? Think of everything, from the smallest to the biggest.

How did you make these improvements? What steps did you take to make these happen?

What things have you wished would improve but they just don't seem to be changing or progressing in any way?

What support do you think you would need to make these things change or improve?

How do you speak to yourself daily?

How do you speak about yourself to others?

How would you like to speak to yourself and about yourself?

How much pressure did you put yourself under in 2022?

Why did you feel you needed to do this?

Did it help you in your life or did it hinder you?

What do you want to feel in 2023?

How do you want to be in 2023?

What do you want to experience in 2023?

What do you want to change in 2023?

What do you want to create in 2023?

Why do you want these things in 2023?

What is going to be different in 2023 to make these things happen?

What mindset changes will you have?

What steps will you take?

What parts of your life are you willing to let go of?

What beliefs are you willing to change or release?

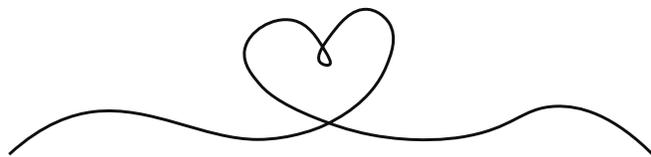
How will you support yourself in 2023 differently?

You are so capable, so talented and unique...we all are...there is only one of us. Life can be up and down, very difficult and stressful, painful, joyful, happy and every other feeling in between...but it doesn't have to stay the same.

You can make your life different in 2023...you can start any day and at any time; even now!

Take a moment to offer this commitment to yourself now.

On this day the _____ day of _____ 202 , I _____ , commit to supporting myself more this year, to minding my health and wellbeing, to listen to myself more, to trust my gut/intuition and most of all to live intentionally.



IT'S TIME FOR ME ©