

Consciously Create
your 2024



Embark on your most mindful year yet

Consciously creating is the intentional and mindful act of shaping, designing, or bringing something into existence with full awareness, purpose, and consideration.

It involves self-awareness, reflection, and a deliberate effort to shape your experiences and environment in a purposeful way.

This guided journal is going to help you become aware of what you really want from your year ahead so that you can consciously take steps to create it.

To enhance your self-awareness, better understand your choices, and assess how you currently live within your day, you can use my "Reflect on your Day." Journal prompts.

Journaling doesn't have to be sit down, writing. I love to use prompts as thinking topics. I take a walk with them in my mind. You could audio record your answers or use an app transcribe them for you. Whatever works for you is the best way to do it.

Doing the exploration is the goal & reward.

What can a question possibly do?

I have thought about this many times over the years as "journaling" became the thing to do.

I don't journal.

I do braindump if my anxiety has taken me over and I want to navigate out of that headspace.

I record snippets of audio if I am in the car and have an epiphany moment.

I record videos if I feel I have something to say that is worth sharing.

But most of my life, in the privacy of my own head, I have asked myself questions daily.

QUESTIONS THAT I DESIRE TO KNOW THE ANSWER TO.

And what that has brought to me over the decades is self-awareness, understanding, empowerment, and freedom. Because knowledge of yourself, how you live, and why you live that way, allows you to live more consciously or make conscious change.

AND THAT HAS MADE ALL THE DIFFERENCE

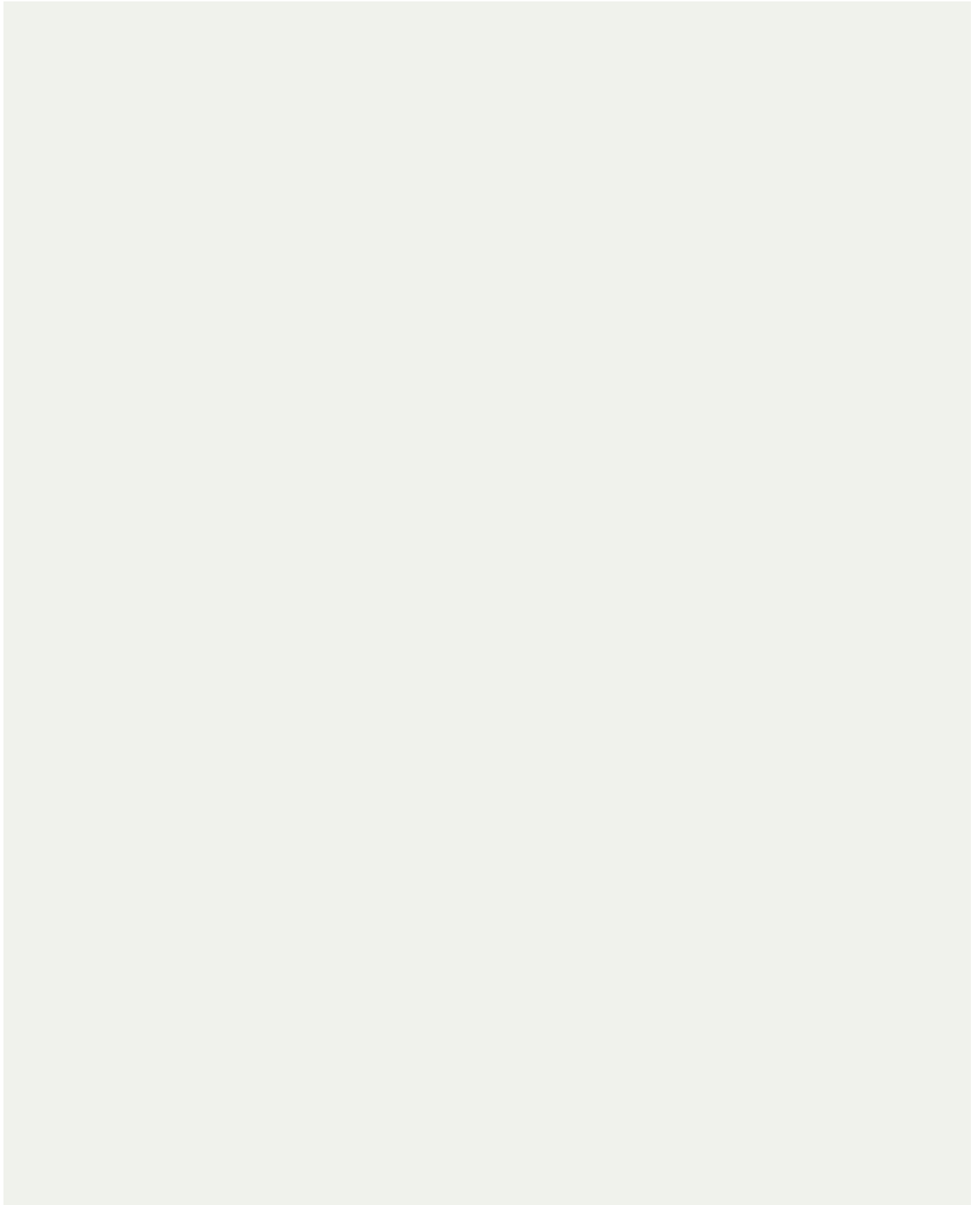
It's made it easier to just be me in this world. To ignore the "shoulds" and carve out a life that matters and makes sense to me. And so this year, I will be sharing more thought provoking questions with my mailing list community, so little by little, those who want to, can get to know themselves better in a gently, slow and sustainable pace.

Read /listen /watch how i plan to shape myself and refine my life more in 2024, through MICRO-CHANGE.

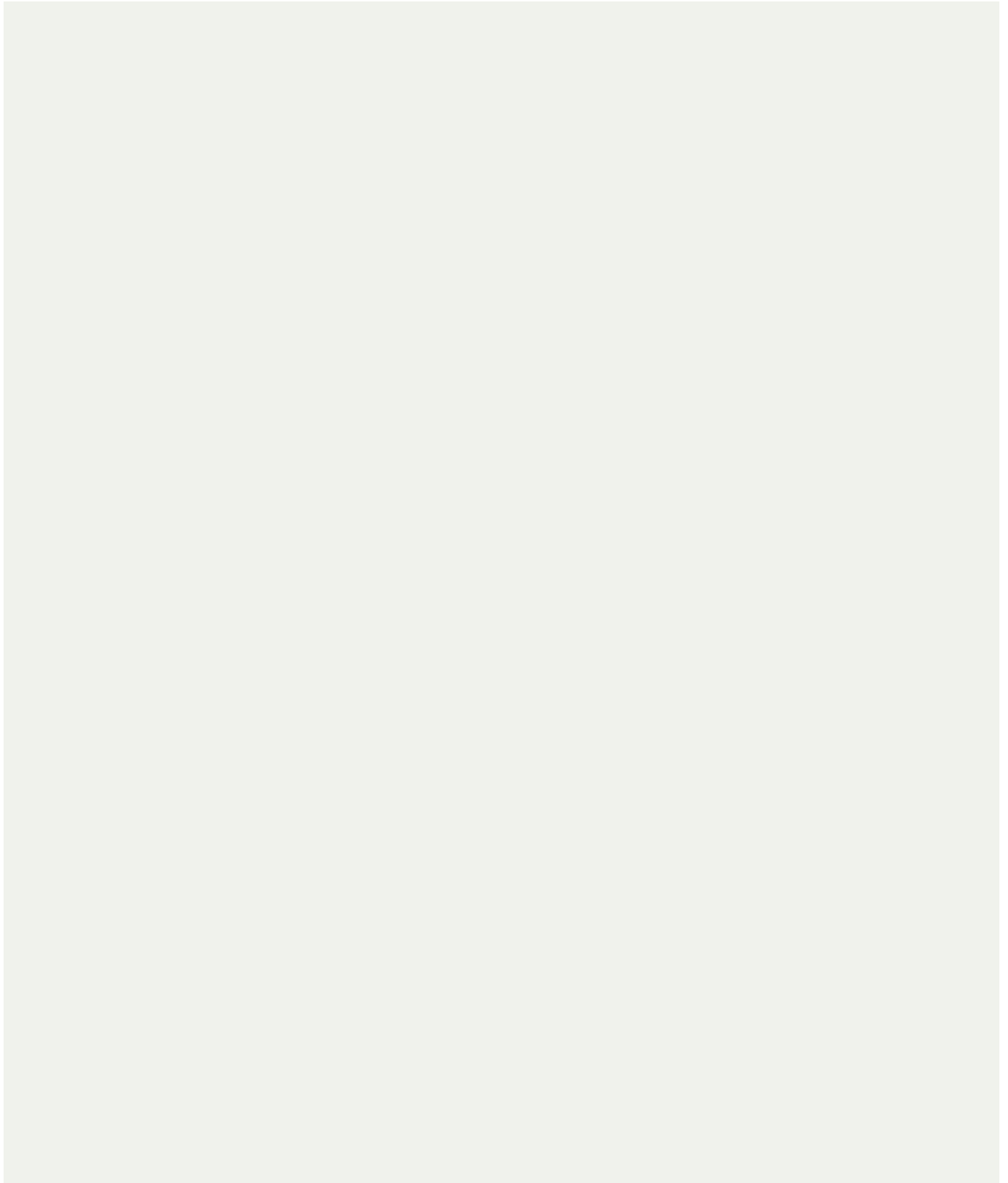
**Let's dive into creating your year
of heightened awareness &
conscious living**

Here is a printable pages with all the prompts

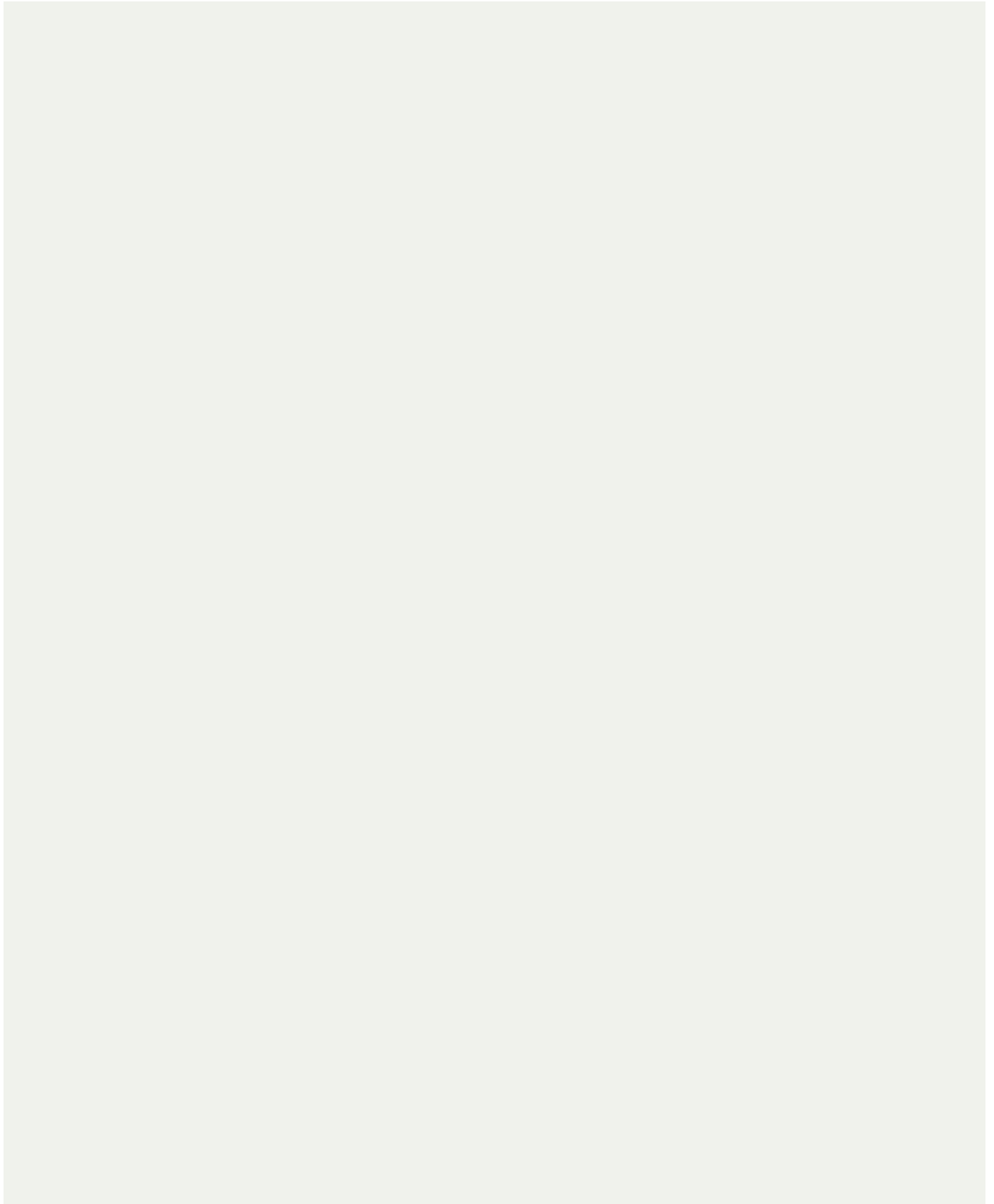
How was 2023?



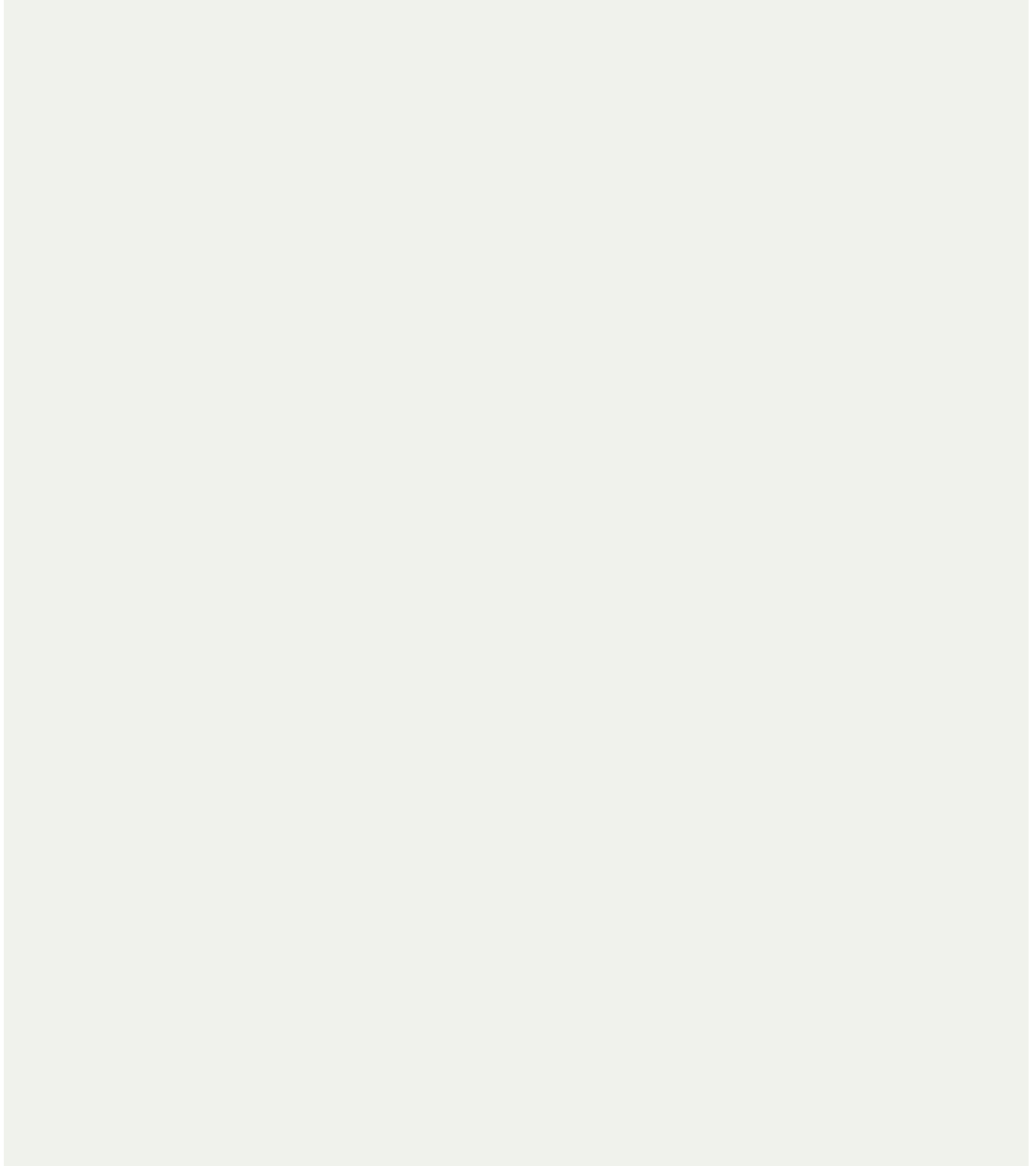
What do you want to stay the same as you move into 2024?



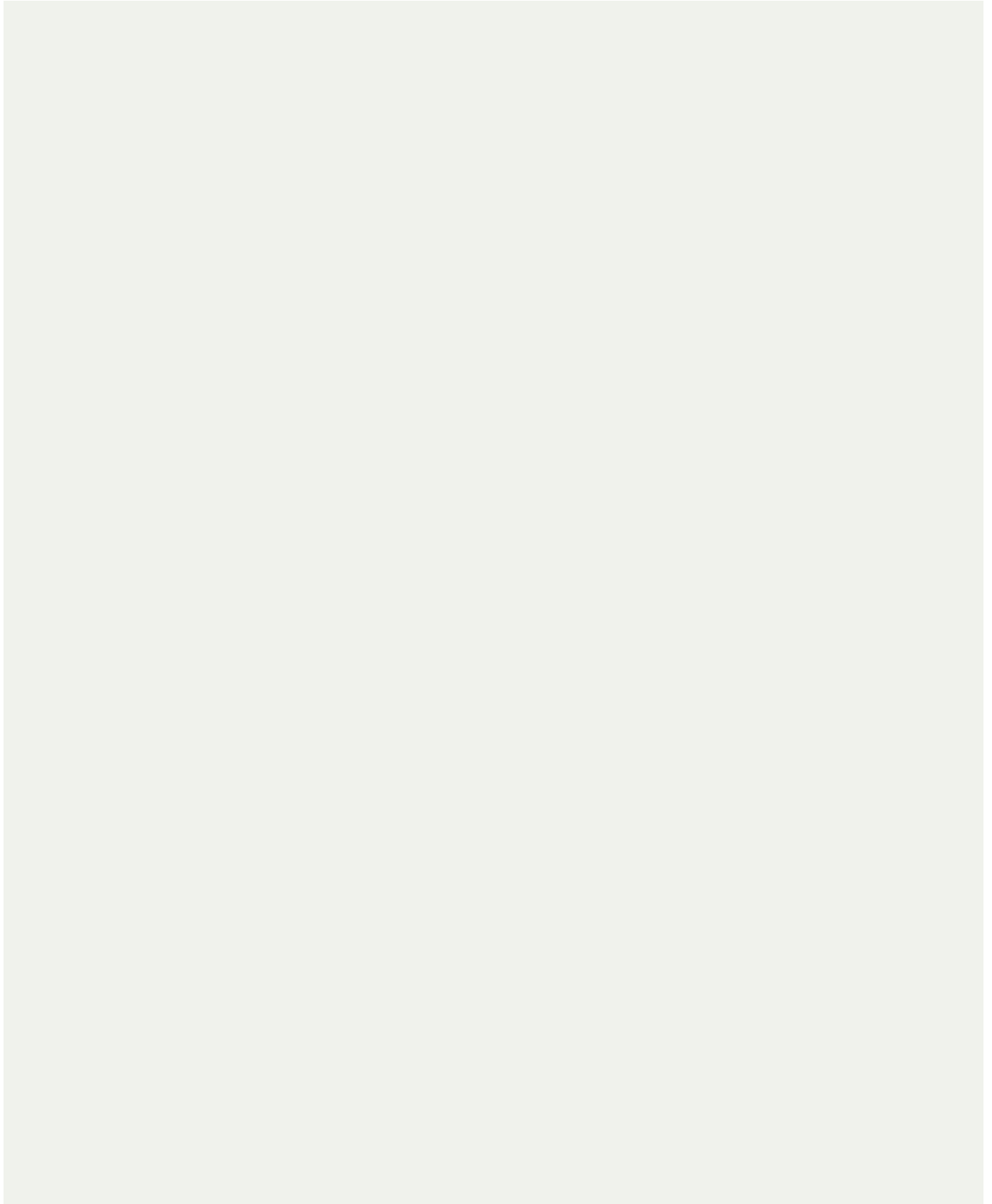
What do you want to see change this year?



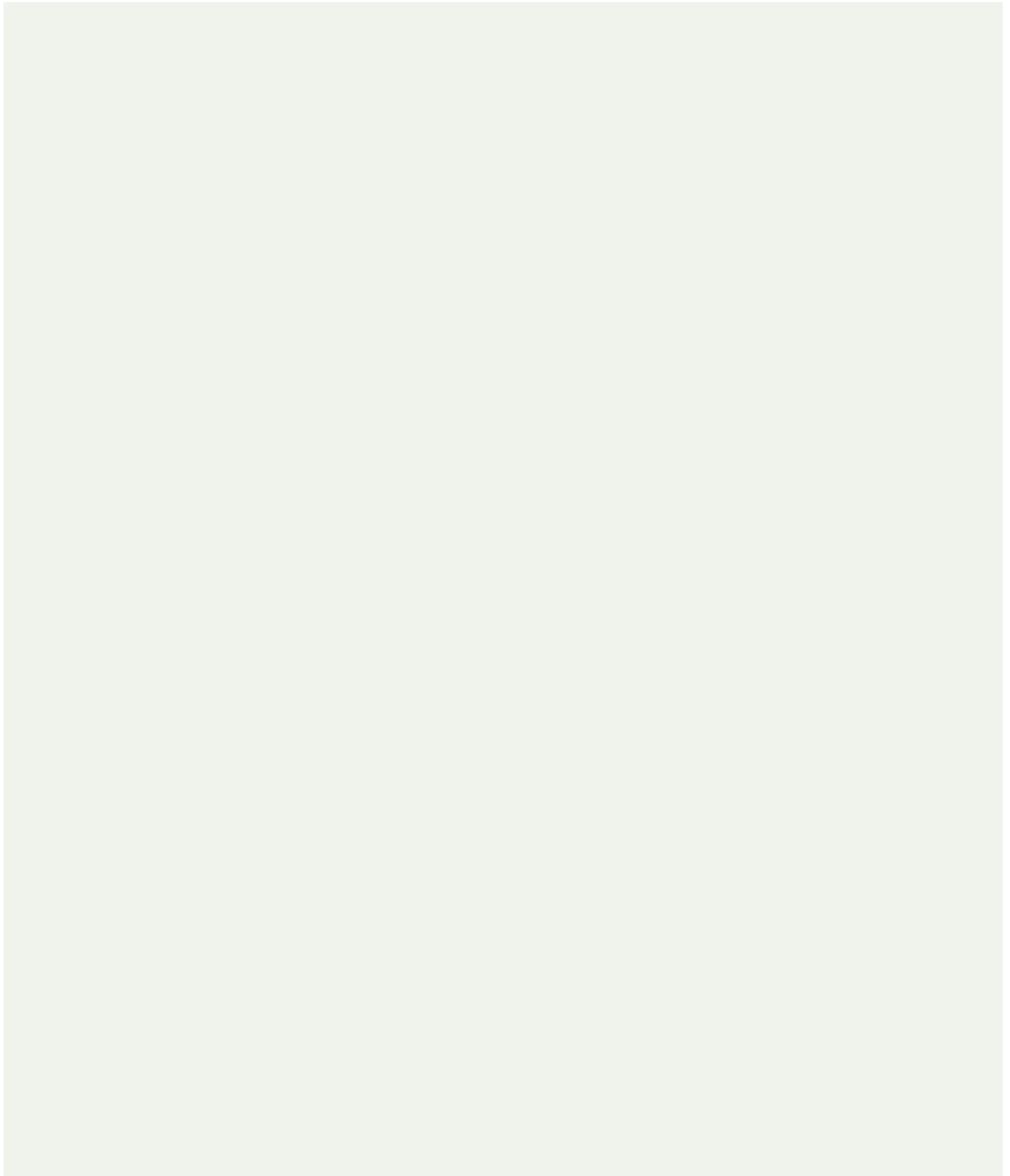
What do you want to change but are afraid to? What makes you afraid? What small action can you take to step into testing the possibility of this desired change?



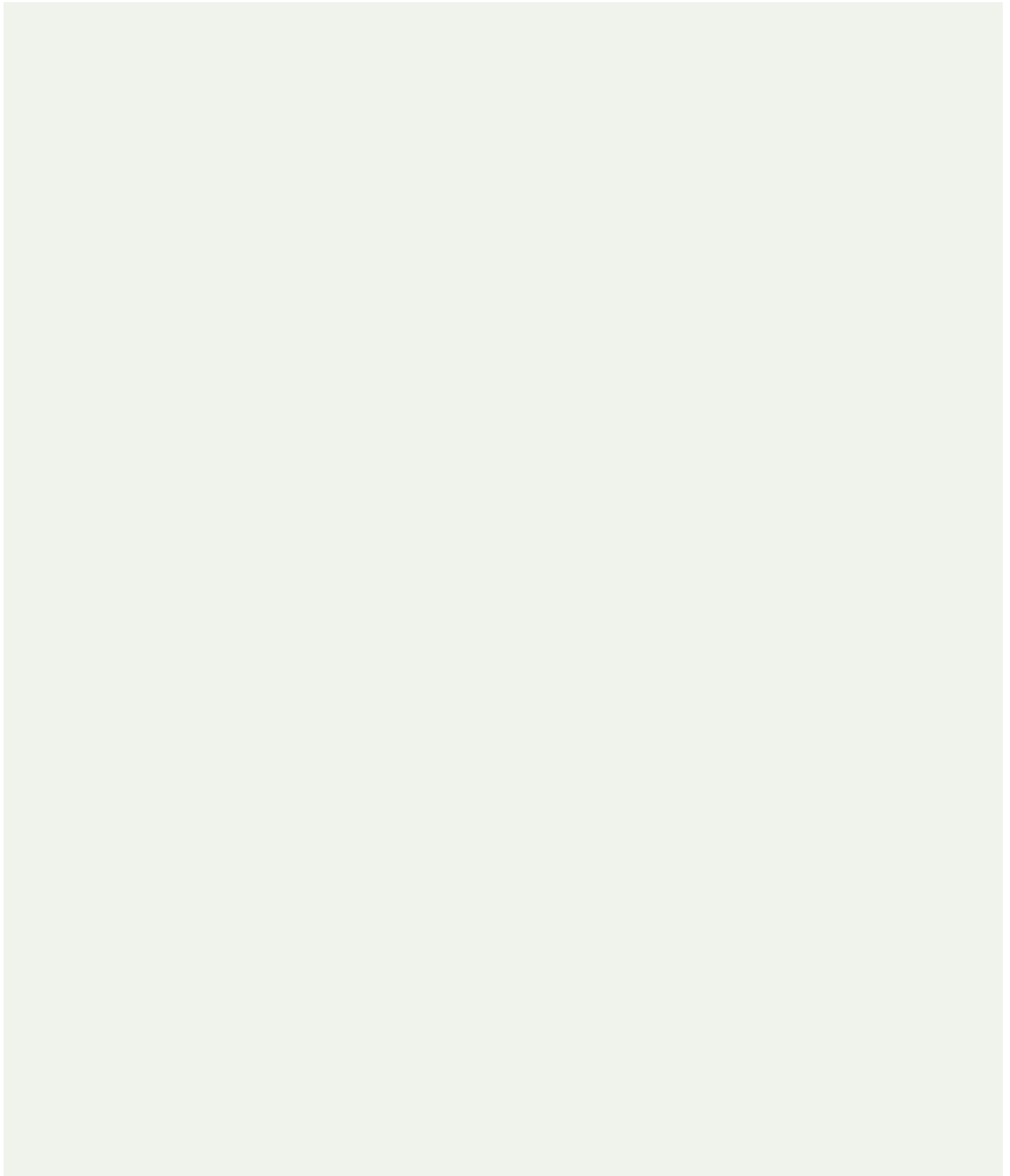
What would make 2024 a more supportive year?



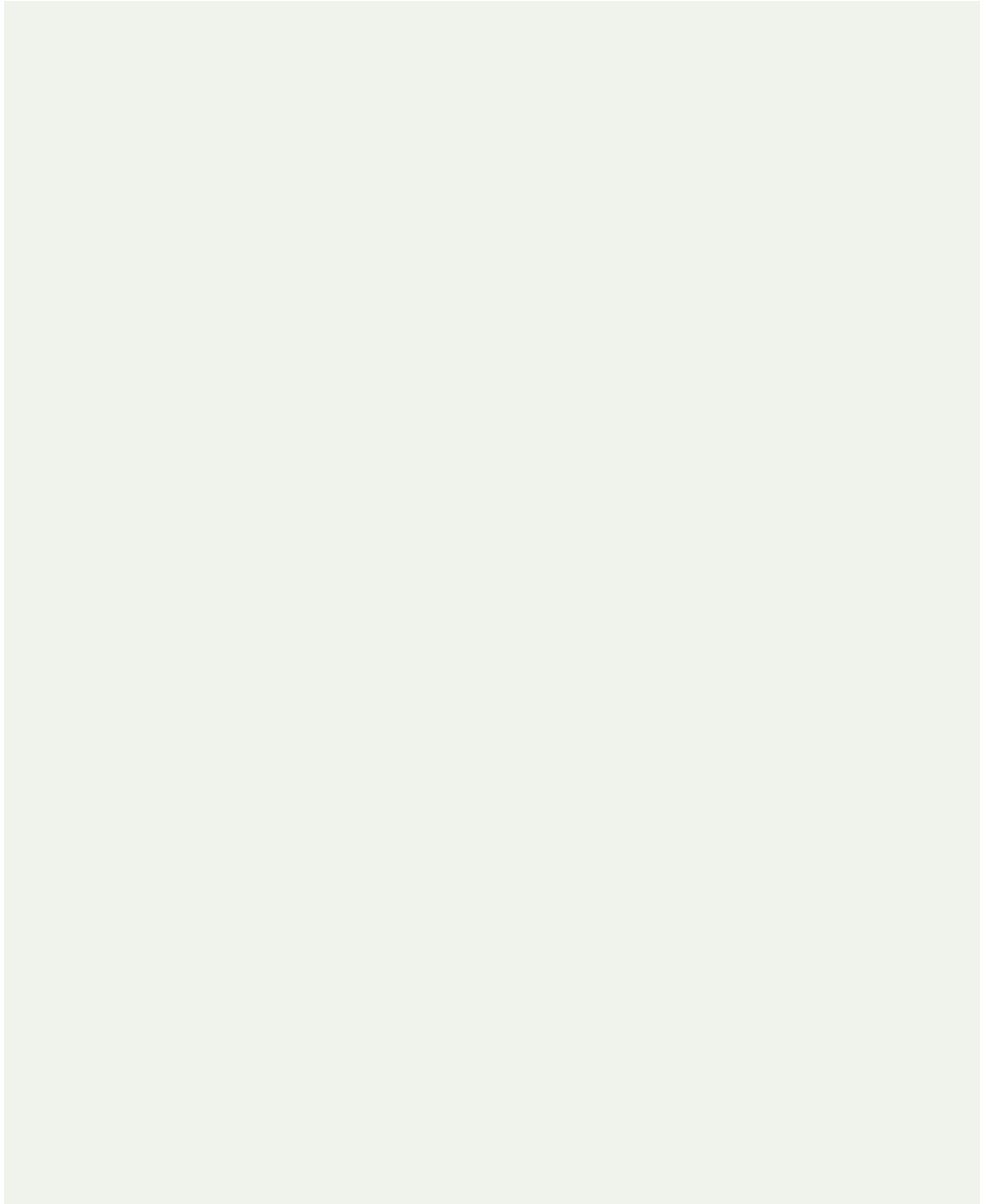
What would bring more joy to you, generate more excitement and happiness in having another year of life?



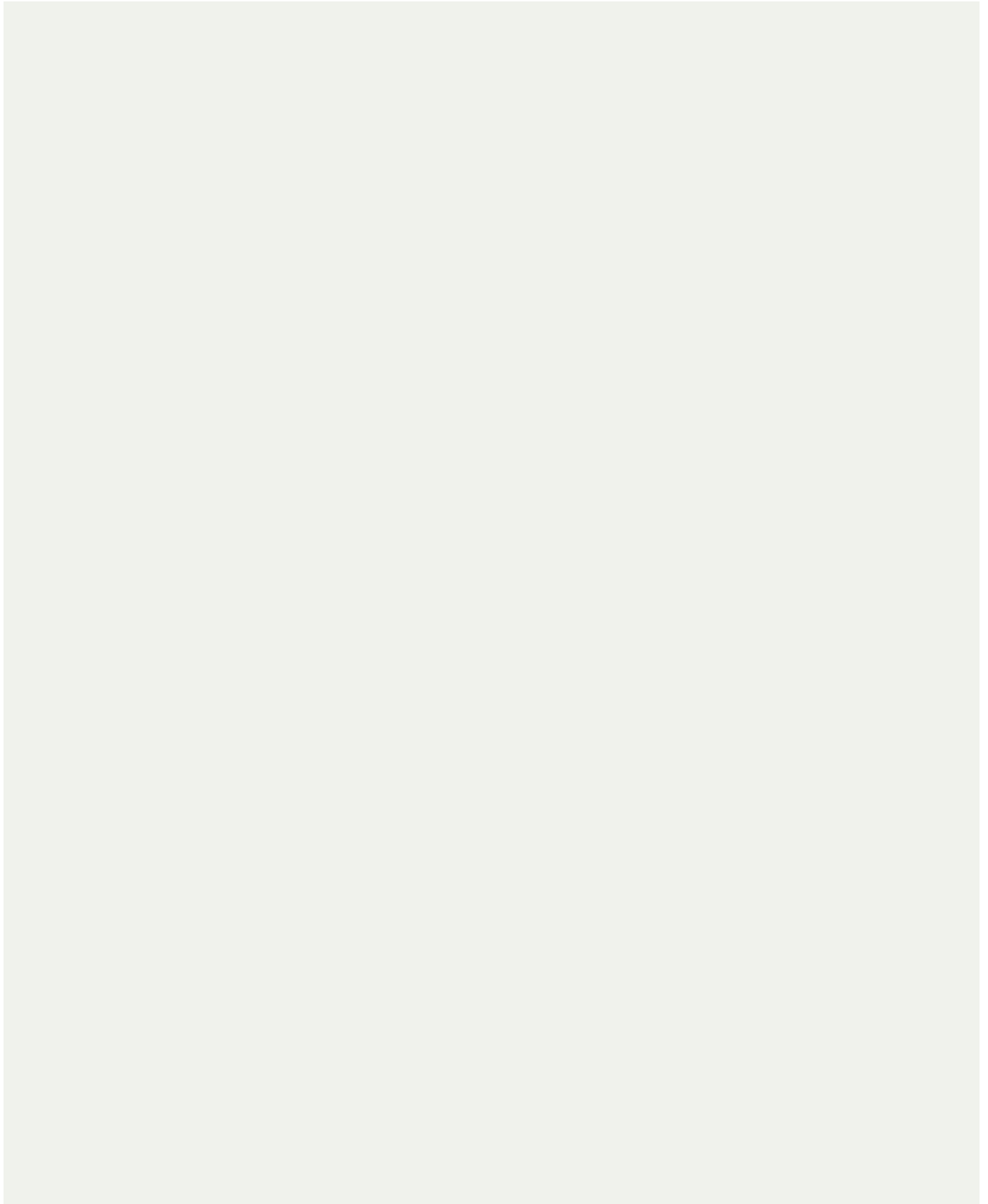
What do you need to do to make 2024 an easier year for your physical health and mental health?



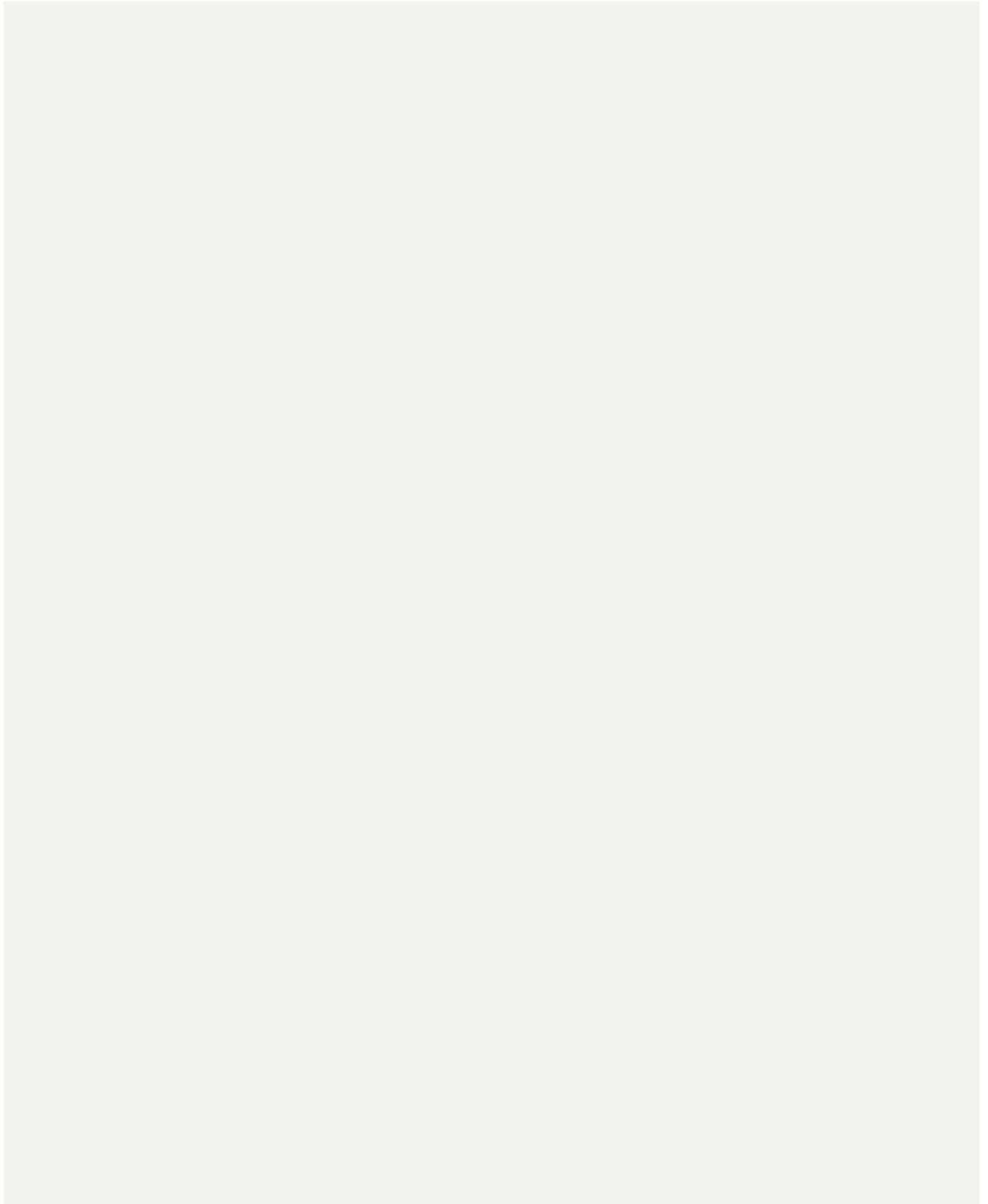
Are there habits you would like to break?



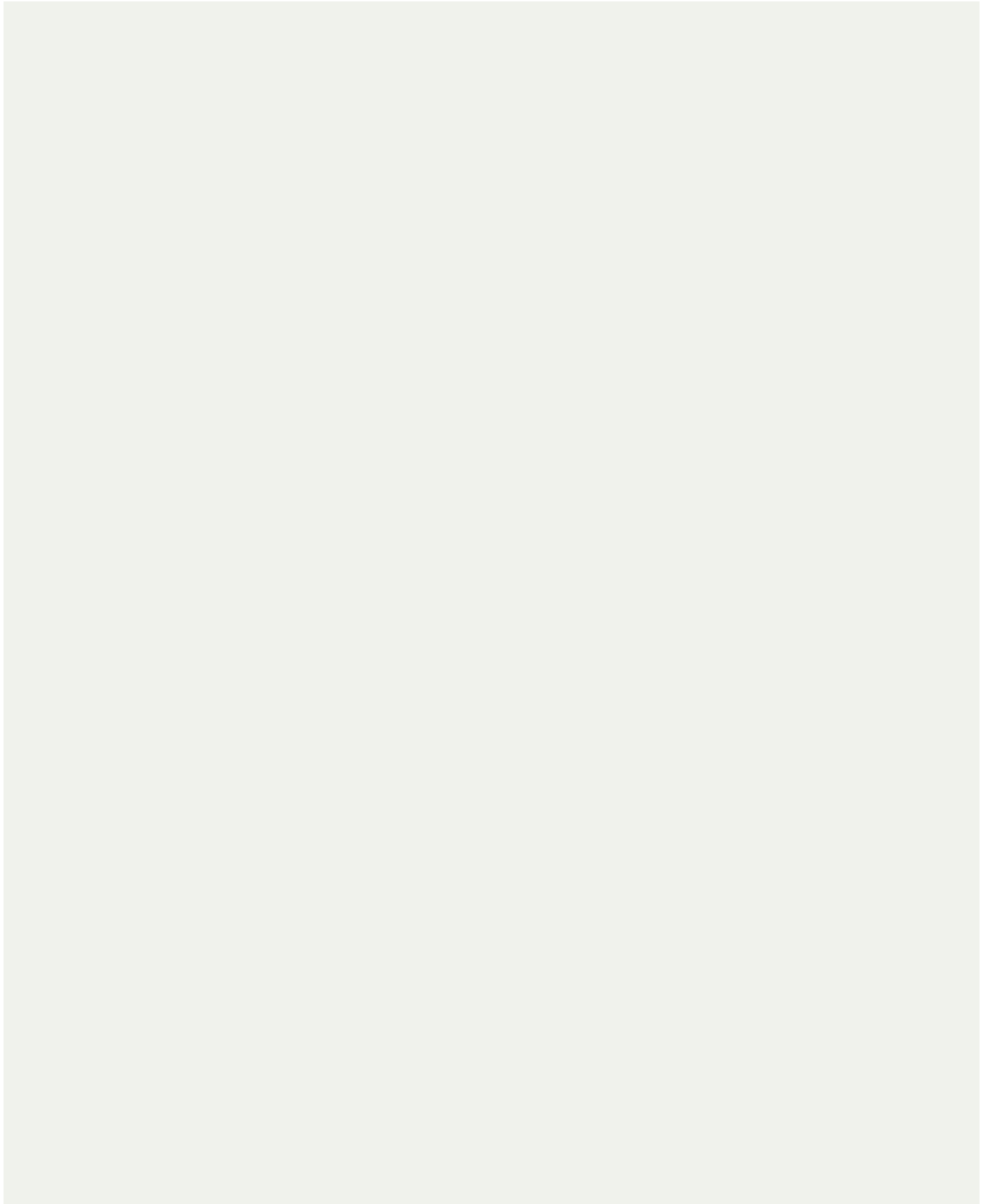
What habits you would like to create?



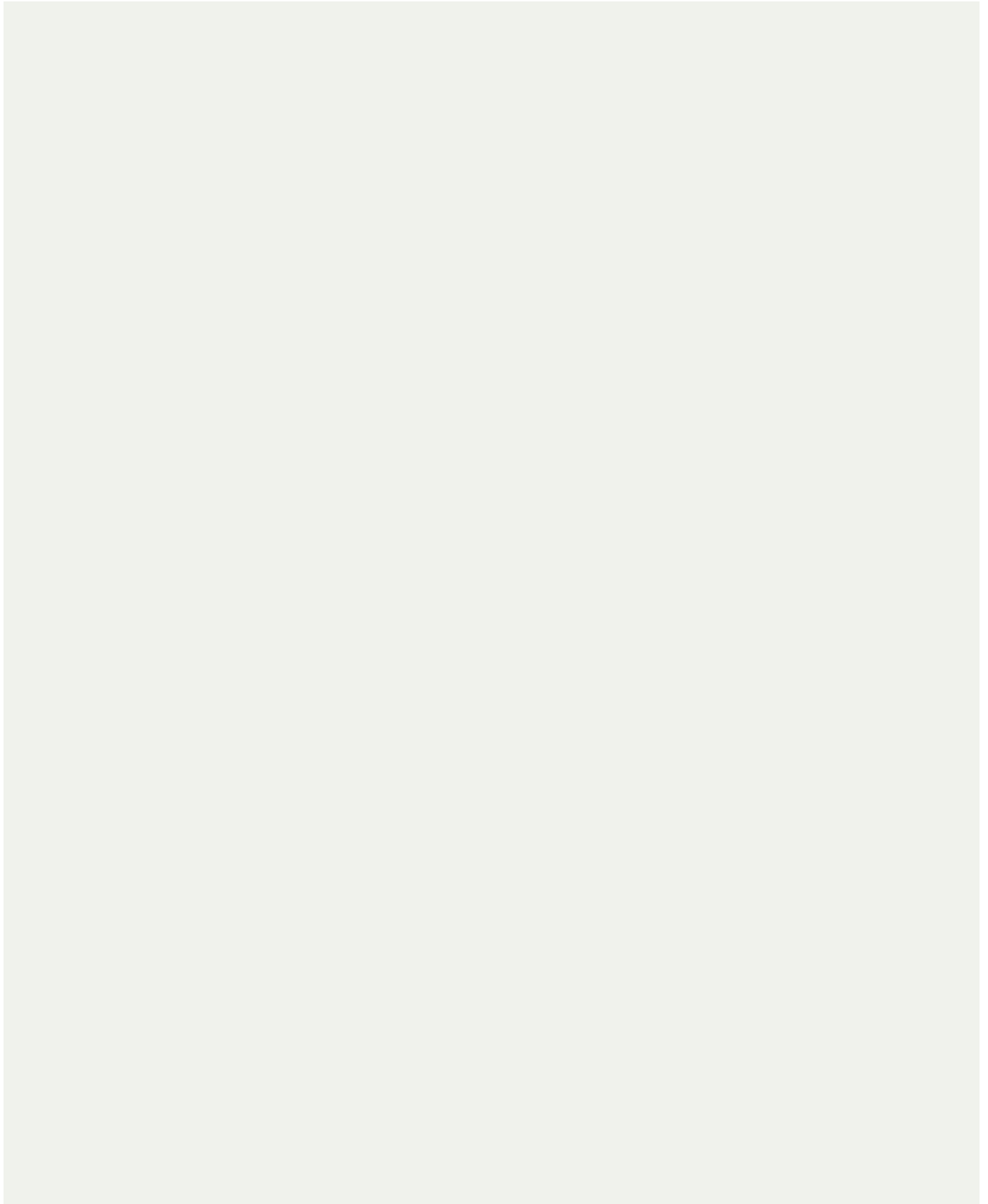
What new experiences would you like to have this year?



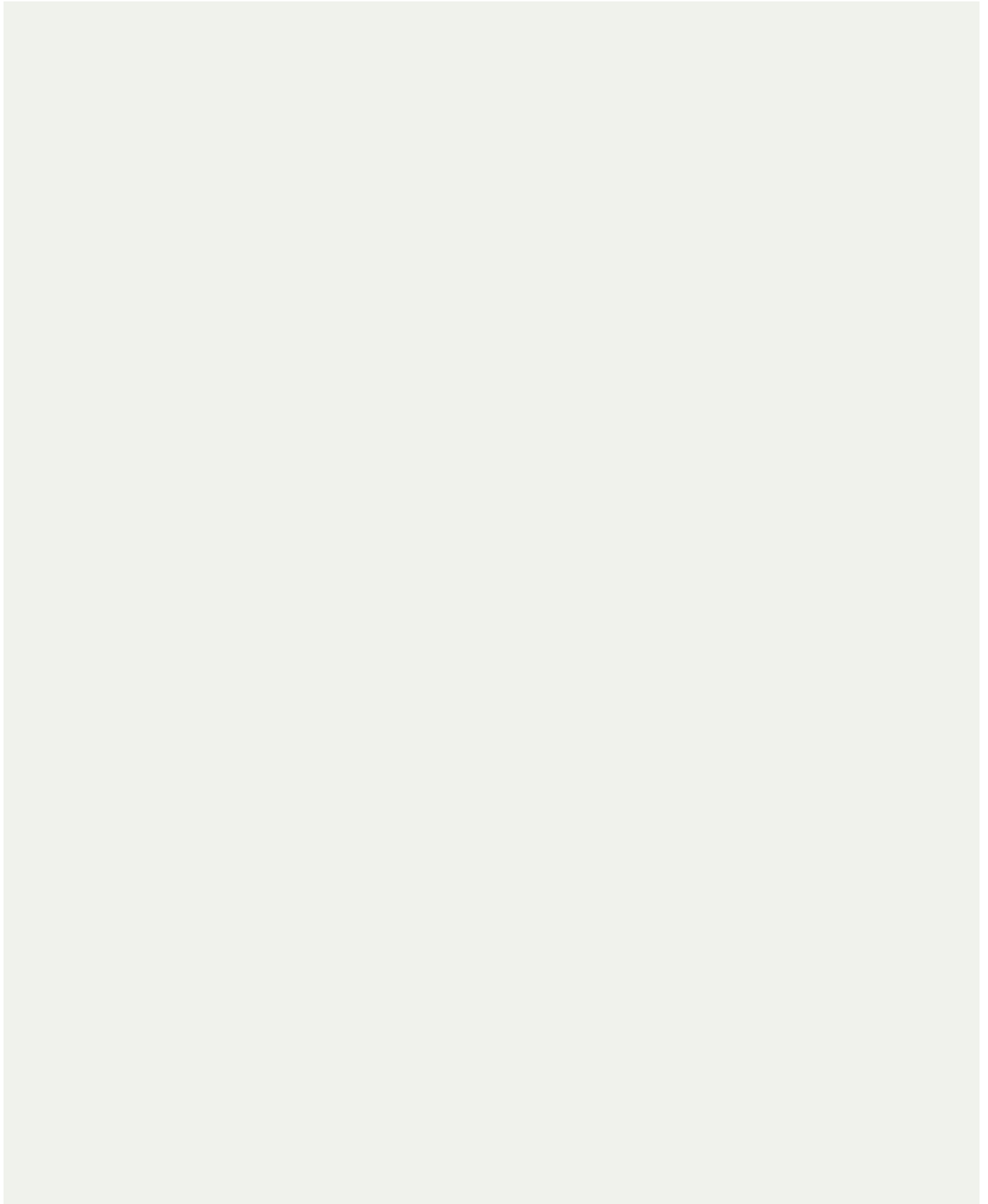
What places would you like to see?



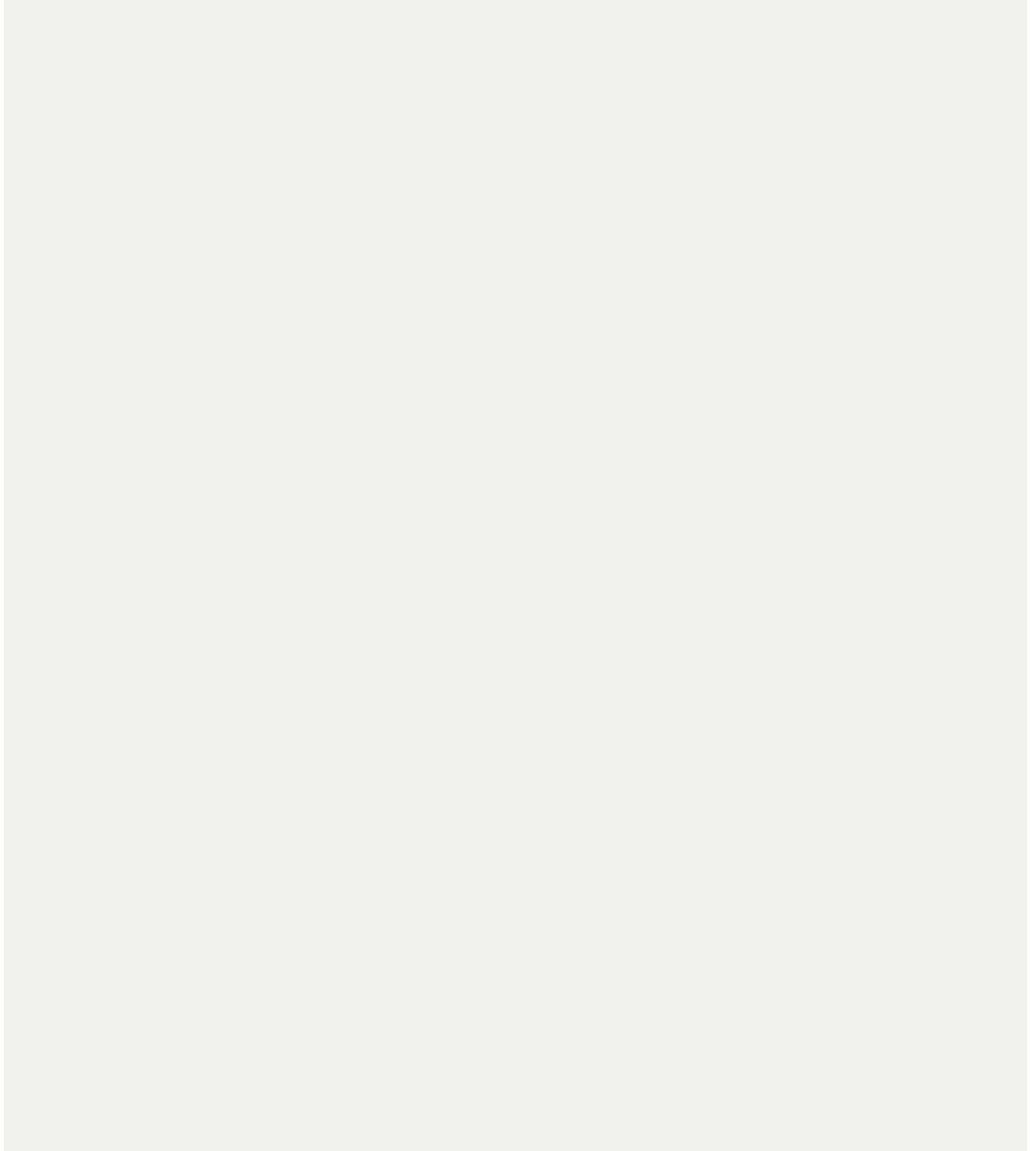
What new things would you like to try?



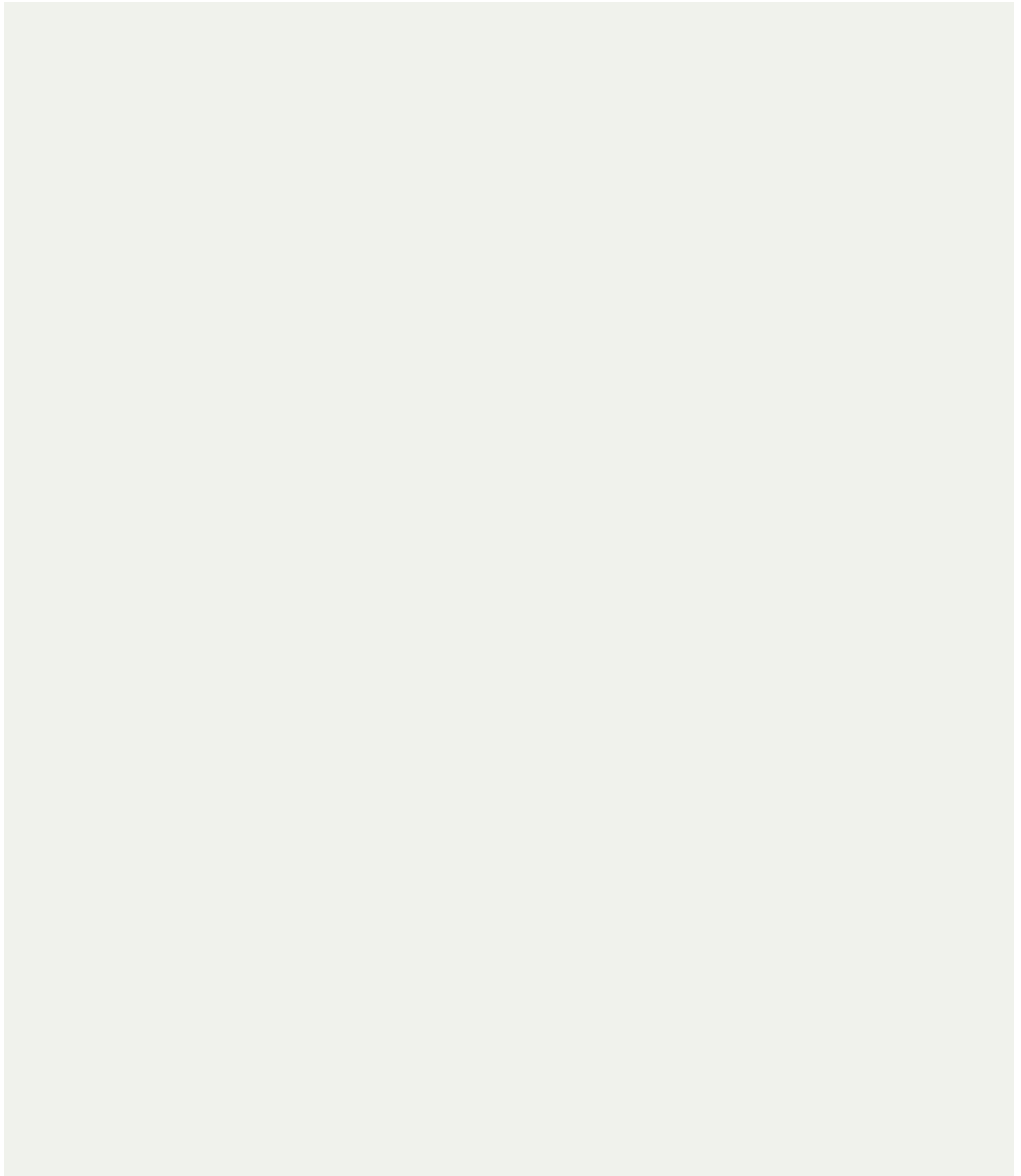
What would you like to make time for more of?



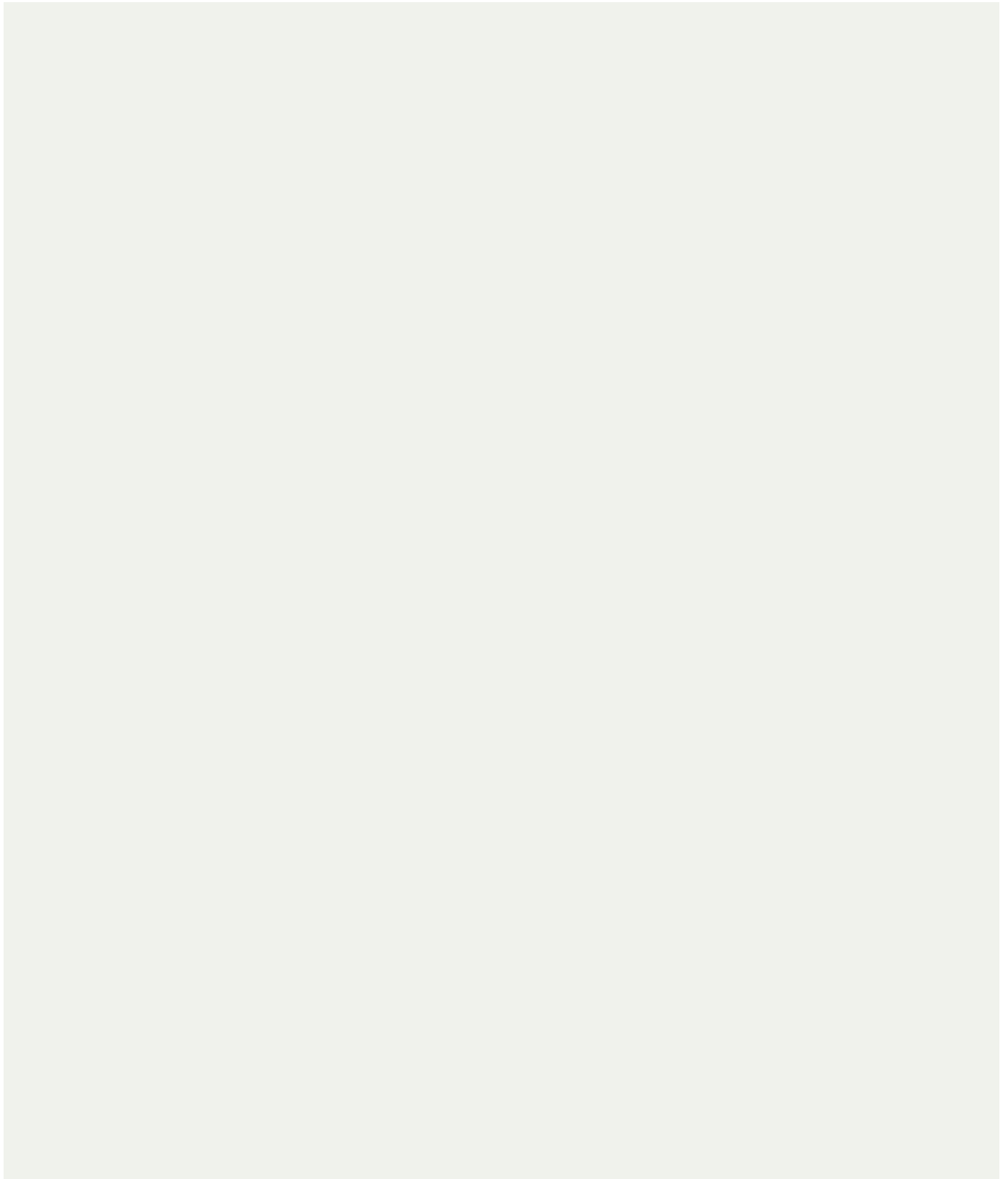
Evaluate your digital habits. What changes can you make to create a healthier relationship with technology and the time you give to it?



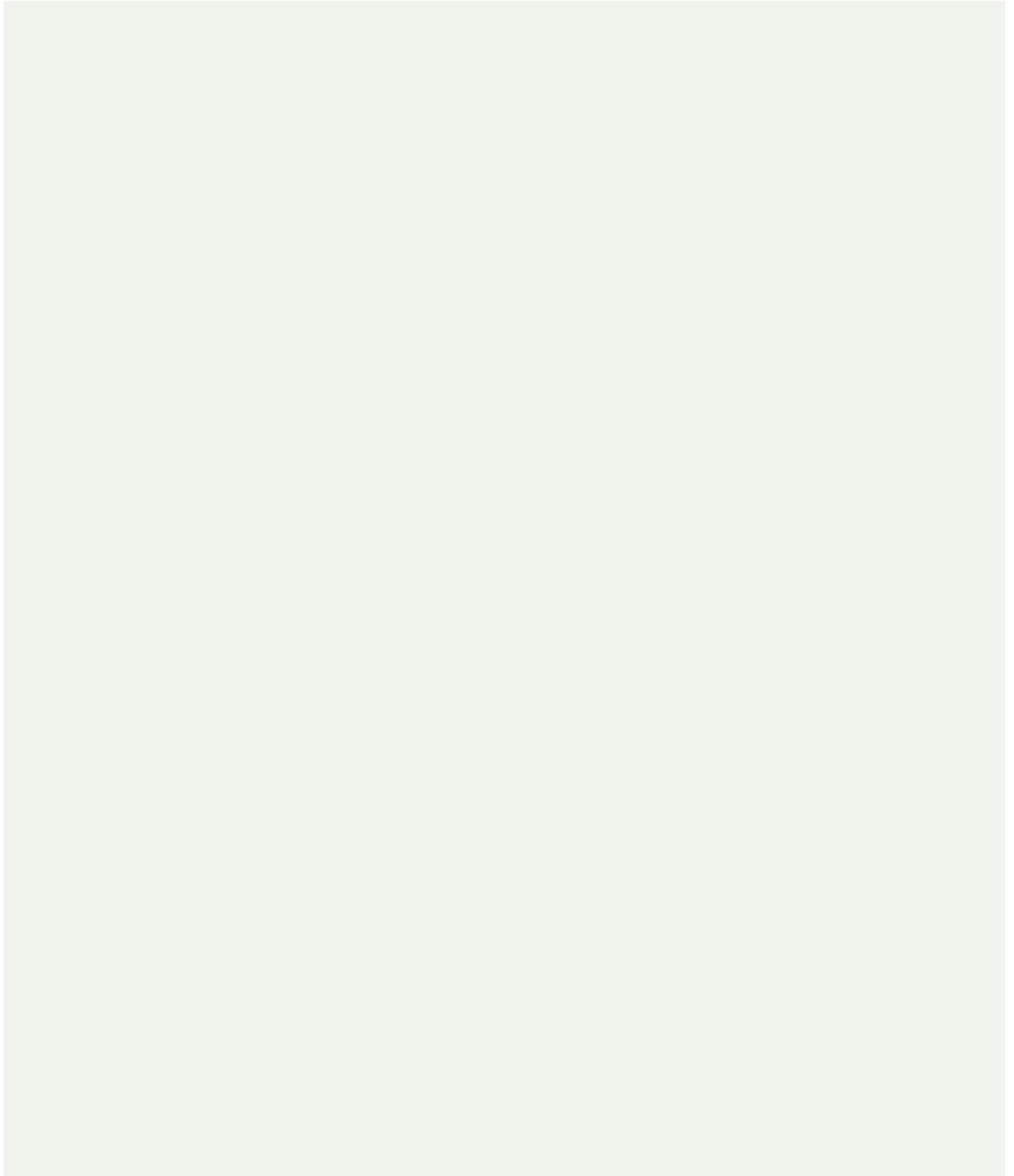
Are there specific social media/ online habits you want to adjust for a more positive impact on your well-being?



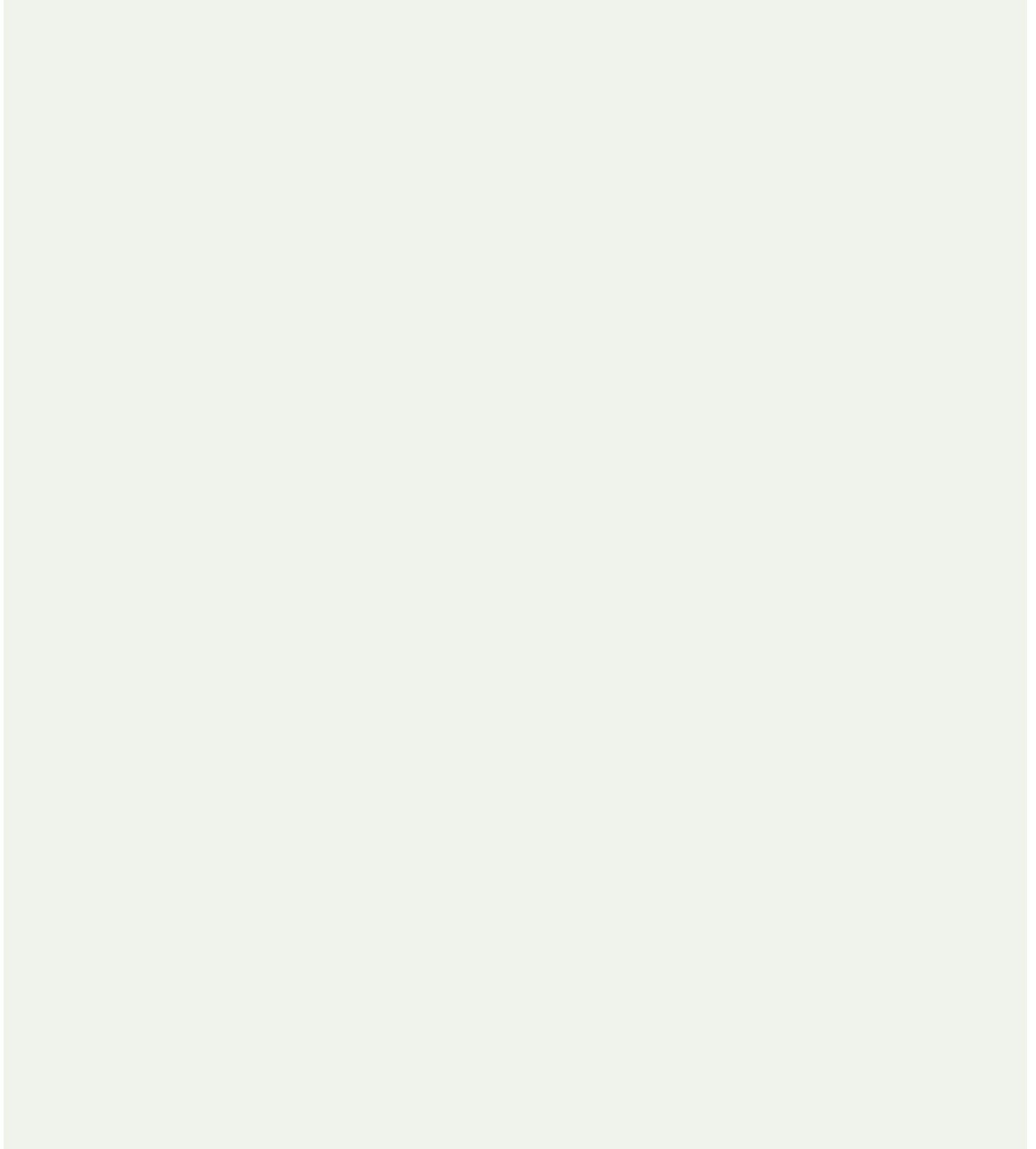
What aspects of yourself do you want to understand better in 2024?



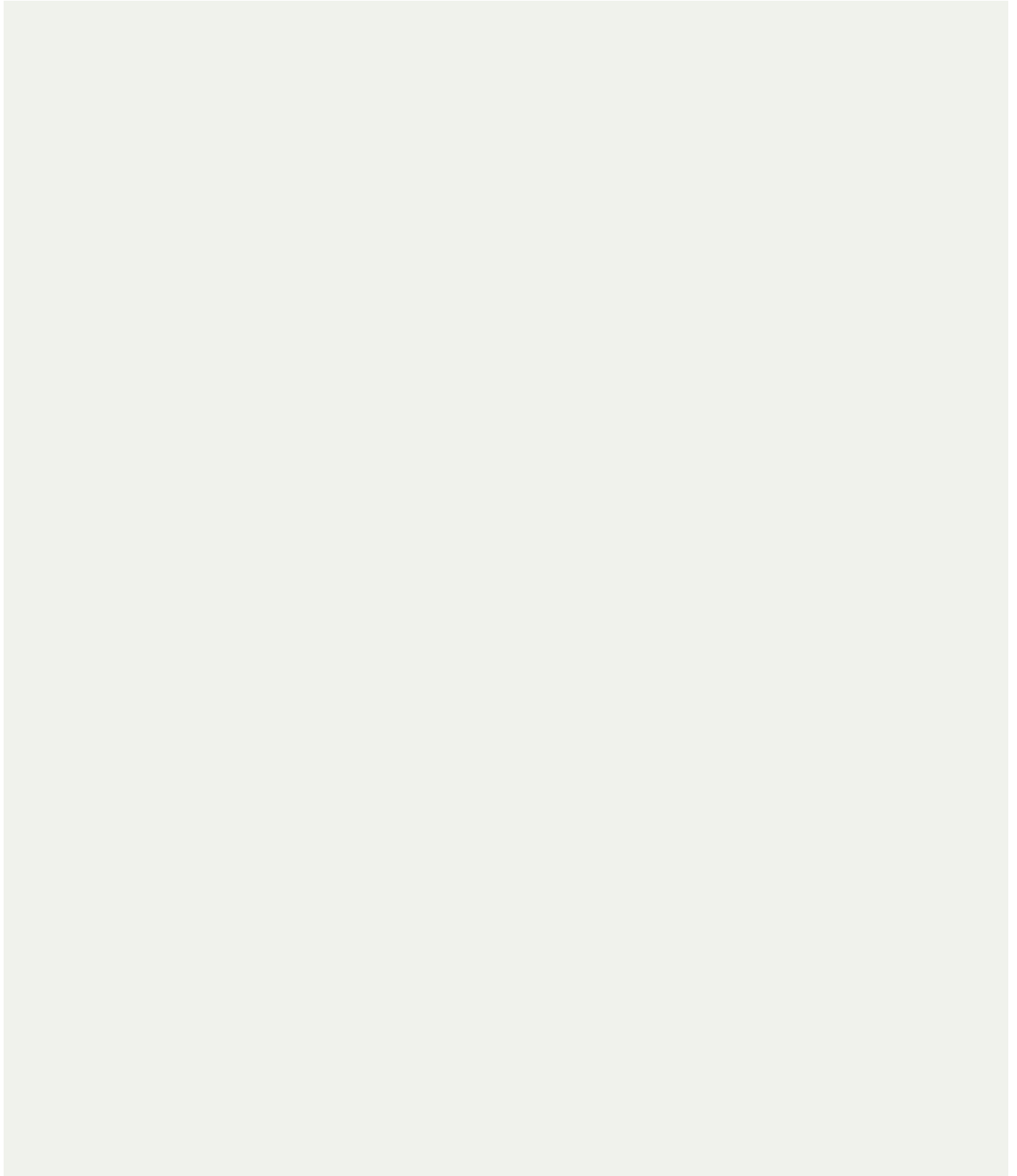
What support systems or action can you put in place to achieve the healing and growth you desire in 2024?



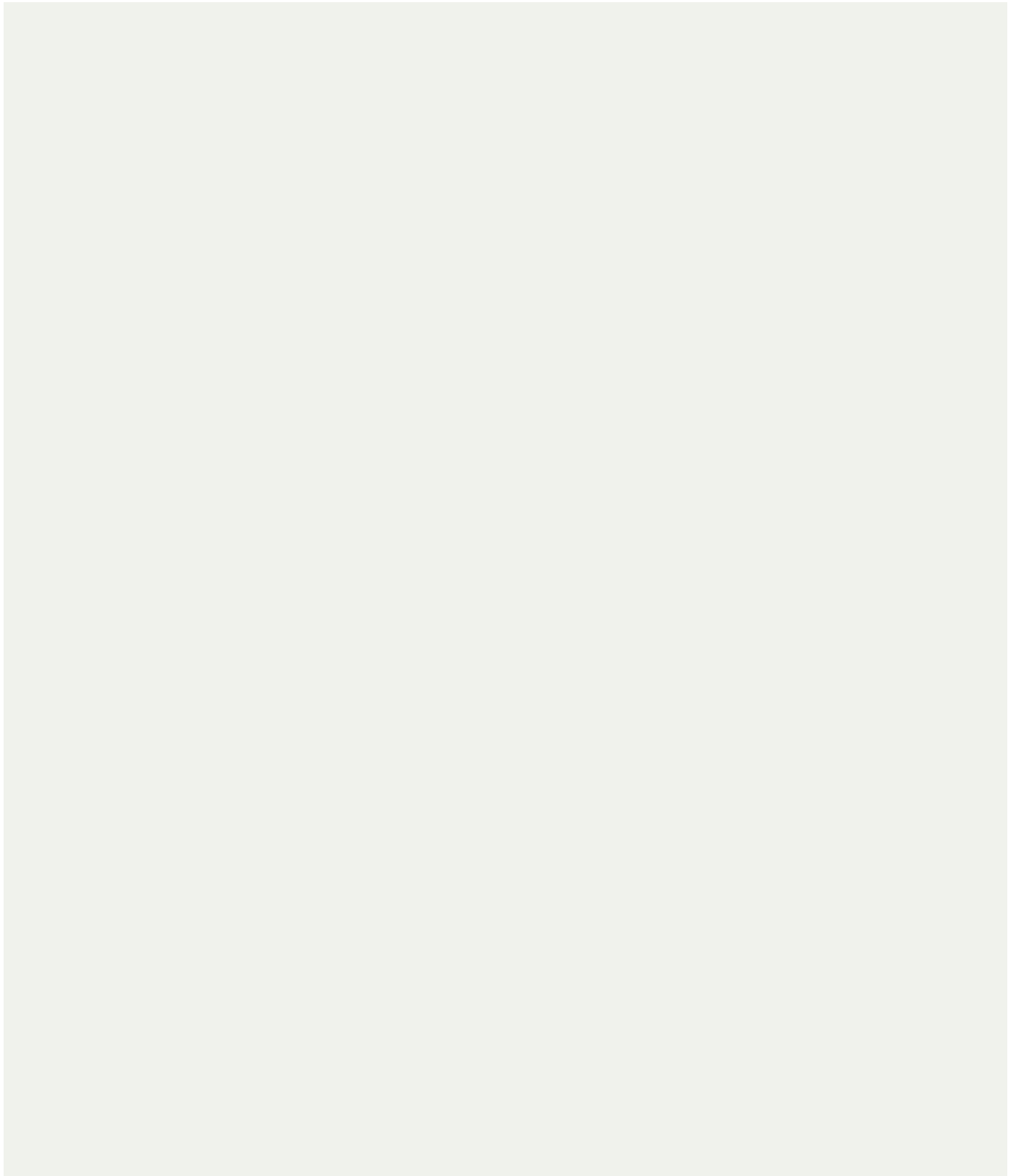
Reflect on 2023 and when you forgot to stop and celebrate yourself and your achievements because you were lost in doing and pushing forward.



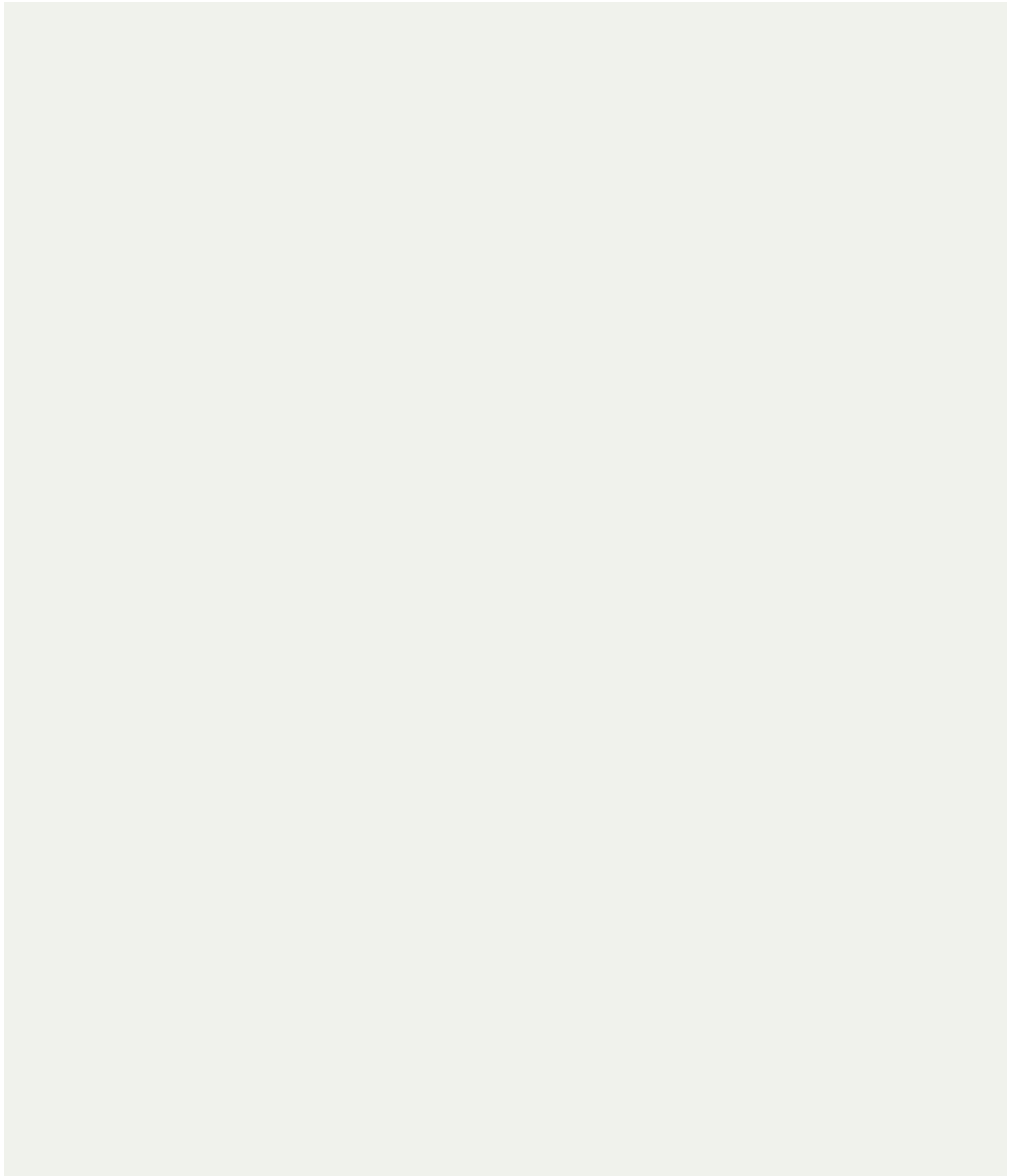
Identify ways you will express love and gratitude to yourself throughout this year.



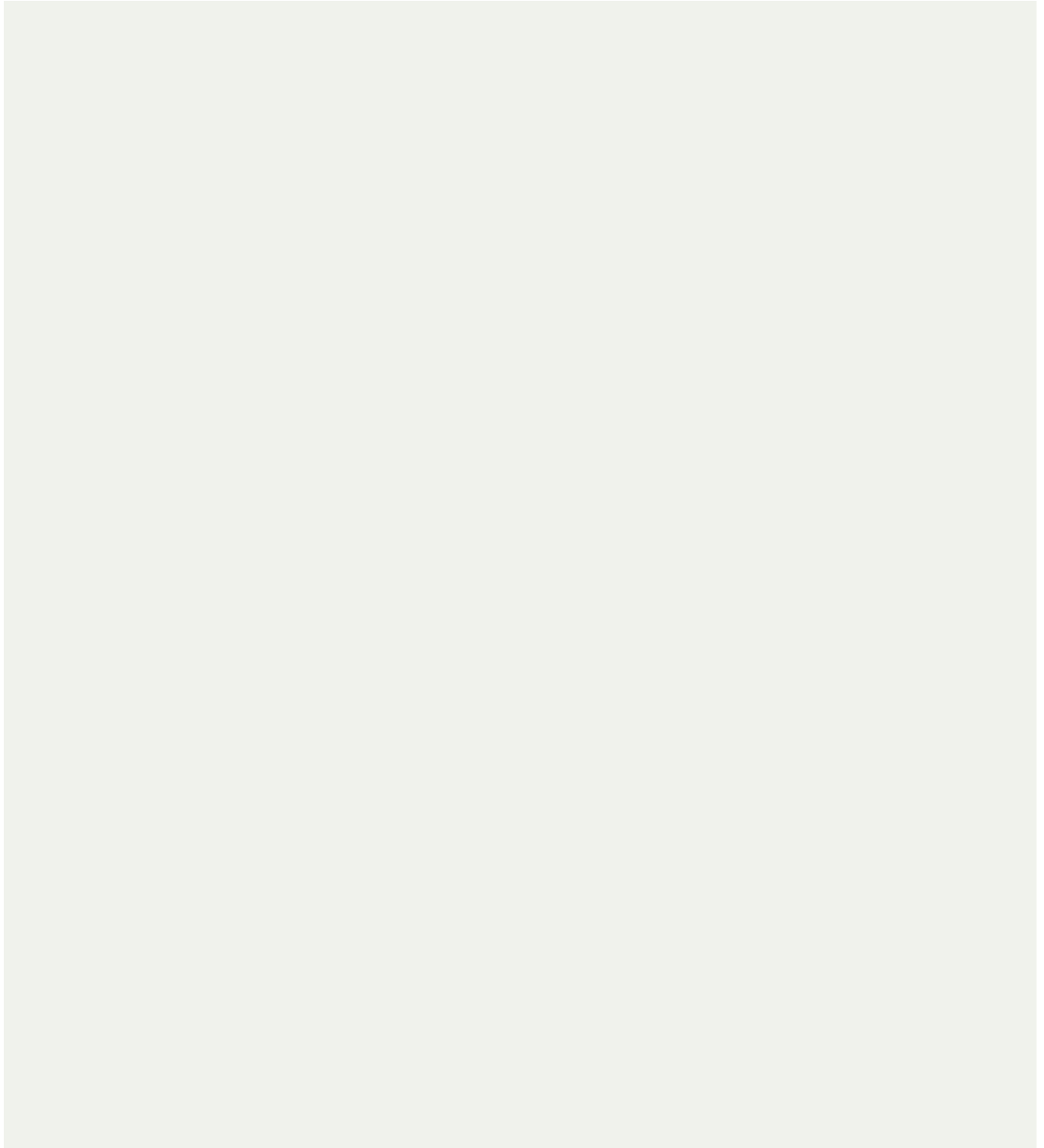
In what ways can you prioritize yourself and your needs better in 2024?



Come summer what do you want your inner and outer world to look and feel?



What actions are you going to take this week to start living the life you want for 2024? Set yourself a weekly reminder to ask yourself this question.



All Prompts

- How was 2023?
- What do you want to stay the same as you move into 2024?
- What do you want to change?
- What do you want to change but are afraid to? What makes you afraid? What small action can you take to step into testing the possibility of this desired change?
- What would make 2024 a more supportive year?
- What would make 2024 a more enjoyable year?
- What do you need to do to make 2024 an easier year for your physical health and mental health?
- Are there habits you would like to break?
- Are there habits you would like to create?
- What new experiences would you like to have this year?
- What places would you like to see?
- What new things would you like to try?

- What would you like to make time for more of?
- Evaluate your digital habits. What changes can you make to create a healthier relationship with technology?
- Are there specific social media habits you want to adjust for a more positive impact on your well-being?
- What aspects of yourself do you want to understand better in 2024?
- What support systems or actions can you put in place to achieve the healing and growth you desire in 2024?
- Identify ways to express love and gratitude to yourself throughout the year.
- In what ways can you prioritize yourself and your needs better in 2024?
- What actions are you going to take this week to start living the life you want for 2024?

Thank you for taking this time for yourself. I hope this guided journal has brought you deeper into your awareness and clarity.

Ways you can become more aware of your thoughts & actions

Notice

Take time out of each day to focus on your breath and bring your attention to your thoughts. Notice if your mind is lost in wanting to have conversations about things that aren't part of the present moment.

Notice what these thoughts are. What topics are taking up space in your mind? Try to stop the chatter. Practice controlling your mind, strengthen your control over the volume knob of chatter.

Then try to quiet your mind. To stop the conversations and bring your attention how much air you can take into your stomach and slowly releasing it.

Reflection

Become more aware of yourself, your choices and how you live within your day. You can use my “Reflect on your Day” Journal prompts if you need assistance with this.

Reflecting allows you to become aware of things that we don't yet notice in the moment.

Reflections gives you the power and knowledge to start becoming aware of things in the moment. And this give us the power to choose and make change

Mindfulness moments

Practice mindfulness during routine activities like brushing your teeth, getting dressed or any small daily task that you currently do on auto pilot.

Pay attention to the sensation, details, the movement and what thought spring into your mind.

How does it feel to give so much attention to something so simple?

Taking time to imagine

How much time do you give to thinking through your options in life, your choices, you paths forward.

Start making the time to sit and imagine each option, each potential outcome. What might life look like, what might it feel like. Where might taking the option lead you.

Dont just imagine the best case scenarios or the worst case scenarios, imagine the realistic possibilities. What daily life will look like, what good might the option bring to your days and inner world. What negative might it bring. Notice your gut feelings.

Seek guidance

Therapy or coaching are great spaces to explore your thoughts, behaviours and your reasons why, to unload and unburden.

Your chosen professional can provide powerful insights, practical tools, and unwavering support, guide you in deepen your exploration, understanding, and awareness.

It can accelerate your healing and growth and make the path forward clearer.

If you found value in this guided journal and would like to say "Thank you" get in touch, I would be so happy to hear from you.

You can also buy me a coffee to fuel me in spending time creating Free tools.



If you would
like to do it
together

Ways to work with me in 2024

You can work with me via video or voice call for
1 to 1 Coaching.

Via the written word in your Journey Book, an 8-week
1 to 1 program. Think of a wise Journal that writes back.

There is also the deep, slow and sustainable path of Always
You; Self Relationship program.

Self-led lessons with 1-1 support.

Each month, explore a different aspect that will help you
become informed, empowered, and fall in love with yourself
and living life.