



REVIEW RELEASE RENEW

WORKBOOK FOR 2020

#WWRRR20

REVIEW, RELEASE, RENEW 2019/20

What is Review, Release, and Renew?

It's a guidebook to help you review your year (2019), release all stuck thoughts and energies, and renew your plans, thoughts, dreams, and ideas for 2020. With a guide to show you how to set your goals and intentions, and support to hold you accountable via our facebook group (or with your friends).

To use this guidebook I highly recommend setting aside 2-3 hours. You can do it alone or with friends but set the scene. If you wish, I will be holding an online workshop where we will go through it together on 29th December. Tickets are available via my website events page at www.welfordwellbeing.com

If you're doing it without me, I'd love to know how you got on so feel free to join Clear Community on Facebook.

PREP:

- Create comfy surroundings with tea, cushions, blankets, and candles. Maybe burn your favourite incense, some sage or palo santo to clear any negative energy from the space (insert obligatory "don't burn your house down" warning here) and grab any crystals or cards you may wish to work with.
- Have a pen and spare paper handy. You may wish to draw, scribble, doodle etc... Feel free to express yourself in any way that feels good as you go through this process. You don't have to stay in the lines and can extend out onto other sheets/ your favourite notebook - do whatever feels right and good to you.
- TURN OFF YOUR PHONE! (ok you can do one last insta post tagging me @welfordwellbeing ;-))
- Put on some music you find calming and or inspiring.
- In the words of the absolute mega babes, En Vogue... "Free your mind and the rest will follow."
- Sit with a straight back and spend a few minutes tuning in. Place your left hand over your heart, your right hand over your belly and breathe into a count of 5 and out to a count of 5. Sit with the intention that you are ready to review, release and renew. Do this for at least 5 minutes but as long as you feel you need to feel tuned into your inner self.

I hope this guide brings you the clarity and knowledge you need to take 2020 by storm and to step into the being who you truly know you are.

Much love

Rachael x



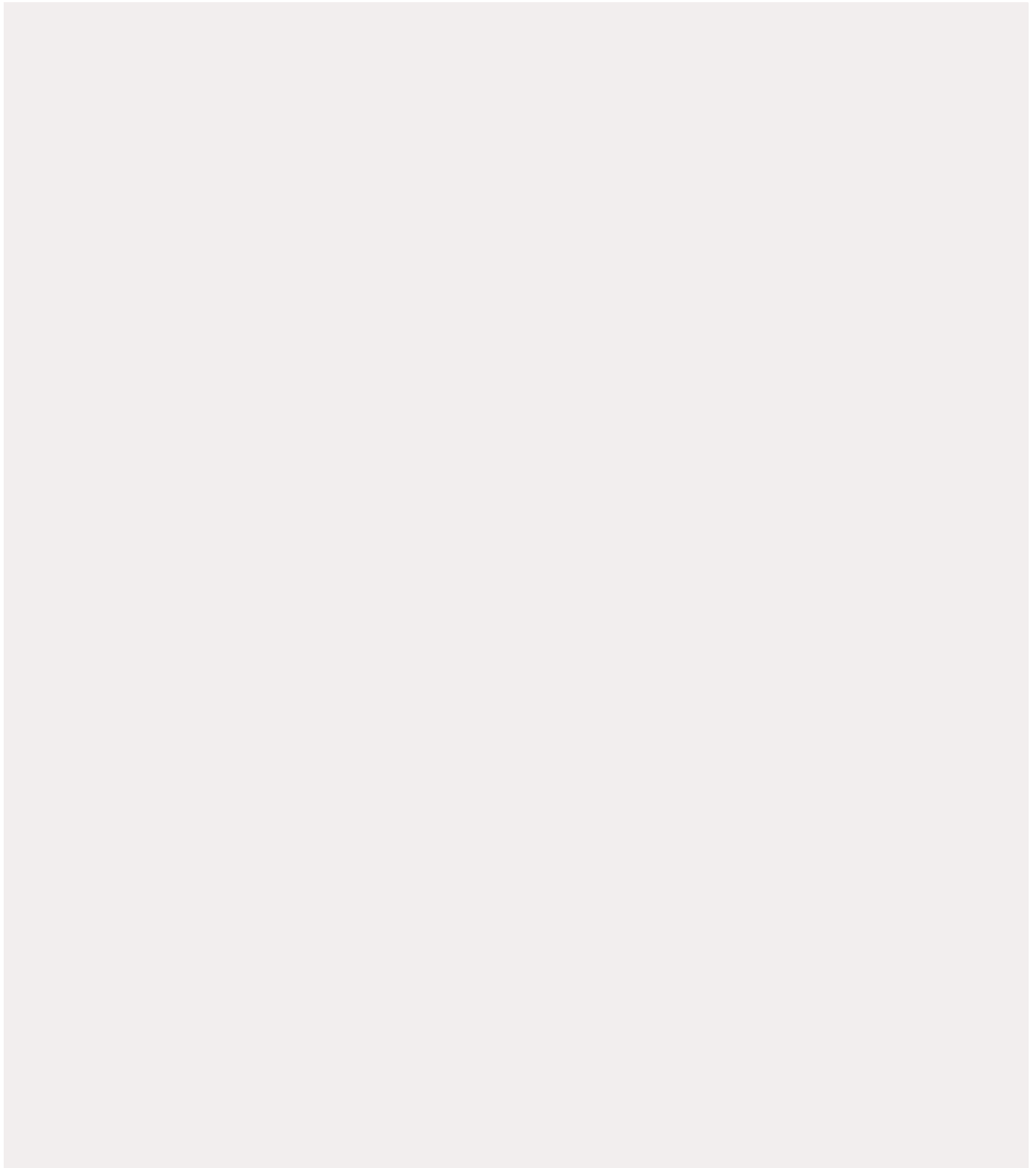


REVIEW 2019

2019 A YEAR IN REVIEW

OVERVIEW

Brainstorm some words, key events & feelings that come to mind when looking back over 2019. You can get as creative as you like - feel free to draw scribble and mind map this box and if you need to do onto another sheet.



REVIEW 2019

2019 A YEAR IN REVIEW

OVERVIEW Looking back over the previous page, answer the following questions.

THOUGHTS:

Looking back, are your thoughts on the year mostly positive, negative, neutral? Why?

FEELINGS:

Looking back are your feelings on the year mostly positive, negative, neutral? Why?

RELATIONSHIPS AND INTERACTIONS:

Looking back were your relationships and personal interactions with others throughout the year mostly positive, negative, neutral? Why?

FINANCES AND STABILITY

Looking back were your finances and personal stability (work/ home/ health) mostly positive, negative, neutral? Why?



REVIEW 2019

If I were writing my memoir, what would I highlight about this year?

What were some of my most powerful learning experiences?

What did I start and not finish? (List all the things)

What got in the way of my progress, if anything?

How well did I communicate my wants, needs and desires?

How can I better support and encourage those I love and work with? If anything.



REVIEW 2019

What was the biggest risk I took?

Did that risk pay off? Why/ Why not?

What was the most important thing I did for others?

What was the kindest thing someone did for me?

How supported and encouraged did I feel by others?

Who are the three people who influenced me the most?



REVIEW 2019

What was I most grateful for?

What was I most motivated by?

What do I wish I did more of?

What do I wish I did less of?

RELEASE 2019

2019 A YEAR READY TO RELEASE

FORGIVENESS

Forgiveness is a powerful tool for releasing & moving forward. When we hold onto the need for revenge, anger, bitterness, resentment and hurt in our lives, we are giving our power away. I found two pieces of writing which explain this more eloquently than I could.

"Forgiving doesn't mean that you condone what happened or that the perpetrator is blameless. It is making the conscious choice to release yourself from the burden, pain, and stress of holding on to resentment."*

"By hanging on to the resentment, pain, anger, etc., so that it brings up the pain every time I think of it, I don't ever allow myself to forget to protect myself against such instances. I think, after many years of working on this for myself, that that is what lack of forgiveness means for me: defense.

And indeed, to let go of my pain and anger, almost seems like a betrayal of myself. Because if I succeed in letting those place markers die, mourn their loss and manage to be able to forgive and move on, don't I leave myself wide open to further pain and possible hurt?

If I forgive that person, then what defense do I have to stop them from harming me again? What reminds me that I must keep my guard up against them and those like them? And why do I think that my defensive stance would stop anyone from hurting me again? That's not going to stop anyone from offending or harming me. It's just stopping me from living fully." **

List over the page anything you feel could be forgiven from the last year (and even before if it helps).

Are you mad at others?

Are you angry with yourself?

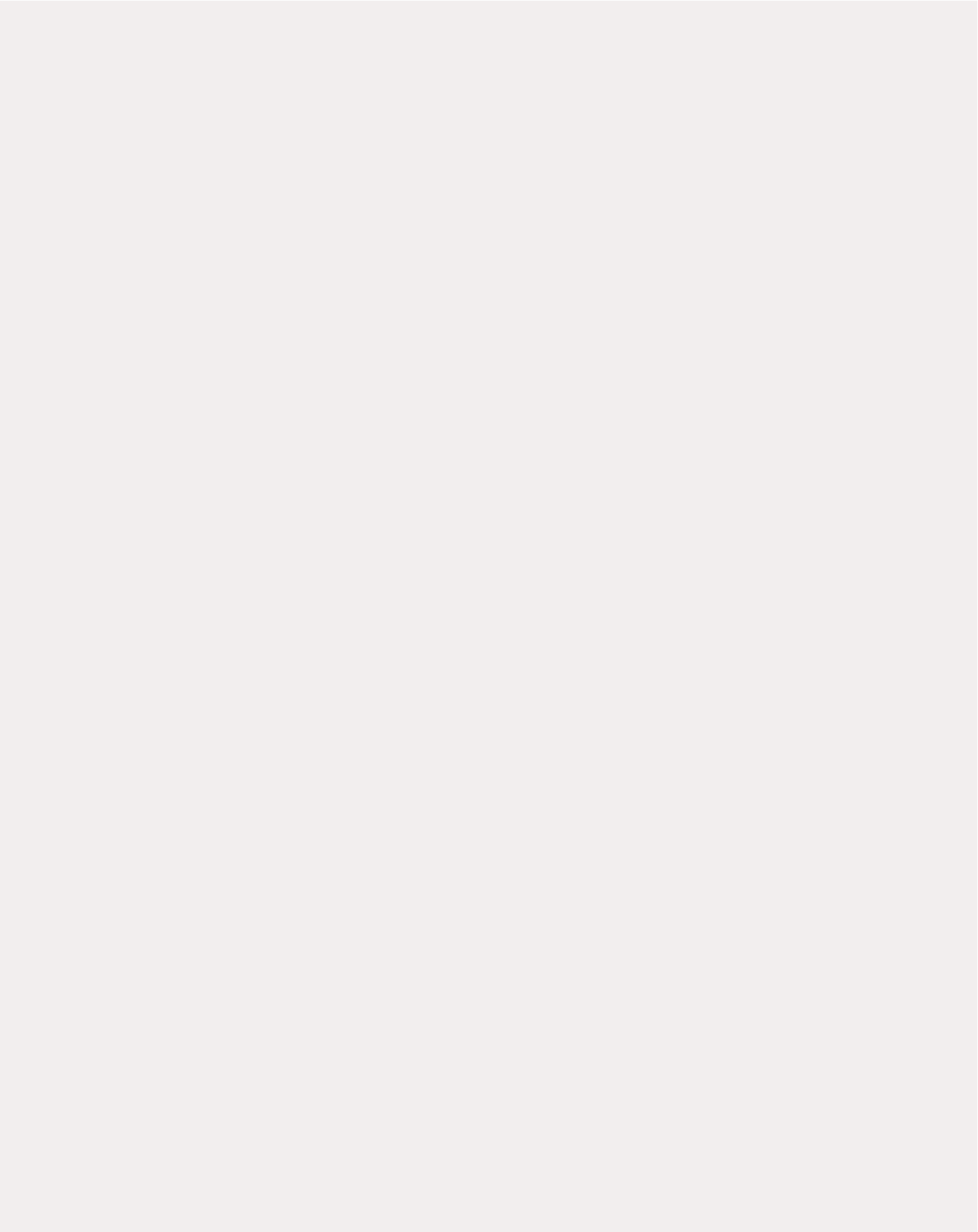
What can you finally forgive?

What will make you feel better if you can begin to look at the possibility of forgiveness?



RELEASE 2019

FORGIVENESS





RELEASE 2019

What thoughts are not serving me?

What patterns have I noticed that I wish I didn't have?

What behaviours do I wish to release?

Who is holding me back/ What relationships are not in my best interest right now?

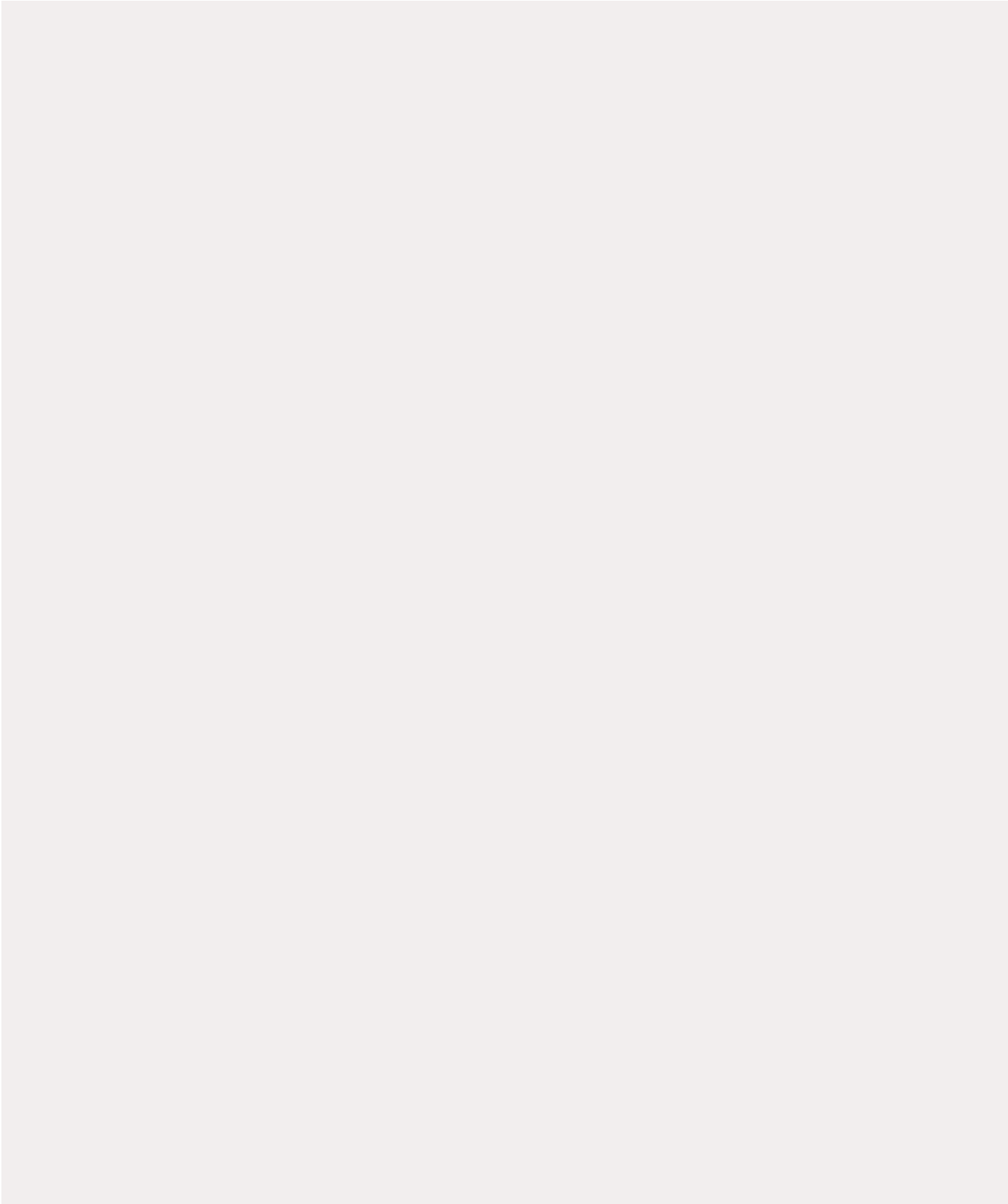
List three negative things you're ready to release from your life.

If you could change one thing that happened this year, what would it have been?



RELEASE 2019

LETTING GO - Use this page to brain dump anything else you are ready to let go of and anything you are ready to see new possibilities around.





RELEASE 2019

FREESTYLE: Use this space for anything else you want to dump/ scribble/ draw or release from 2019.



RELEASE 2019

THANK YOU: Use this space for expressing anything you are grateful/ thankful for from the year that may not have been covered



Thank you 2019!



RELEASE RITUAL 2019

Whoop Whoop! 2019 is fully reviewed and you can now prepare to release and let go of anything that is blocking you from living your best life in 2020.

1. Find a quiet space where you won't be disturbed.
2. If you wish you can set the space with candles, relaxing music and any crystals or other items you may be called to use.
3. Start by brushing off the old energy of 2019.
 - Stand up.
 - Take a few nice deep breaths in through the nose and sigh out through the mouth, really letting go as you exhale. If you feel the need to move/shake your body at this point please feel free to do so. You're letting go and sometimes this needs a physical movement to get it out your head/ body to really release.
 - Keep the breath balanced, breathing into the belly through the nose and out through the mouth. Place the hands in prayer position and intend that you will begin to sweep off old energy from 2019. When you feel ready (this may take a few minutes), move your right hand to your left shoulder (palm down), use a diagonal sweeping motion down towards your right hip, imagine you're wiping off and releasing everything from 2019.
 - Place your left hand (palm down) to your right shoulder, use a diagonal sweeping motion down towards your left hip, continue to imagine wiping and releasing.
 - Repeat this sweeping movement three times for each side (or longer if you wish).
 - Now brush down the backs and fronts of your legs down towards the floor. Keep going until you feel light and free.
4. For an added release, you can write a sentence to the back of the pages of the release, forgive and letting go pages. The sentence is: **I release and let this go, now and forever. So be it, see to it, it is done, it is done, it is done.** You may then burn the paper if you choose, making sure you do this in a safe place such as a working fireplace or outdoors. If you feel you might like to reflect next year you can also keep these pages, whatever feels intuitively right for you is right for you.
5. You may wish to smoke clear your space with sage or palo santo at this point and pull a guidance card if you work with oracle/ tarot decks. If you wish to do this, set the intention and ask for guidance as you move into 2020. Take your time and trust your intuition.





RENEW 2020

Whoo hoo! Clean slate time!

At this point it can be good to look over all you have achieved in 2019 and get really proud of yourself. Re read your gratitude list and tune into what you want more of for 2020.

The space is now ready for creating, dreaming and allowing.

If you choose you can sit in meditation for a while and begin to call in the things you dream for 2020. You can begin to ask for guidance on the direction of your year. I often find when you get really quiet and still the answers will arise.

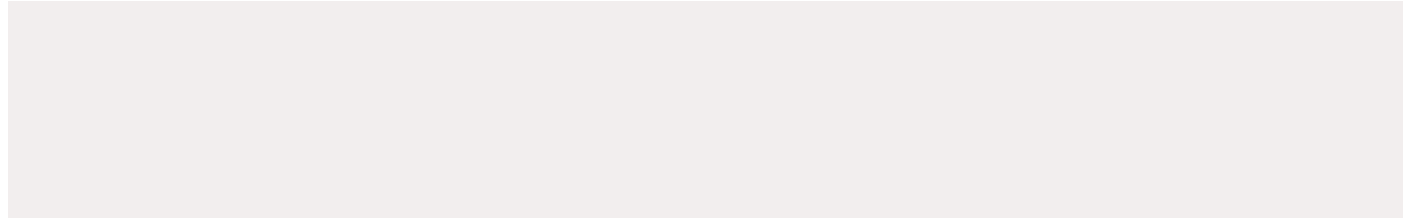
If you prefer not to do a meditation, sit down and get ready to RENEW!



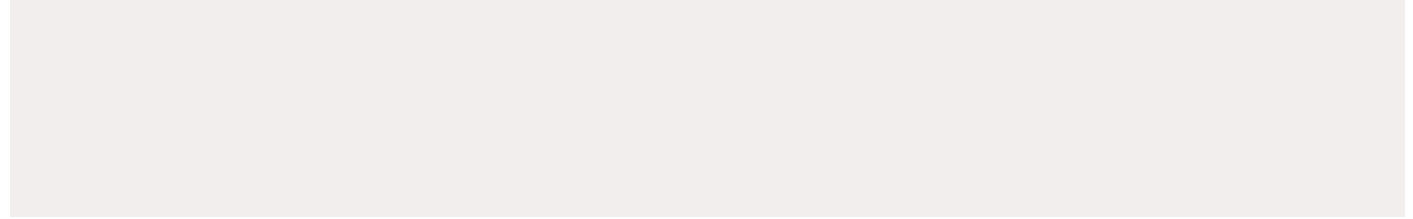


RENEW 2020

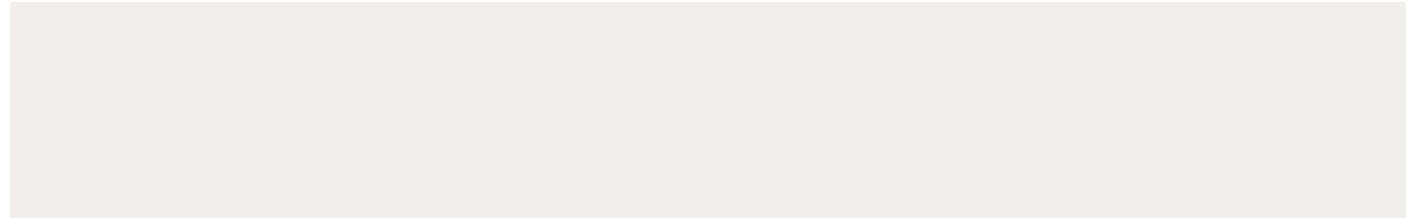
2020 will be summed up by these three key guiding words.



If I could be anything in 2020, I'd be....



If I could achieve just one thing in 2020 it would be?



In order to achieve the thing above I need to action these things by 2021... map it out!

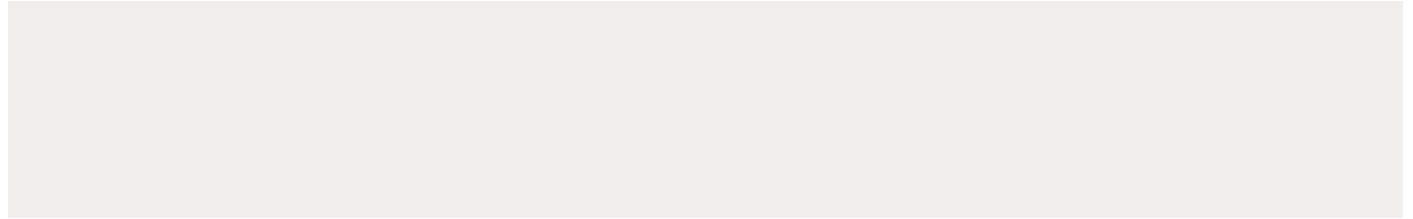
Map out all the steps one by one:



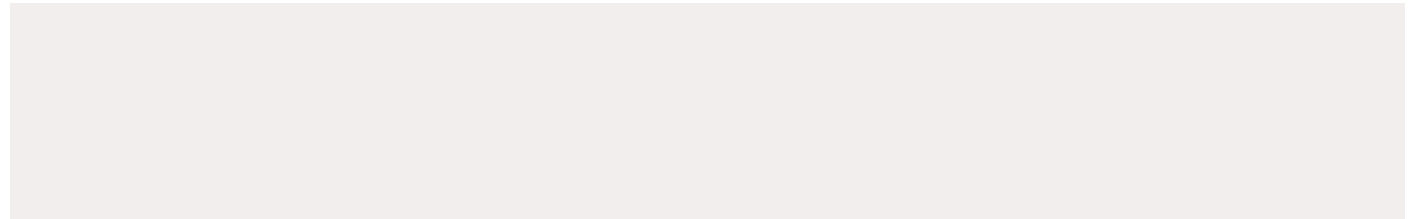


RENEW 2020

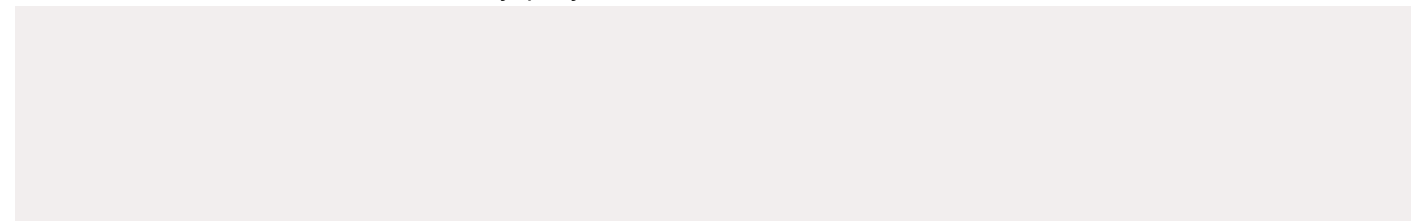
In order to ignite the magic in me for 2020 I need to:



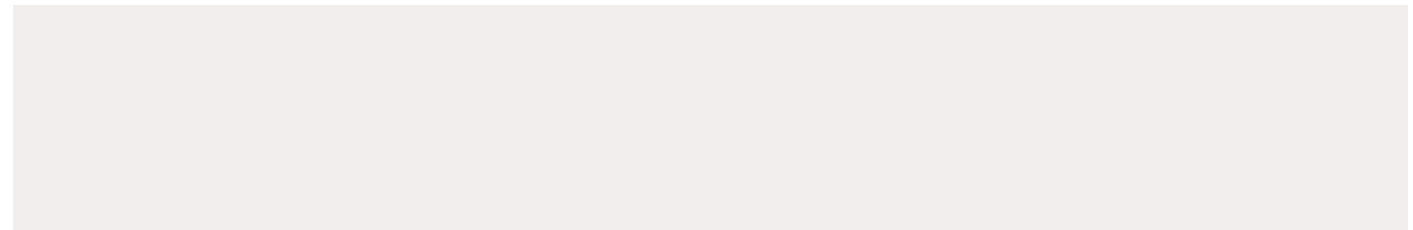
I will know I have mastered my mental health in 2020 when I



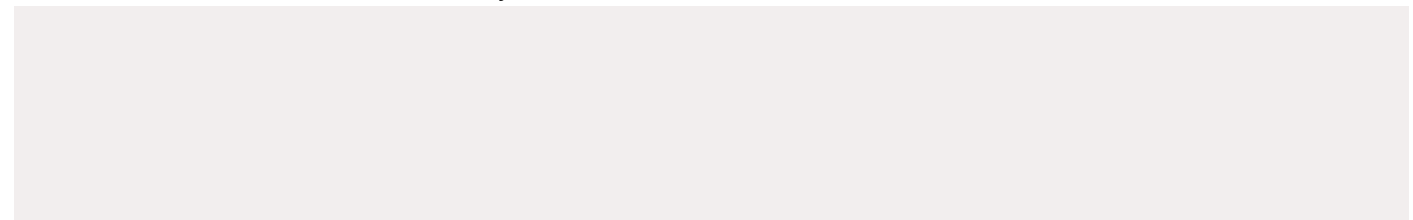
I will know I have mastered my physical health in 2020 when I



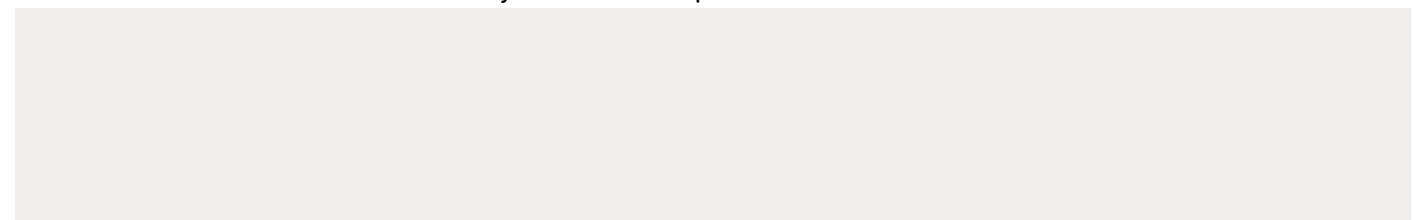
I will know I have mastered my spiritual health in 2020 when I



I will know I have mastered my financial freedom in 2020 when I



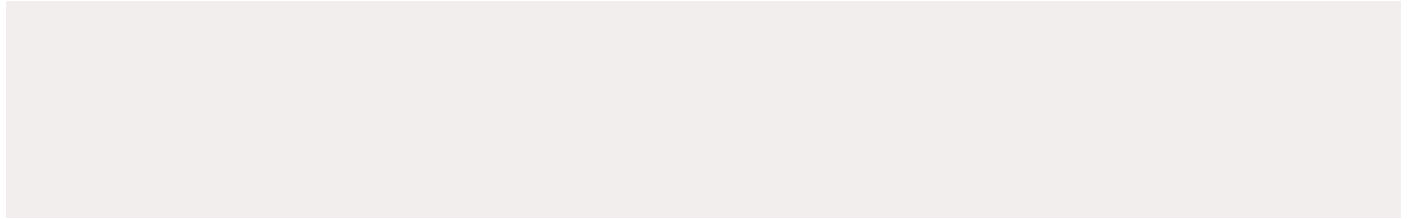
I will know I have mastered my relationships in 2020 when I



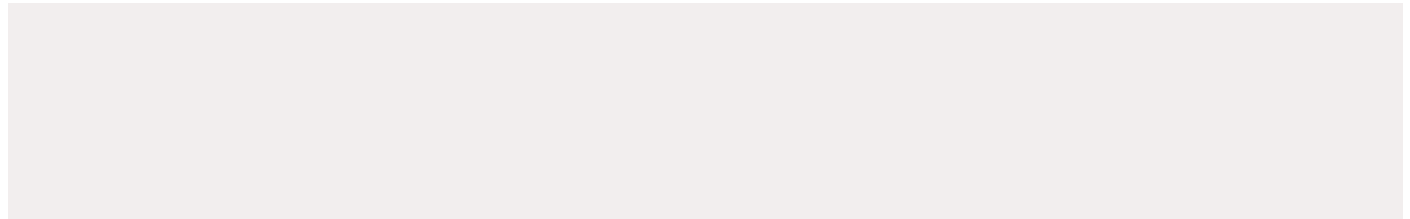


RENEW 2020

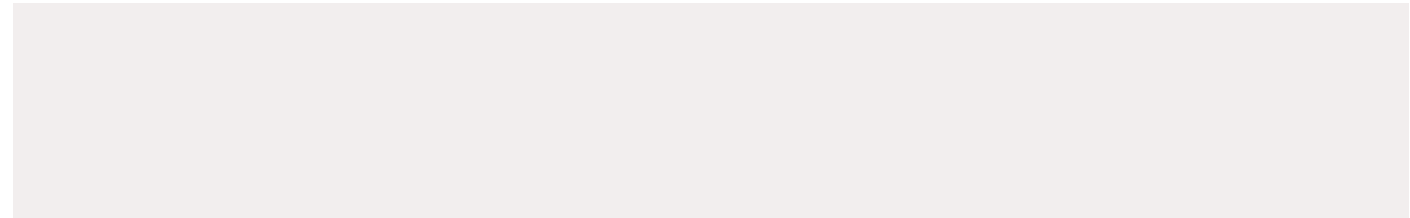
I feel most powerful when (top tip you need to do this more in 2020)



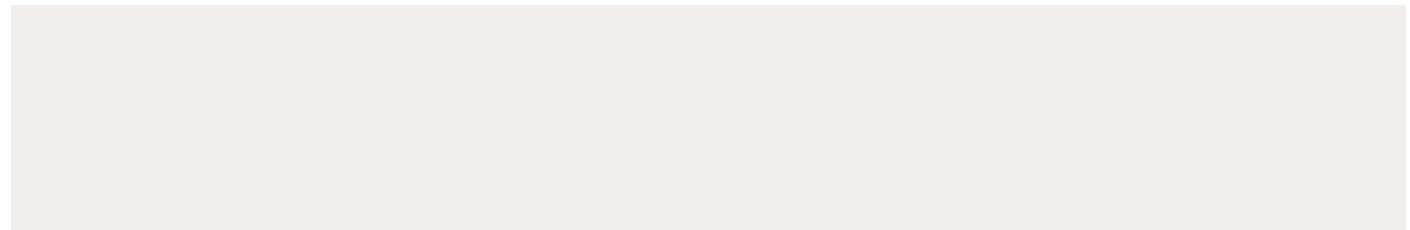
I choose to say no to these three things in 2020



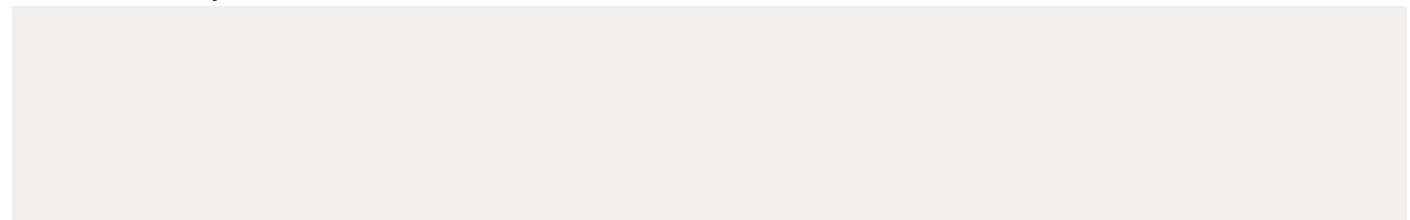
I choose to stop procrastinating on in 2020



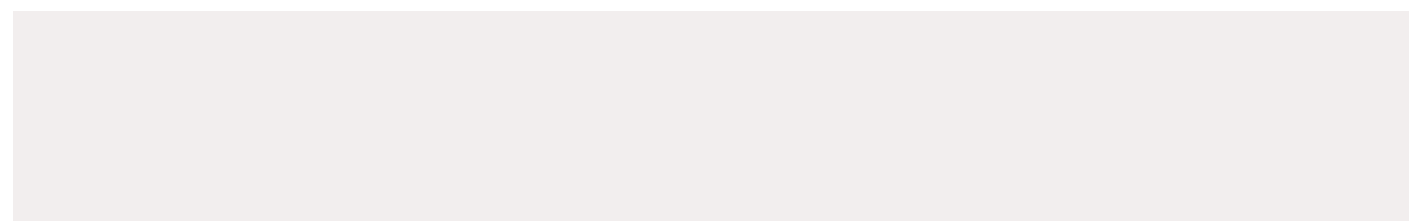
I love these things about myself (and therefor will nourish them more in 2020.)



I will treat myself to..... in 2020



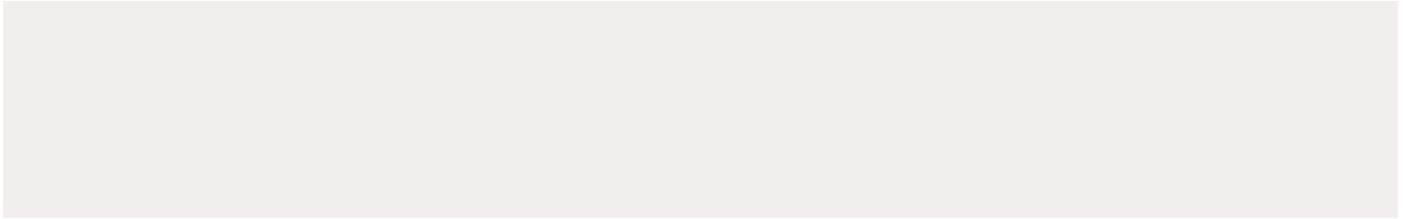
I will travel to in 2020 (this doesn't have to be abroad, it could be going to visit a friend in a different town)



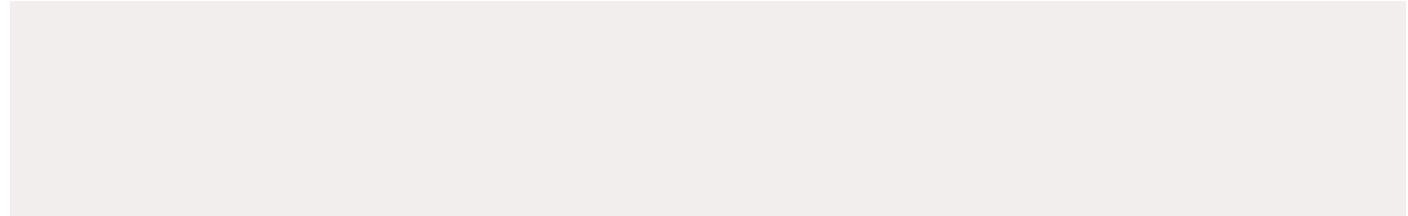


RENEW 2020

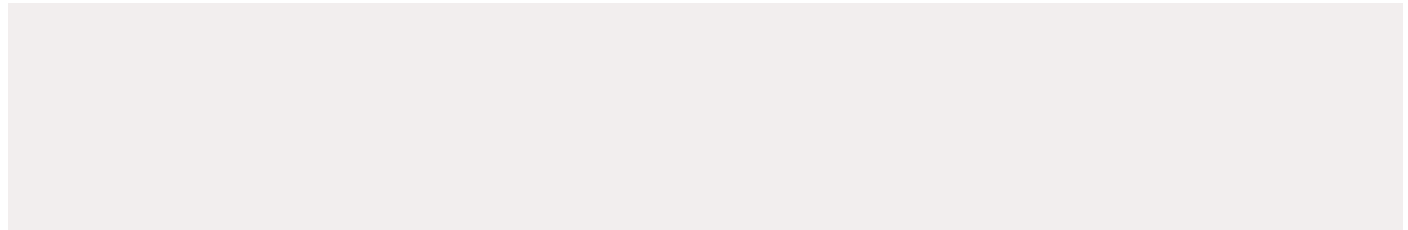
This year I will advise myself to.....



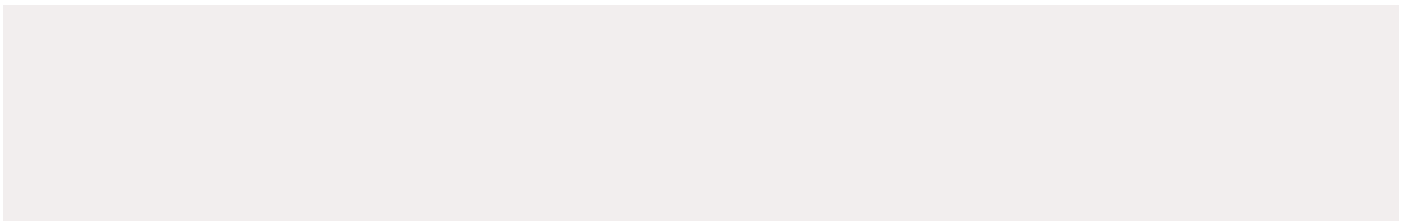
This year I will volunteer/ dedicate some time to (something which benefits others)



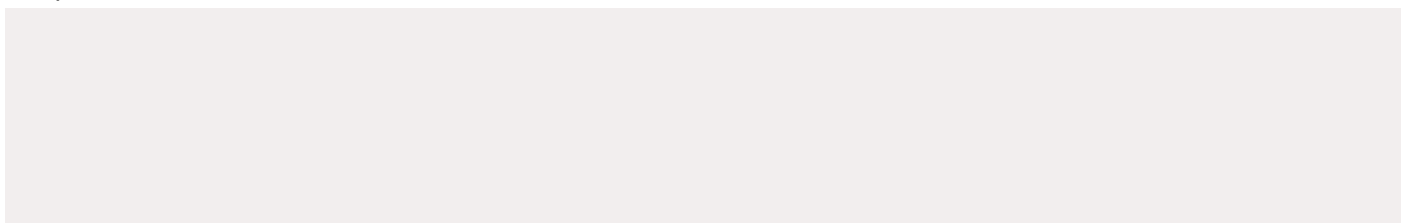
My core promise to myself this year is.....



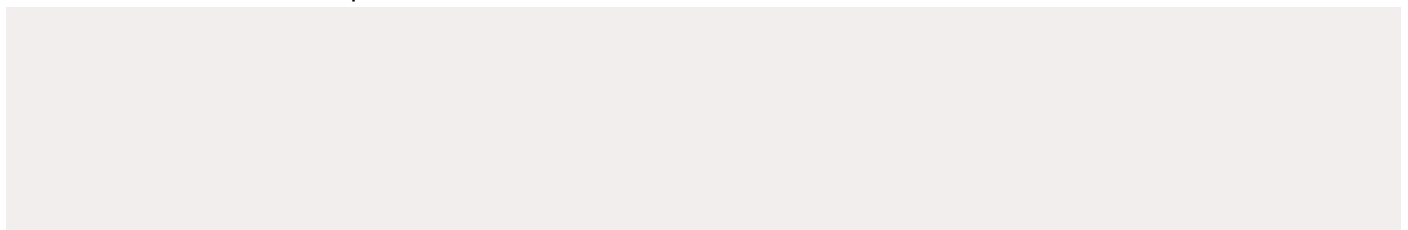
My core promise to others this year is.....



This year I will capture my thoughts, feelings by (journaling, writing, sharing, talking one-on-one with friends or family, etc.) Whichever method is most helpful?



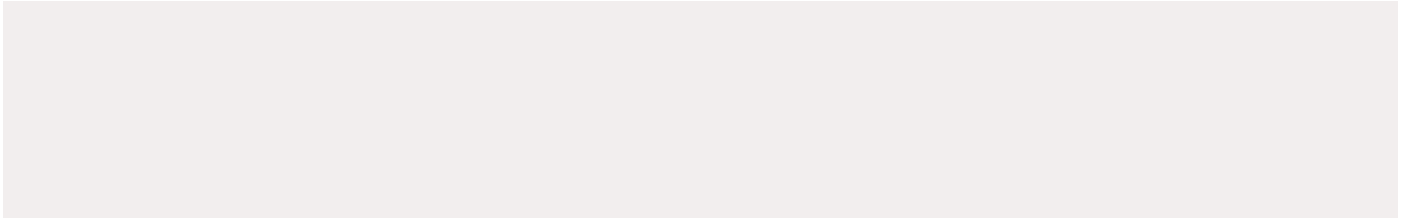
in 2020 I will not compromise on.....



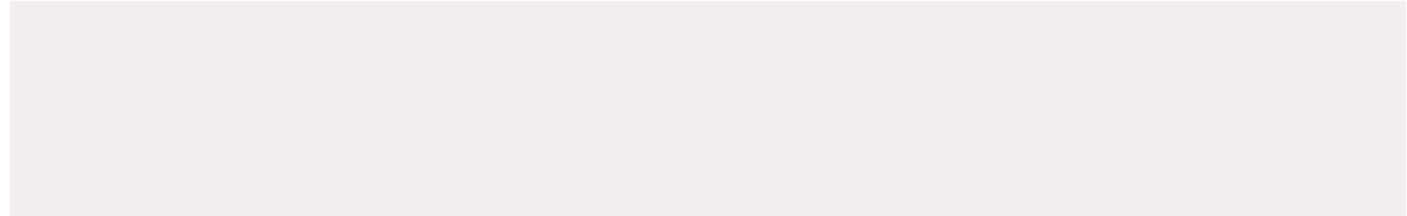


RENEW 2020

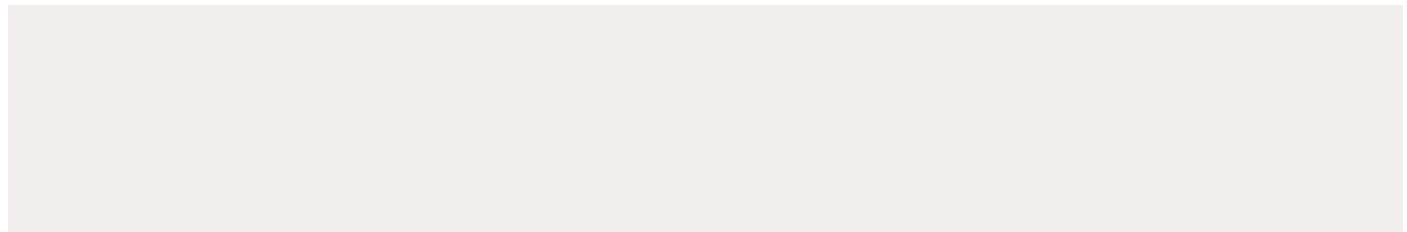
This year I will action these three things I have been meaning to do forever!



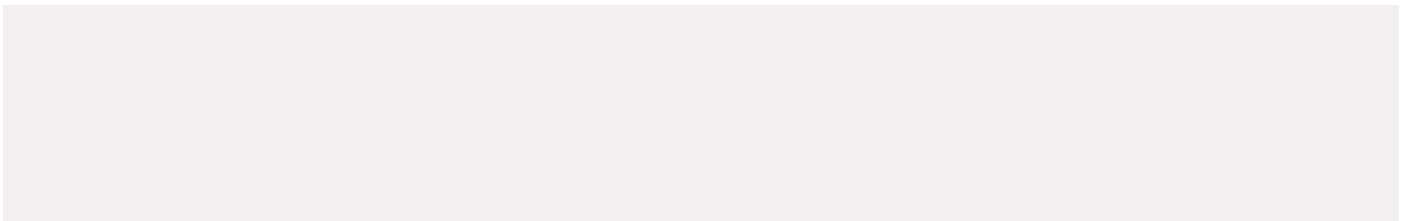
This year my morning routine will include....



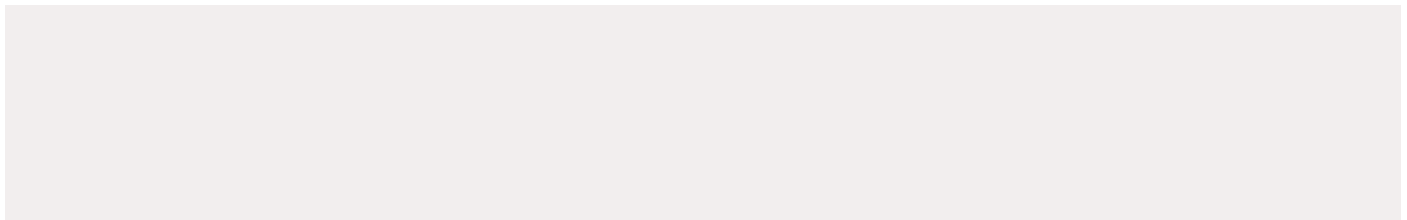
This year my evening routine will include....



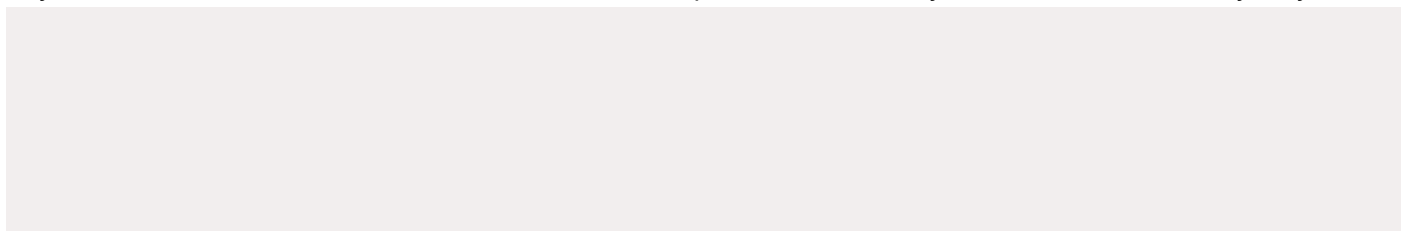
This year I will make more time for....



This year I will spend less time....



My affirmation for 2020 will be (Stick this up somewhere you can see it everyday)





RENEW 2020

FREESTYLE: Use this space for anything else you want to dump/ scribble/ draw or renew for 2020

RENEW 2020

PLAN IT OUT!:

At this point it is a good idea to look over the renew questions and follow your intuition and your heart. What feels good? Lean into that!

I would recommend picking no more than 6 goals/ intentions for your year and make them SMART:

S - Specific (Dial down into what you really want!)

M - Measurable (How will you know when you have done it?)

A - Achievable (Is it possible in the time frame you have set, with the resources you have?)

R - Realistic (Dreaming is great and I believe in magic, but... let's be real also)

T - Time Based (Set a deadline and have someone hold you accountable)

It's really up to you how you set out your goals but I tend to pick the following topics:

1. Health (Physical)
2. Happiness (Mental health and wellbeing)
3. Wealth / income/ money/ moolah
4. Relationships - social / friends / family
5. Relationships - romantic /intimate
6. Giving back - community / service / values

This is just guidance, if you feel you want to do it a different way or have a tried and tested system you already like to use then please, follow your way, these are just guidelines. You know best!

Now plan out your intentions for 2020



ACTION 2020

A plan is pointless if you don't action it! Use this space to start planning and actioning your dream 2020, include a person who will hold you accountable to your deadline and for extra accountability you can join our facebook group for extra support.

In order to achieve my dreams in 2020 I need to:

Deadline

Accountability Partner

Deadline

Accountability Partner

Deadline

Accountability Partner

Deadline

Accountability Partner

Deadline

Accountability Partner

Deadline

Accountability Partner



REVIEW, RELEASE, RENEW 2019/20

CONGRATULATIONS!! You have done it!

I hope this workbook has helped you get a clear idea on what you can forgive, let go of and what will drive you forward for the year ahead.

Remember above everything else, you are enough already, everything you need is already inside of you and that you are the most important person in your life.

You can do, be and achieve anything you want and you can let go, forgive and move on, no matter how impossible it might seem.

You can use the Clear Community facebook group as a space for accountability and support so remember we're here for you.

If things get overwhelming at any time in 2020 you can always come back to this affirmation, which I put together based on Louise Hay teachings.

In the infinity of life where I am, all is perfect, whole and complete.

Everything is consistently working out for my greatest and highest good, even when I can not see it as so.

I am open to new possibilities and fully trust this situation will be resolved in a way that is beneficial to me.

I love and accept myself at all times.

I am safe, all is well.

Good luck for 2020, remember YOU HAVE TOTALLY GOT THIS!

Much Love
Rachael

ps: If you have found this useful feel free to share with friends and family. If you need help or support reach out to the group (Clear Community on Facebook) or tag @welfordwellbeing on social media using the hash tag #wwrrr20

