

REVIEW, RELEASE, RENEW 2018/19

What is Review, Release, and Renew?

Review, Release, and Renew is a guidebook to help you review your year (2018), release all stuck thoughts and energies, and renew your plans, thoughts, dreams, and ideas for 2019.

To use this guidebook I highly recommend setting aside 2-3 hours. You can do it alone or with friends but set the scene.

- 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, 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!

- 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 6 and out to a count of 6. 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 2019 by storm and to step into the being who you truly know you can be.

Much love
Rachael x



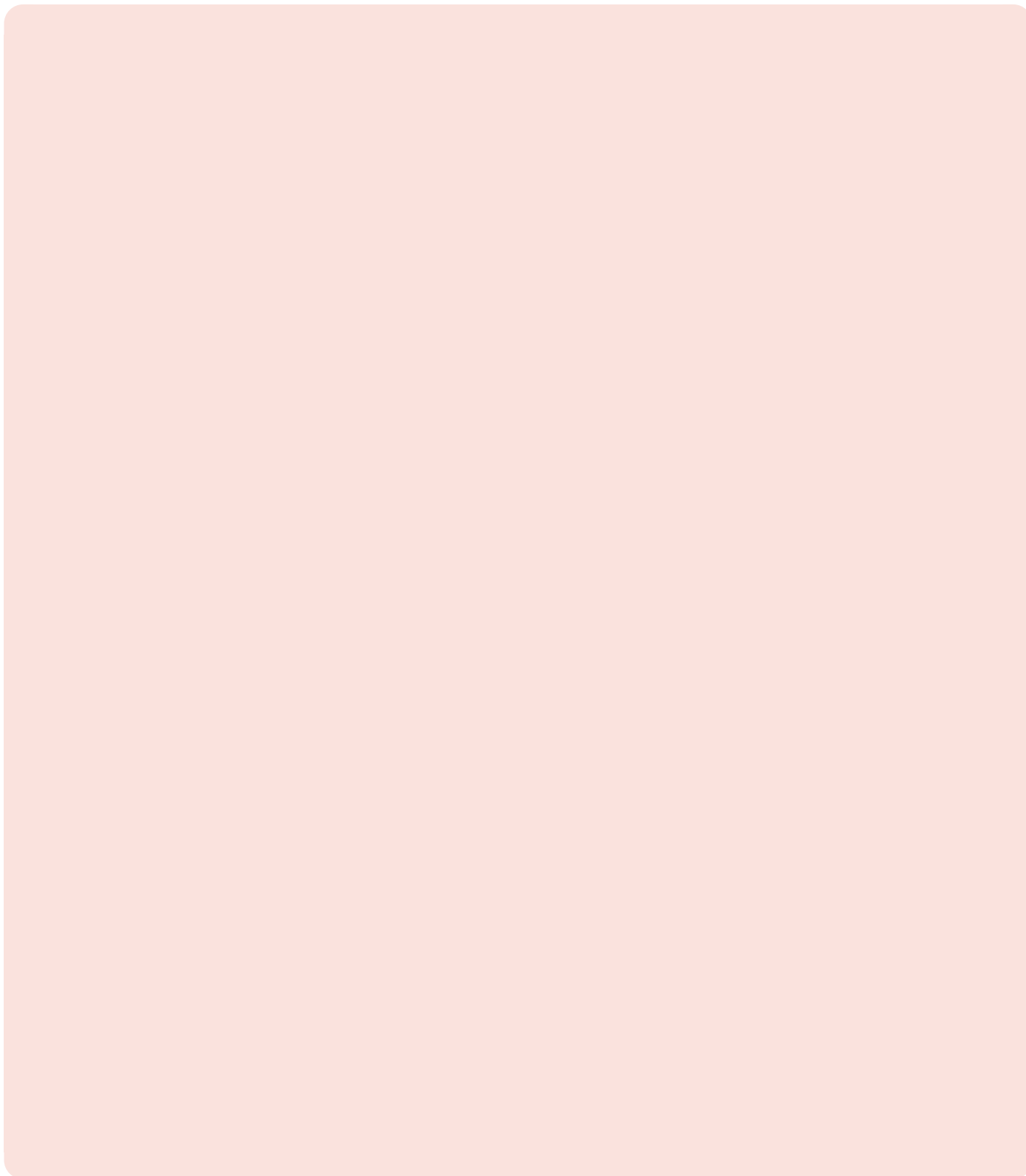


REVIEW 2018

2018 A YEAR IN REVIEW

OVERVIEW

Brainstorm some words, key events & feelings that come to mind when looking back over 2018. You can get as creative as you like - feel free to draw scribble and mind map this box.



REVIEW 2018

2018 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?

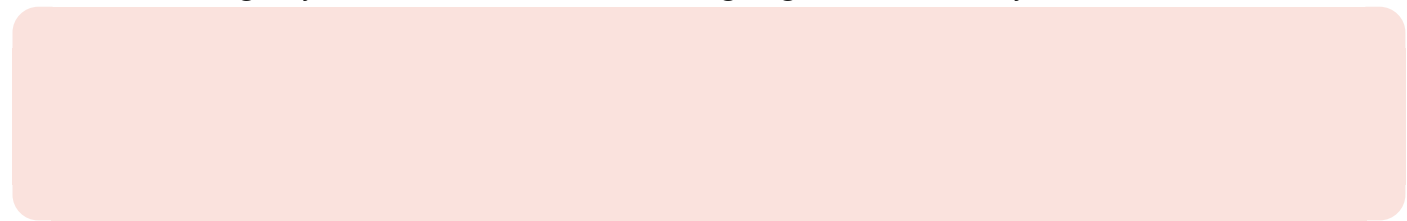
FINANCES AND STABILITY

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

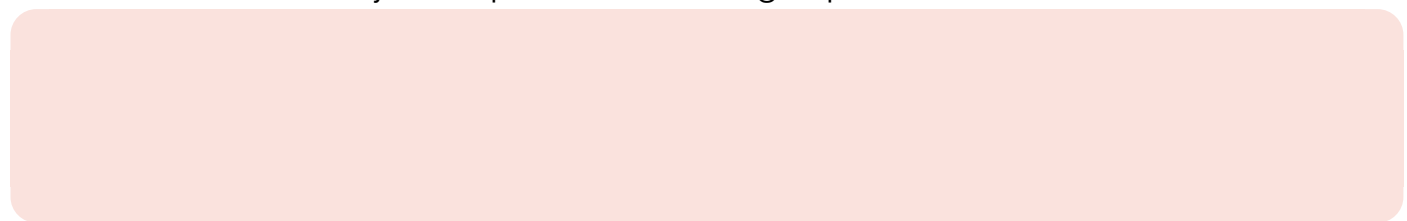


REVIEW 2018

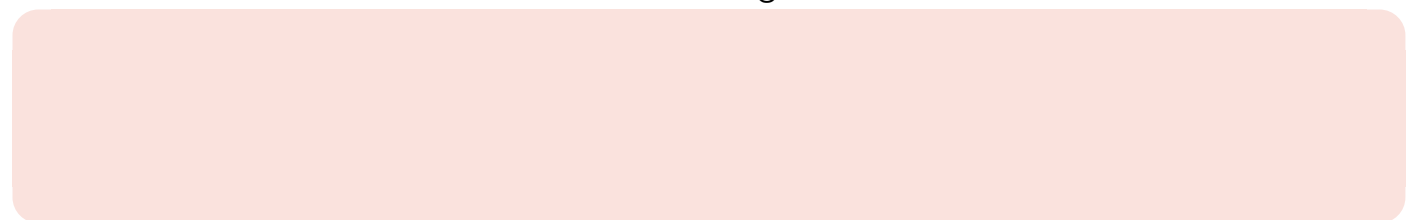
If I were writing my memoir, what would I highlight about this year?



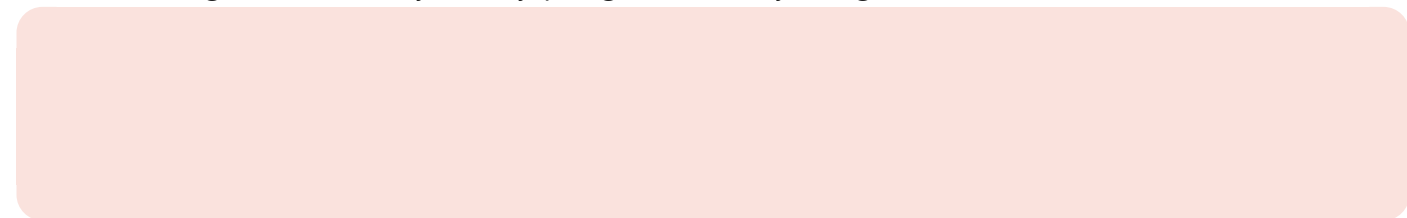
What were some of my most powerful learning experiences?



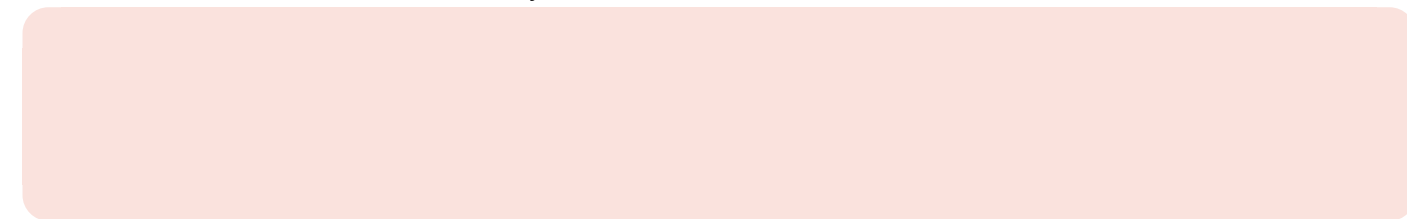
What did I start and not finish? (List all the things)



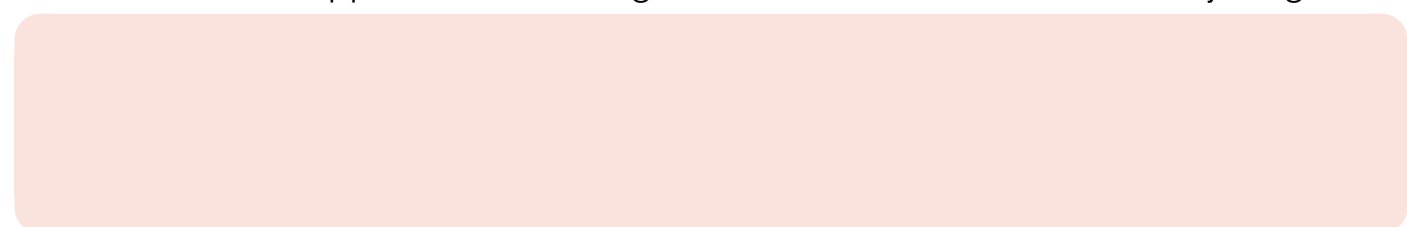
What most got in the way of my progress, if anything?



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



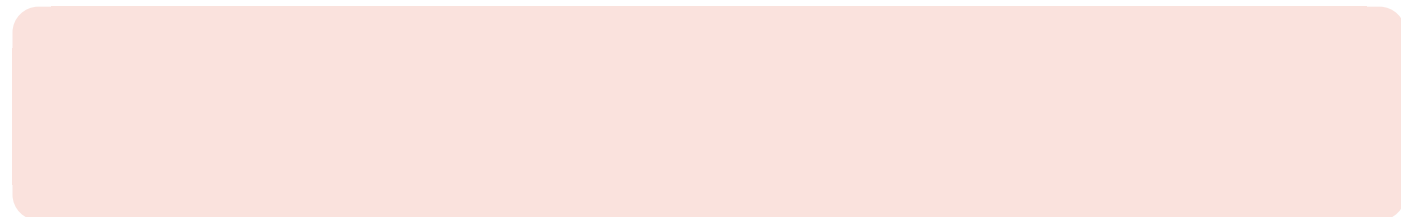
How can I better support and encourage those I love and work with? If anything.



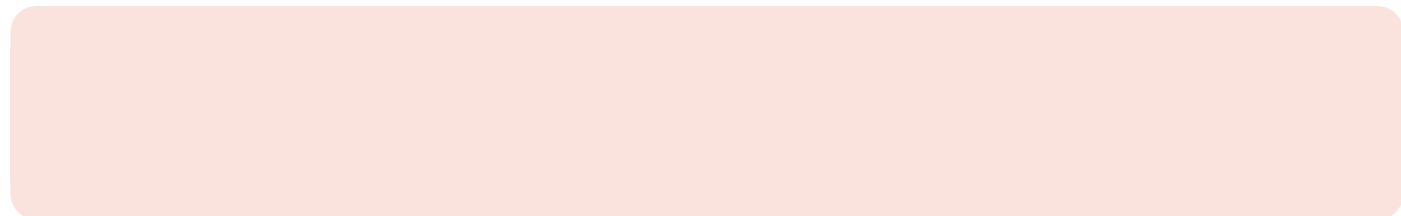


REVIEW 2018

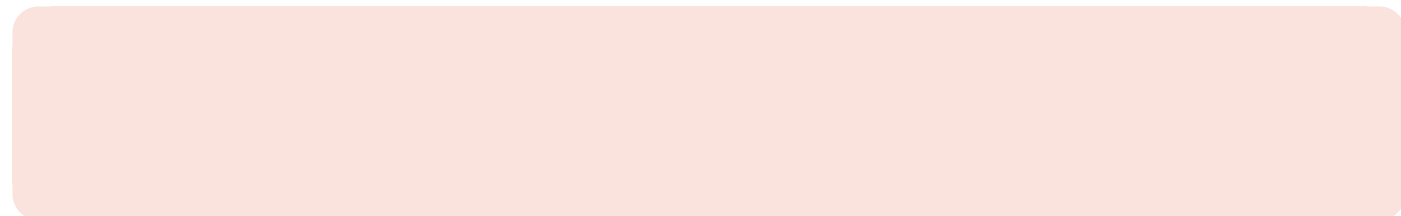
What was the biggest risk I took?



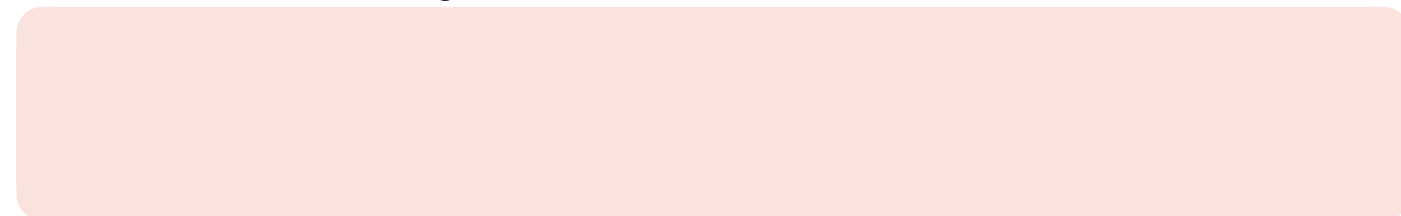
Did that risk pay off? Why/ Why not?



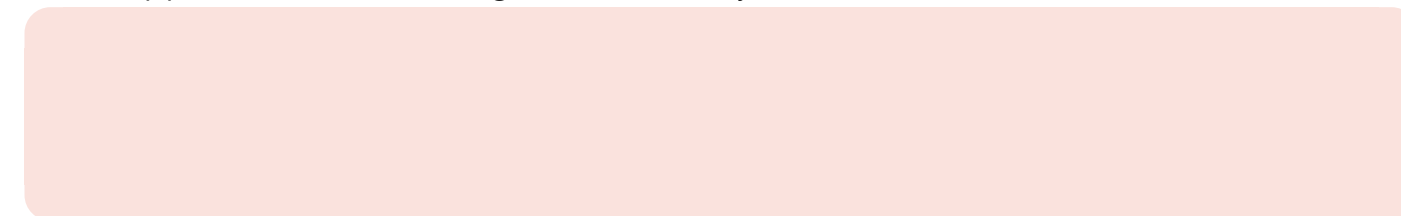
What was the most important thing I did for others?



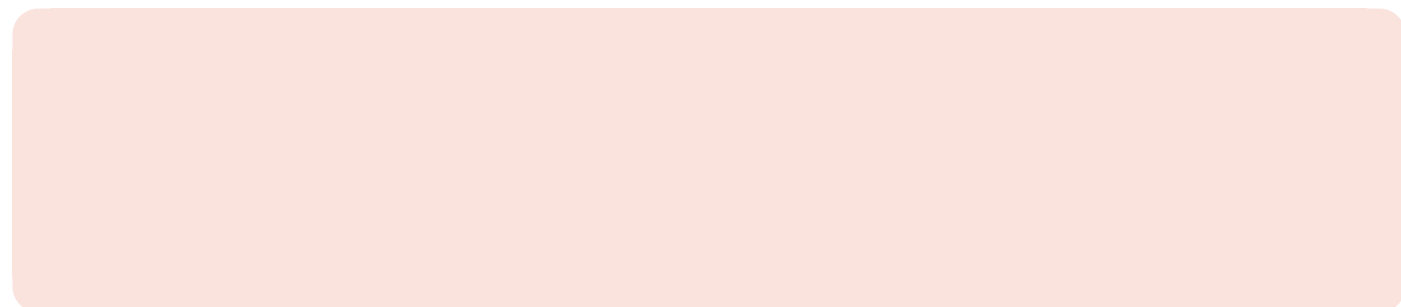
What was the kindest thing someone did for me?



How supported and encouraged did I feel by others?



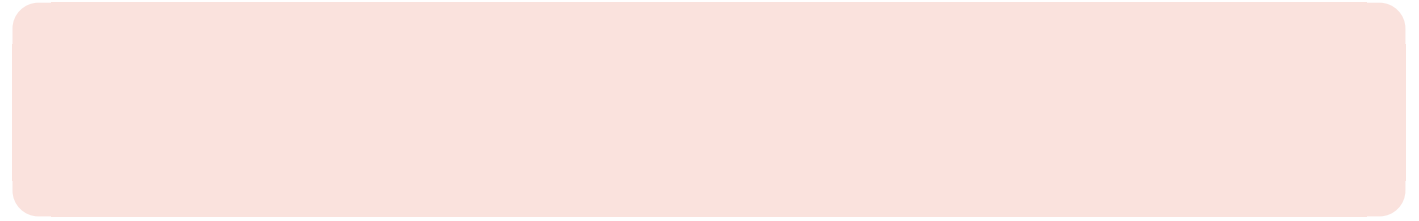
Who are the three people who influenced me the most?



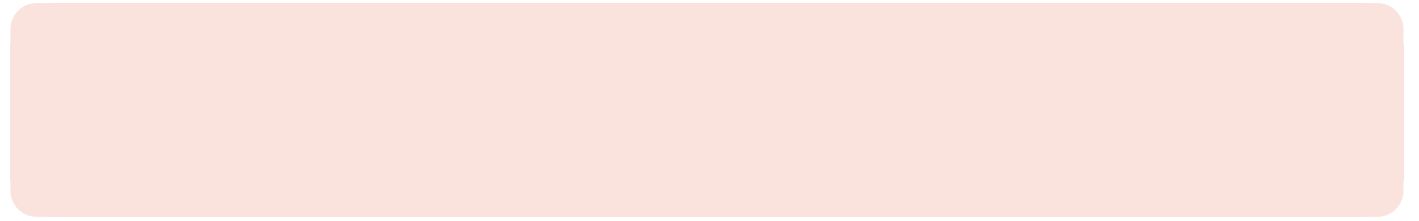


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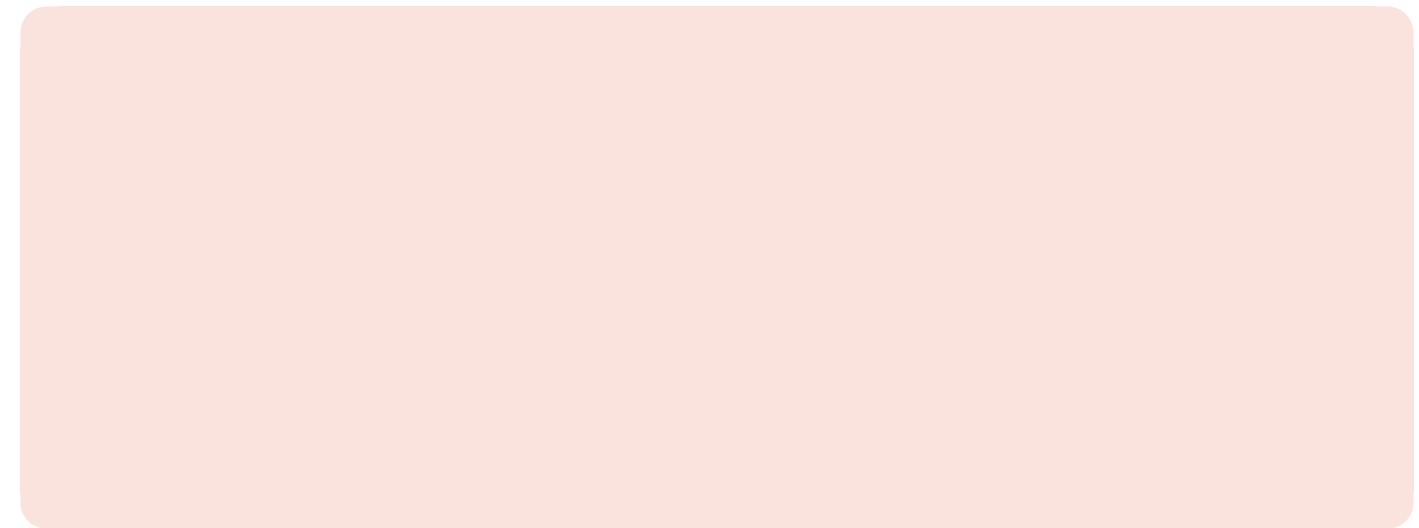
What was I most grateful for?



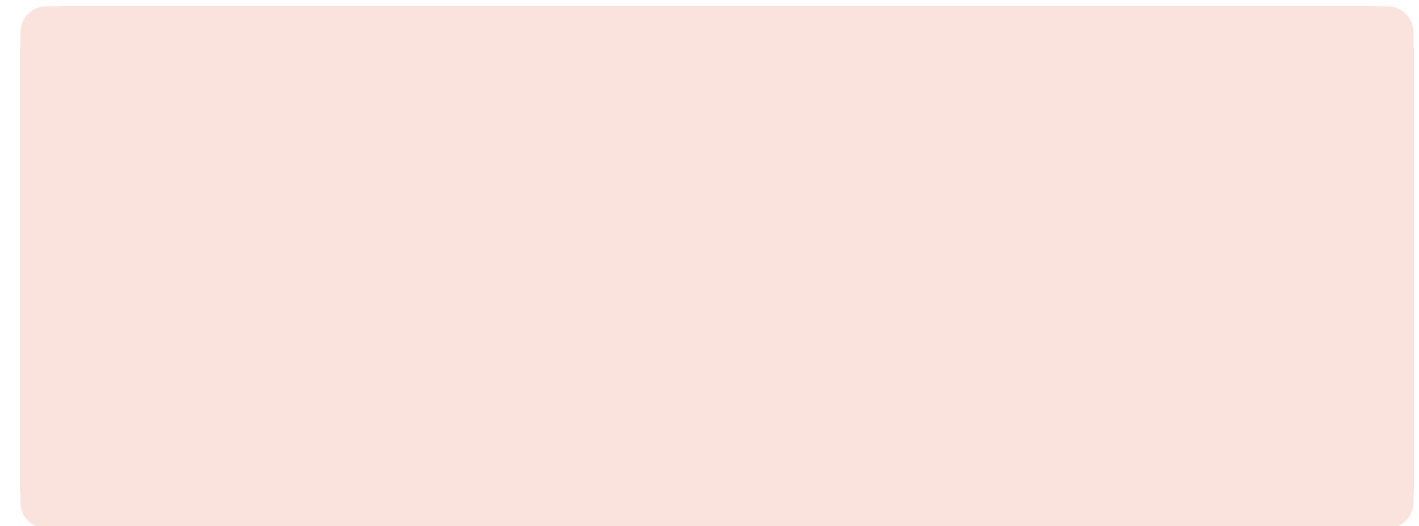
What was I most motivated by?



What do I wish I did more of?



What do I wish I did less of?



RELEASE 2018

2018 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 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?



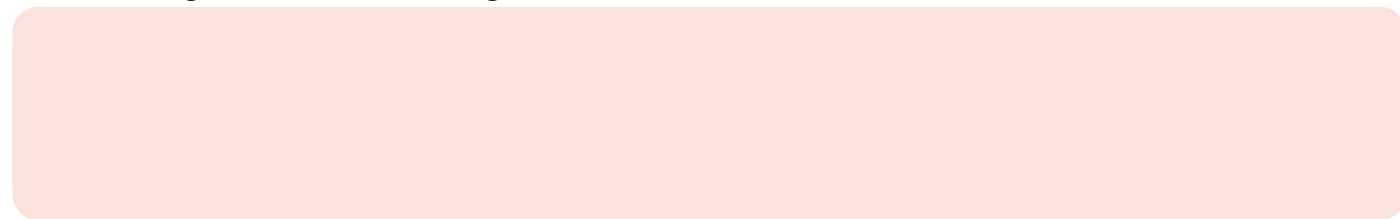
RELEASE 2018

FORGIVENESS

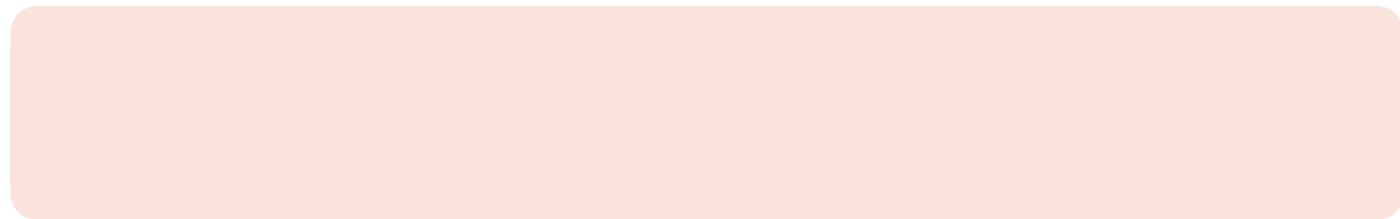


RELEASE 2018

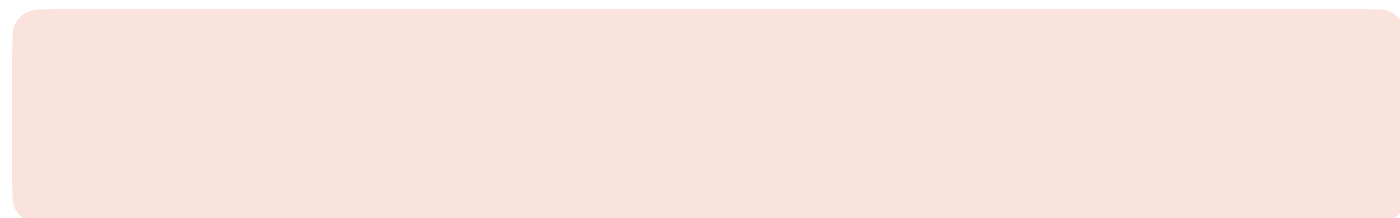
What thoughts are not serving me?



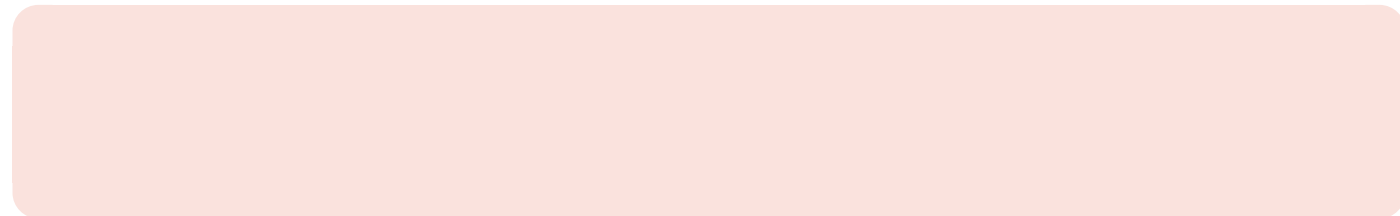
What patterns have I noticed that I wish I didn't have?



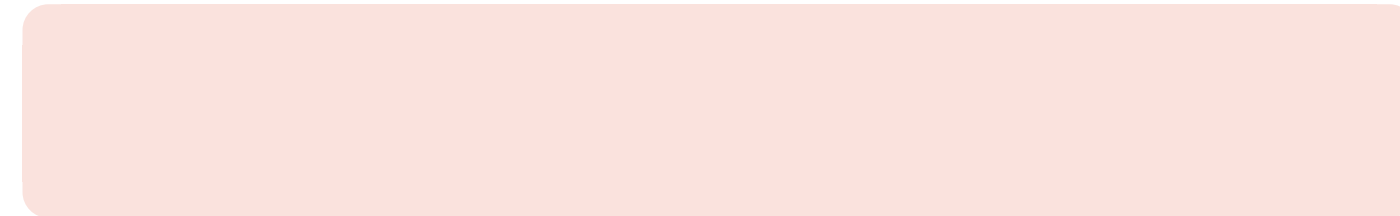
What behaviours do I wish to release?



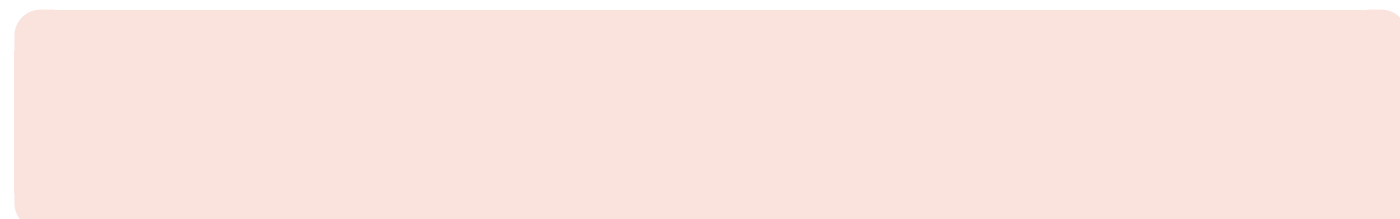
Who is holding me back/ What relationships are not in my best interest right now?



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 2018

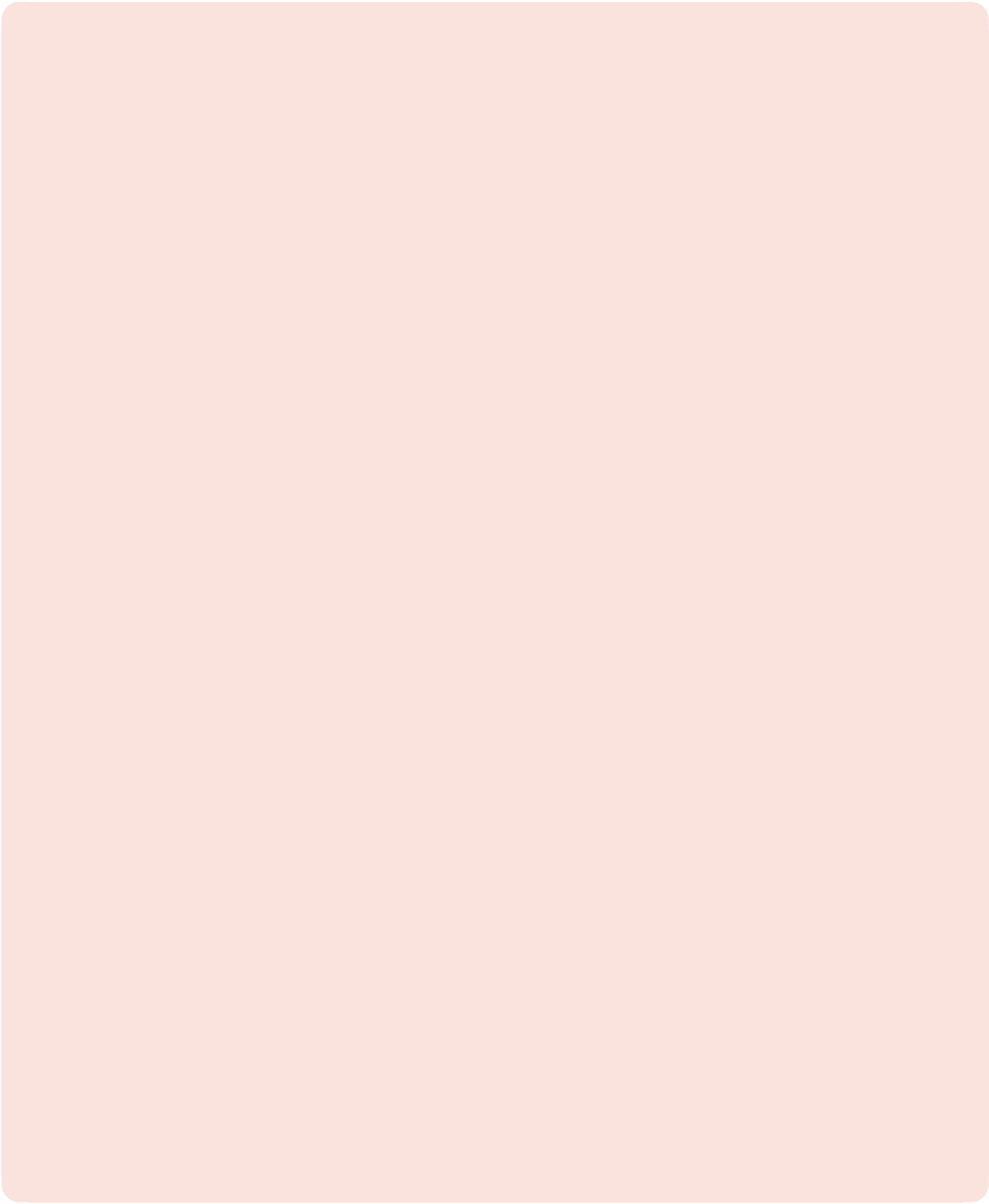
LETTING GO - Use this page to brain dump anything else you are ready to let go of and anything you are ready to see new possibilities around.





RELEASE 2018

FREESTYLE: Use this space for anything else you want to dump/ scribble/ draw or release from 2018.





RELEASE 2018

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



Thank you 2018!



RENEW 2019

CLEAN SLATE!

Whoop Whoop! Well done! 2018 is fully reviewed and you have now reflected, reviewed and released!

1. To start a truly clean slate you can now burn the release and forgiveness papers if you wish (again - use your common sense - please do this in a safe space and be careful not to burn your house down.) 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.

2. Brush yourself off.

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.

Set the intention to release any stuck energy, beliefs, and thoughts from 2018.

Keep the breath balanced, breathing into the belly through the nose and out through the mouth.

Move your right hand (palm down) to your left shoulder, use a diagonal sweeping motion down towards your right hip, imagine you're wiping off and releasing everything from 2018. 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 three times for each side. Now brush down the backs and fronts of your legs down towards the floor. Keep going until you feel light and free to start your renew phase of the workbook.

3. You may wish to smudge 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 2019.

4. Sit back down and get ready to RENEW!

RENEW 2019

2019 will be summed up by these three key guiding words.

If I could be anything in 2019, I'd be....

If I could achieve just one thing in 2019 it would be?

In order to achieve the thing above I need to action these things by 2020... map it out!

RENEW 2019

In order to ignite the magic in me for 2019 I need to:

I will know I have mastered my mental health in 2019 when I

I will know I have mastered my physical health in 2019 when I

I will know I have mastered my spiritual health in 2019 when I

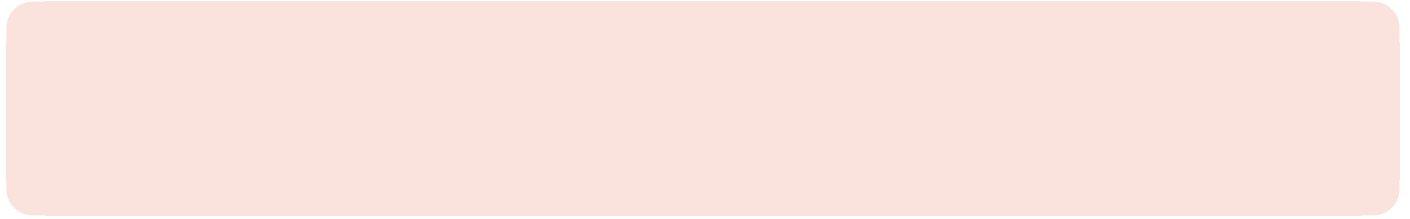
I will know I have mastered my financial freedom in 2019 when I

I will know I have mastered my relationships in 2019 when I

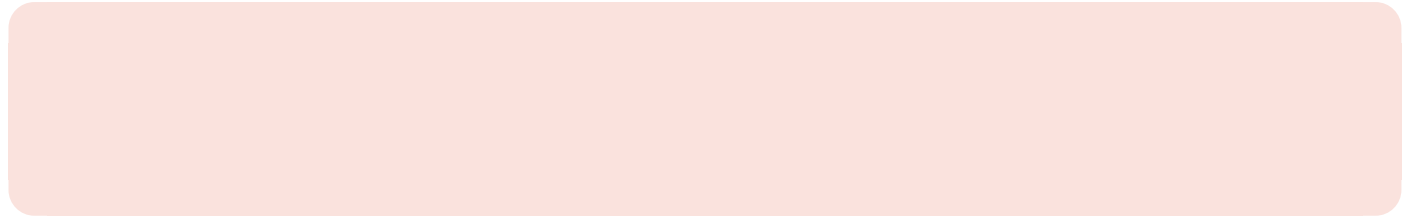


RENEW 2019

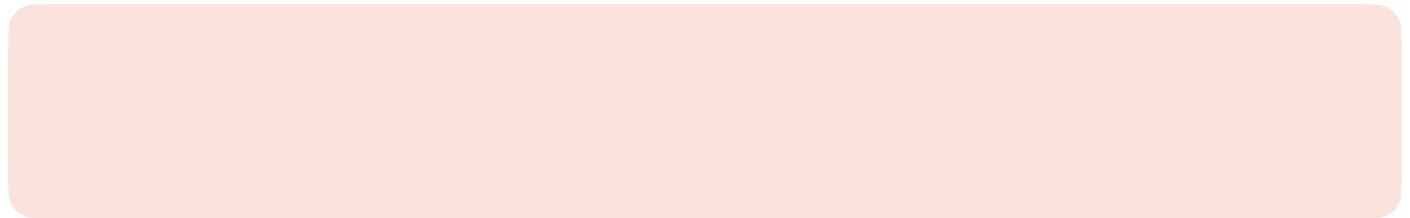
I feel most powerful when (top tip you need to do this more in 2019)



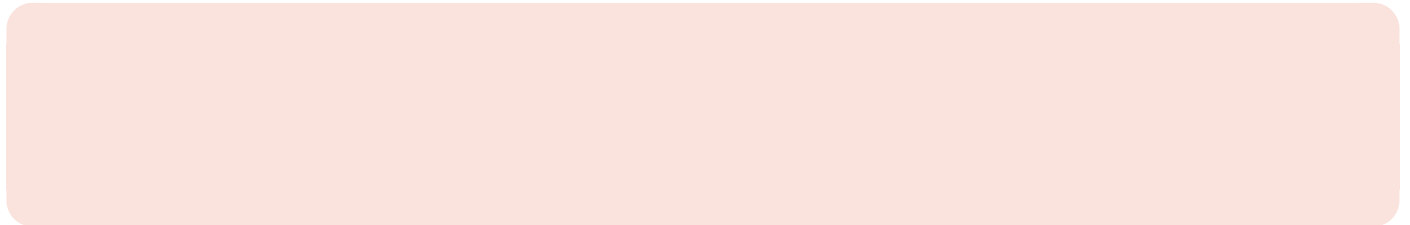
I choose to say no to these three things in 2019



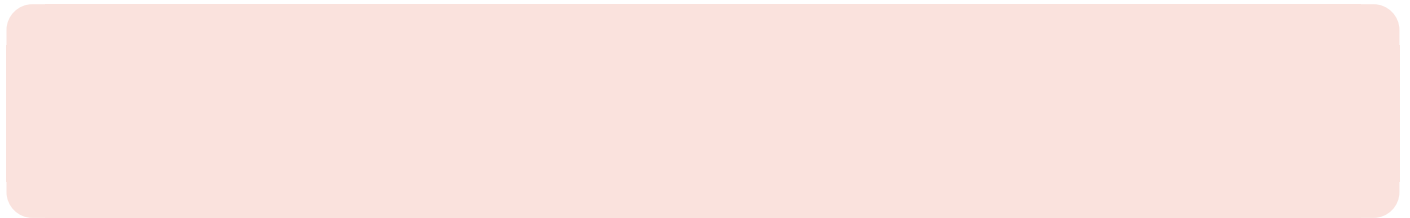
I choose to stop procrastinating on in 2019



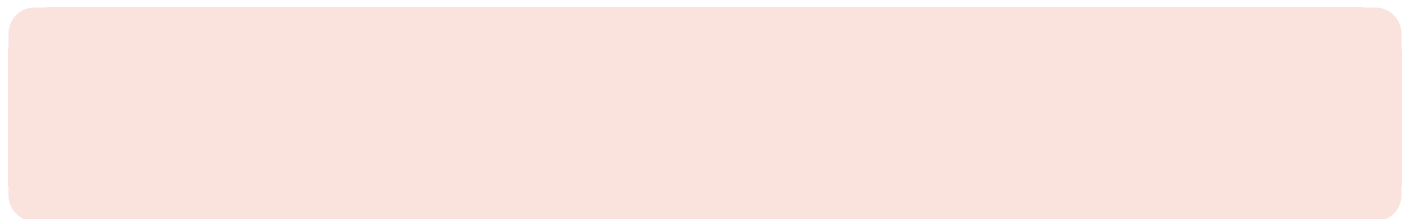
I love these things about myself (and therefor will nourish them more in 2019.)



I will treat myself to..... in 2019



I will travel to in 2019



RENEW 2019

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?

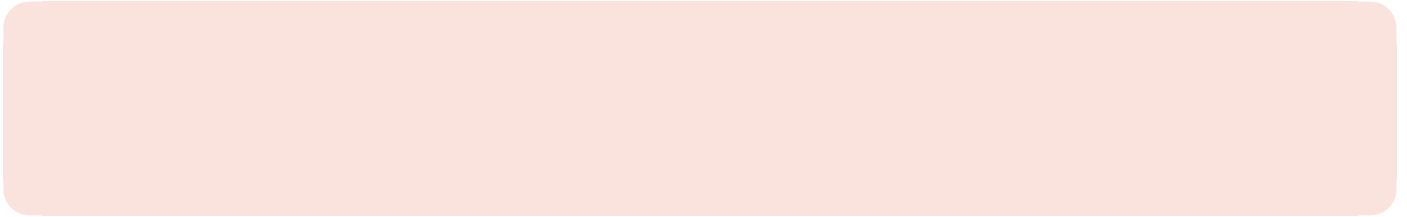
in 2019 I will not compromise on.....






RENEW 2019

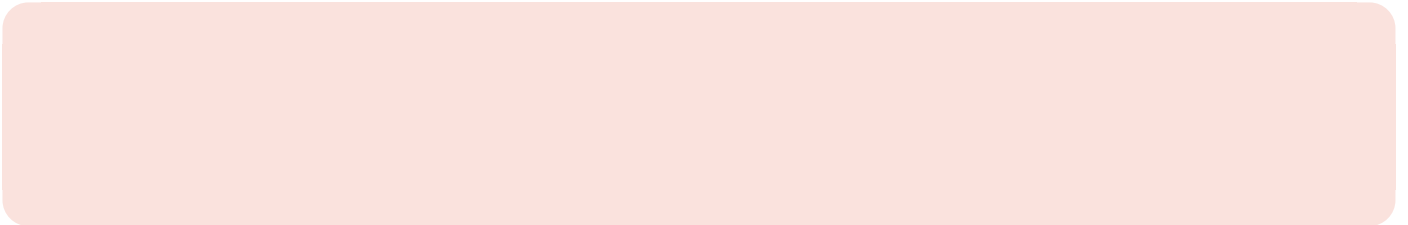
This year I will action these three things I have been meaning to do forever!



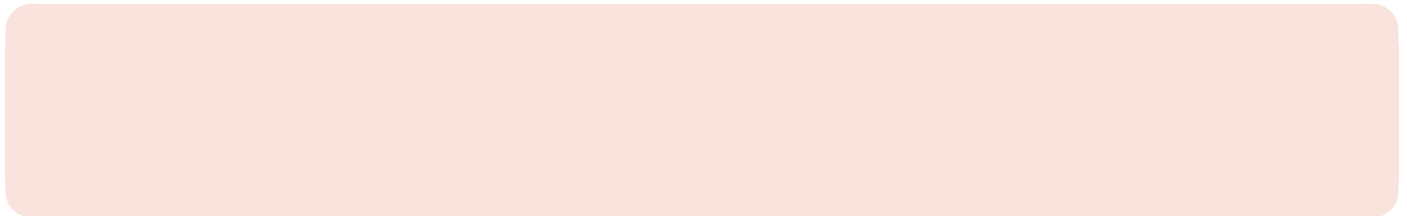
This year my morning routine will include....



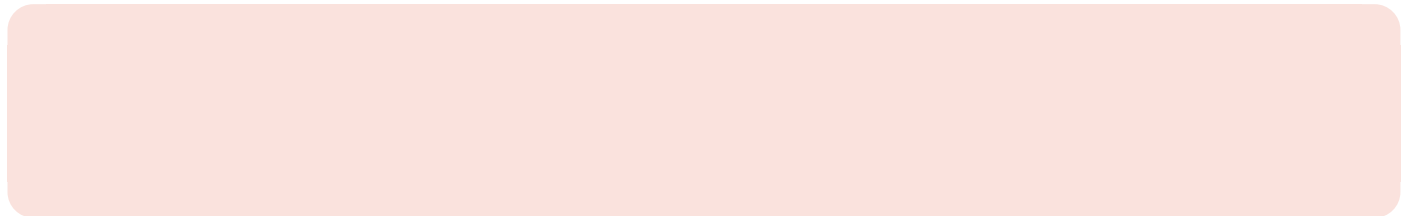
This year my evening routine will include....



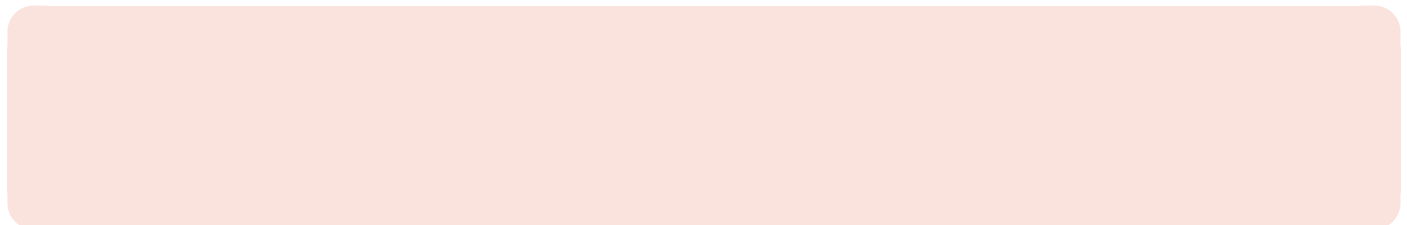
This year I will make more time for....



This year I will spend less time....



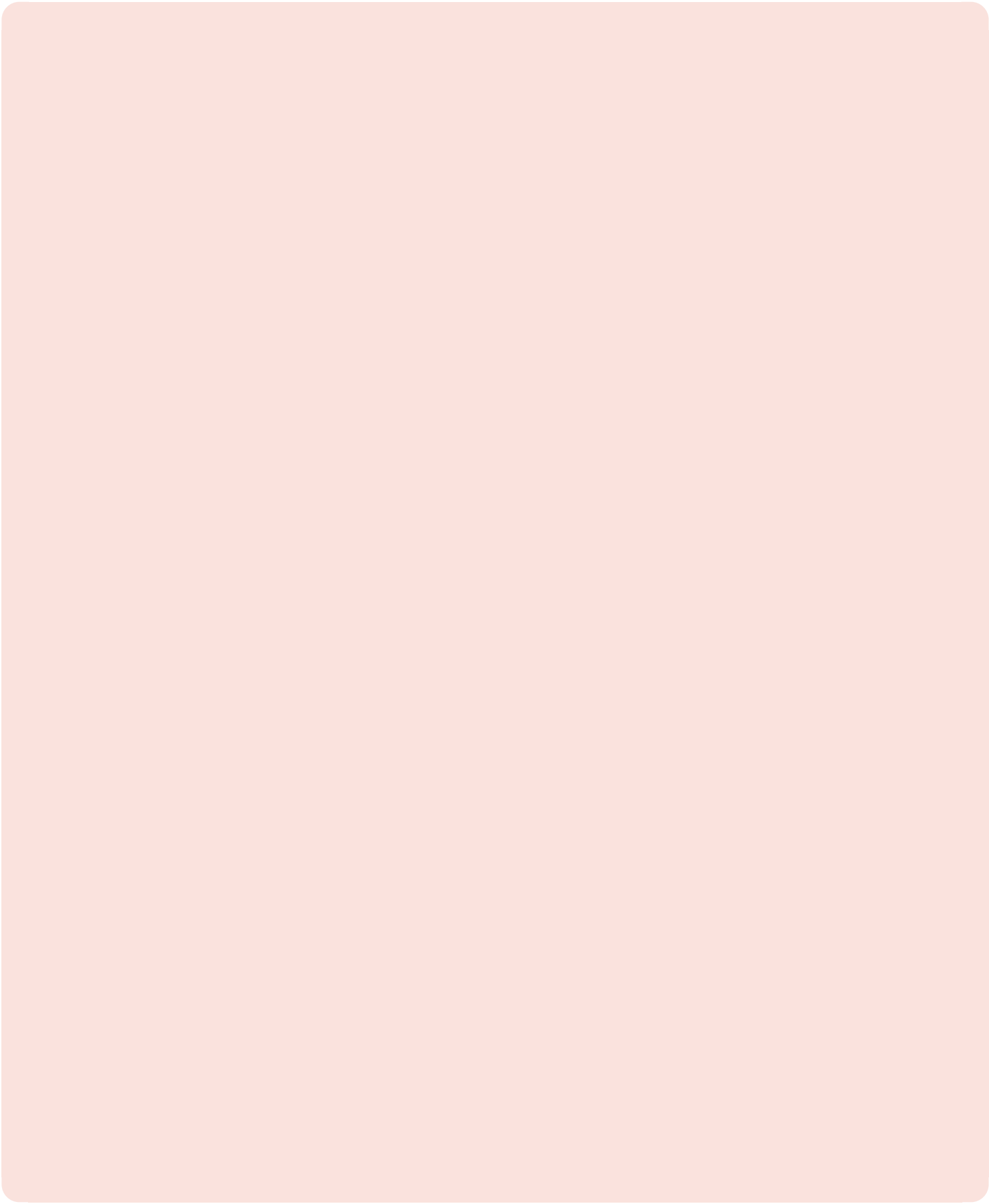
My affirmation for 2019 will be (Stick this up somewhere you can see it everyday)





RENEW 2019

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



ACTION 2019

A plan is pointless if you don't action it! Use this space to start planning and actioning your dream 2019, include a person who will hold you accountable to your deadline.

In order to achieve my dreams in 2019 I need to:

Deadline

Accountability

Deadline

Accountability

Deadline

Accountability

Deadline

Accountability

Deadline

Accountability

Deadline

Accountability

REVIEW, RELEASE, RENEW 2018/19

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 Clear Community as a space for accountability and support so remember we're here for you.

If things get overwhelming at any time in 2019 you can always come back to this, 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.

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 2019, remember YOU HAVE TOTALLY GOT THIS!

Much Love

Rachael

ps: If you have found this useful feel free to share in the group (Clear Community on Facebook or tag @welfordwellbeing on social media.

