



Complete Your Year!

Before rushing into the New Year, why not really get complete with all that's happened in 2019. It was a hell of a year for everyone, full of ups and downs, surprises, shock, revelations, accomplishments, failures, endings, new beginnings etc. – all of it deserves to be fully acknowledged and completed!

*For this process, you will need a pen, paper, a lighter/matches, fire-safe bowl, open heart and mind. The goal here is not to “look” good with what you write but to actually get to a point of “being” good with all that has occurred over the course of the past 12 months so that you may powerfully move forward – no looking back!

To be successful with this process:

*Be open, honest and authentic about what you write. If you find yourself second guessing, overthinking, or over-analyzing what you write, you are not “being” the aforementioned.

*Enjoy the process! Trust the downloads, insights, “aha” and even “pangs of regret/remorse” moments that may come up. Allow yourself to feel all of it!

Let's GO!

ACKNOWLEDGMENT Process

Step 1: Make a list of what you set out to accomplish in 2019 and actually accomplished.
(celebrate yourself!)

Step 2: Make a list of things you said you were going to accomplish, and you didn't accomplish.
(no justification or explanation needed here, just state it as fact – no beating up on yourself)

Step 3: Make a list of things you didn't think you were going to accomplish, and you accomplished them anyway. (revel in the awe and magic of this😊)

Step 4: Make a list of things you accomplished above and beyond your expectations. (notice what that felt like).

Step 5: Make a list of things you accomplished and that you are proud of yourself for accomplishing. (expand that feeling in your heart, commit it to memory in your body)

Step 6: Make a list of everyone you want to acknowledge and thank that you haven't yet done so. (think about what contributions they made in your life and why you want to but haven't acknowledged them for doing so yet.)

Step 7: What do you want to be acknowledged for and by whom? (be honest here, don't punk out. Tell the truth about the recognition you want to receive but believe you haven't received and why.)

ACCEPTANCE Process

Step 8: Make a list of the thoughts you kept thinking in 2019 but know you must stop thinking in 2020 to create what you really want. (ex: I'm too tired, I have a headache, I can't do that right now, maybe tomorrow etc....)

Step 9: Make a list of the choices you know you have to stop making in order to have what you truly desire. What are the things you have to stop doing? (ex: beating yourself up, staying angry too long, overeating, complaining, blaming, procrastinating etc.)

Step 10: Make a list of experiences, people, places, and relationships you know you must stay away from in order to create your intentions into reality.

Step 11: Write down the emotions that keep you anchored to the past of being incomplete. (etc. (guilt, suffering, struggle, unworthy, despair, rushed, anxious etc.)

INTEGRATE

Step 12: Declare yourself **COMPLETE!** Light the paper you've just written on and as it burns state out loud: "I AM complete with 2019. I give thanks for all that I have and have yet to accomplish. I give thanks for all the growth I've gained through **my** unique process of living in every area of my life. I AM complete. I move forward into 2020 perfect as I AM.

Step 13: Sit in a meditation position and visualize yourself living into the New Year **complete** and **free**. See yourself being and doing all the things you desire and being recognized fully for it. Conjure up the good feeling that brings up. Allow yourself to fully realize that feeling in your body and sit with that feeling for **at least** five minutes.

Step 14: Enjoy the f*** out of 2020!

Love, Light and always working within my shadow sides,

Tihanna Louise

**If this was helpful and useful, please pass it on and leave a comment underneath the blog about your experience. This is a two-way process! Your feedback is appreciated!

