

2024

KICKSTART YOUR YEAR

A Mindfulness
Workbook
Designed for
You!

SB

Sonia Byrne



EMBRACE THE NEW

Embrace The New

As you step into the new year, take a mindful moment for just YOU! Take a moment to reflect on the past, honour the present and embrace the new that 2024 brings. Create a beautiful space for this experience. Grab a tea. Pull up a comfy cushion. This time is just for you.

Reflect on the Past

Gently close your eyes for 30 seconds to contemplate the good that has happened in the past year. When you open your eyes, take note of the following:

The gift of 2023 was

My greatest success was

My biggest learning was

Honour the Present

Gently close your eyes for up to 60 seconds to honour the present moment. When you open your eyes, take note of the following:

In this moment, I am most grateful for

The best thing that is happening right now is

The thing that needs my attention at this time is

Embrace The New

Gently close your eyes for up to 90 seconds to embrace the new that is unfolding for you in 2024. When you open your eyes, take note of the following:

I am looking forward to

I am releasing

I am focusing on

Take note here of anything else that came up in your experience of contemplation:

"We must be willing to let go of the life we planned so as to have the life that is waiting for us."

Joseph Campbell

Living Your Best Life in 2024

The practice of mindfulness invites us to both live fully present and to be joyfully open to all that comes our way. It is a collaboration of active and contemplative living. As you consider what is most important to you in the coming year, let's take stock of where we are at this time by indicating your level of satisfaction in each area of your life. Select the appropriate number between 1 (low) and 10 (high) by circling that number.

My Home Environment	1	2	3	4	5	6	7	8	9	10
My Friendships	1	2	3	4	5	6	7	8	9	10
My Family	1	2	3	4	5	6	7	8	9	10
My Intimate Relationship	1	2	3	4	5	6	7	8	9	10
My Work/Service to the World	1	2	3	4	5	6	7	8	9	10
My Spirituality	1	2	3	4	5	6	7	8	9	10
My Creativity	1	2	3	4	5	6	7	8	9	10
My Recreation/Free Time	1	2	3	4	5	6	7	8	9	10

Once completed, go back over the exercise and underline the number that represents your desired level of satisfaction. When you have finished, take a moment to make note:

Which area(s) do you want to focus on in 2024?

What surprised you about your own indications of satisfaction?

Moving into Action in 2024

In reviewing your answers, notice which area of your life you feel called to focus on in 2024. Close your eyes gently and consider the past, present and future experiences of this area of your life.

Area of Focus	
Reflecting on the Past	What am I ready to release in this area of my life?
Honouring the Present	What has been the gift of my experience in this area?
Embracing the New	What am I ready to experience in my life?

What is my first step towards creating my desired experience in this area of my life?

Each new year brings with it the bright possibility of transformation in your life. We wish you a beautiful unfolding of your desired experience. Know that we are here to support you in 2024 with personal coaching, group coaching circles, 21-day experiences of mindfulness and gratitude along with carefully curated event experiences to help you live your best life!

Please let us know what interests you at www.MindfulLeadershipForSuccess.com. We look forward to connecting with you! Happy New Year!



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