

REFLECTION

2017

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Welcome to the 2017 Reflection to Projection Project!

There is no right or wrong way to do this. It doesn't matter whether you use your own favorite journal, scraps of paper or these journal sheets I'm giving you. The point is to reflect on the current year by writing it out so you can see it in black and white and use it as a point of reference in the future.

There are three days of reflection and three days of projection this year which will show up right in your inbox. You will also find them on Instagram and Facebook. Now all you have to do is find a perfect time of day and a cozy place to relax, pen in hand, then breathe deeply, let go and reflect.

Day One – Reflection

Day 2 – Reflection

Day 3 – Reflection

PROJECTION

2017

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Now let's shift our focus to the New Year! Over the next three days you will receive prompts to get you thinking about the year ahead. Get that mojo fired up and let the Universe know what you will be doing in 2018!

Journal what comes to mind with each prompt and feel free to flip the paper over or add additional sheets if you are really in the flow.

Day One – Projection

Day 2 – Projection

Day 3 – Projection
