HONORING ENDINGS

A WORKBOOK TO CREATE SPACE FOR THE NEW YEAR

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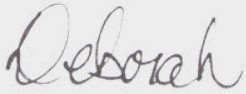
WELCOME

REVIEWING THE JOURNEY IS KEY TO PAVING THE PATH AHEAD.

The end of a year is a sacred pause—a time to honor what has been and clear the way for what will be. Reflecting on the year that has passed allows us to see the lessons, celebrate the victories, and release what no longer serves us. By doing so, we create space for intentional growth and step into the new year with clarity and purpose.

Reflection is not just about remembering; it's about reconnecting with your journey. Looking back helps you recognize patterns, honor progress, and tap into your inner wisdom. It's the foundation for setting authentic intentions and moving forward with confidence.

This workbook will guide you through a series of journaling prompts designed to help you complete the year that was with awareness, gratitude, and grace.



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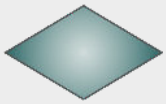

CELEBRATE YOUR WINS

What experiences have brought you wisdom over the past 12 months? What is that wisdom?

What are the three most significant accomplishments or moments you're proud of this year? Why do they stand out?

What steps did you take to achieve these wins? What does this say about your strengths and capabilities?

What can you celebrate about yourself, even if it didn't involve an external achievement?

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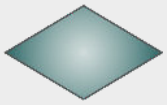

HONOR LESSONS LEARNED

What challenges did you face this year, and how did you navigate them?

What valuable lessons have these challenges taught you about yourself, others, or life?

Is there anything you wish you had done differently? What wisdom can you carry forward from this?

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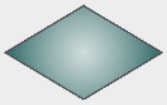

RELEASE WHAT NO LONGER SERVES YOU

What habits, beliefs, or patterns held you back this year?

What are you ready to let go of as you move into the new year? How will releasing these create space for something new?

Write a letter of release to anything you're ready to leave behind. Express gratitude for its role in your journey, then let it go.

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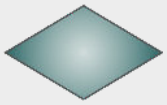

GRATITUDE AND INTEGRATION

What are you most grateful for this year? How has gratitude shaped your experience?

Reflect on the people who supported or inspired you this year. How can you acknowledge them or pay it forward?

How has this year's journey shaped who you are today? What part of yourself are you most proud of?

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SET THE STAGE FOR THE YEAR AHEAD

Before you step into envisioning the new year, take a moment to acknowledge the completeness of this year. When you reflect on the year as a whole, what one word or phrase encapsulates its essence? Write it down and let it anchor your reflections.

Closing Thought: As you complete this workbook, know that your reflection is a gift to yourself. The time and space you've given to honor your journey pave the way for a radiant new beginning. Carry this awareness into the year ahead, trusting in your wisdom, strength, and limitless potential.

This workbook is designed to support your personal journey. Use it as a companion to deepen your connection to yourself and your path.

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READY TO GO DEEPER?

Deborah is a mother, grandmother, (and great-grandmother) who has dedicated over 50 years to the studies and practices of India's ancient sciences.

She is a beloved yoga teacher, mentor for women, and Ayurvedic practitioner whose teachings are grounded in her in-depth studies, direct experiences, and personal transformations. She brings 40 years of experience to her offerings.

Her passion and life's work is to support others to be free of anxiety, insecurity, and all that is holding them back from living a happy and health life.

To learn more about Deborah
and how she can support you on the path to loving yourself and being free of anxiety, fear, and all that may be holding you back, please visit www.thedeborahkeene.com.

- She Who Knows 1:1 Mentoring
- The Wise Woman Sanctuary is a membership with live and on-demand recorded classes and wisdom teachings
- Ayurvedic nutrition and lifestyle consultation

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THE WISE WOMAN PATH

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