

# Release + Receive

## WHAT are you ready to release?

Using as a filter your intention for the month and/or your mantra and MBSIs for the year, what do you want or need to release? Consider both of the following forms of release:

1) Shake off what no longer serves, emotional or physical clutter, busyness, baggage, expectations, old stories and mindsets, unhelpful self-talk; 2) Give back with gratitude, pour out what you want to see more of in the world., sprinkle kindness, use your gifts.

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## WHY: your motivation for these choices

Will your choices align with your values and priorities for this season? Will these choices help you show up fully to life?

## HOW: next steps or imperfect action

Get specific about how you want to move forward. What are the micro details or small steps you need to take?

# Release + Receive

## **WHAT are you ready to receive?**

Using as a filter your intention for the month and/or your mantra and MBSIs for the year, tell the truth about what you want or need to receive or experience more of? Open up to it mind, heart, body. Make space in your life for it. For wholeness we want to give back with gratitude but also receive with gratitude.

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## **WHY: your motivation for these choices**

Will your choices align with your values and priorities for this season? Will these choices help you show up fully to life? Notice any stories/blocks that keep you from receiving.

## **HOW: next steps or imperfect action**

Get specific about how you want to make space in your life for what you desire. What are the details /small steps you need to take?