

CHRISTMAS
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GIFT

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FULL New Year Meditation
part 1 and 2



WHAT HAVE YOU LEARNED

WHAT HAVE YOU ACHIEVED

WHAT ARE YOU PROUD OF



WHO WERE YOUR BIGGEST
SUPPORTERS IN 2018

LISTS THE BEST MEMORIES
2018 GAVE YOU

WHAT CAN MAKE YOU
DOUBT YOURSELF

HOW CAN YOU AVOID TOO
MUCH SELFDOUBT

WHO COULD HELP YOU



WHAT FROM THE YEAR OF
2018 WILL YOU NOT BRING
INTO 2019



These are four selected pages
of the complete New Year
Meditation.

The complete New Year
Meditation consists of:

New Year Meditation part 1:
saying goodbye to 2018

New Year Meditation part 2:
getting a good start on 2019

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