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**Love Yourself RICH**

**Alumni Club**

With Jill Hope

**January 2023**

**LYR Alumni Club Training Call #7: Intentionally Create Your 2023**

We wouldn’t be practicing “loving yourself rich” if we didn’t start off a new year with a vision of what we truly want for ourselves as we enter the new year.

As a new year begins to unfold, you can choose to either let it take hold of you, or you can choose to take hold of it.

Loving yourself rich is being intentional with what you want.

In our last coaching call, you created some clarity around what you want this year. What we want to do now is to create a more clear vision and tap into the energy of what this year represents for you.

While it may feel like we are way past the start of the year, in many ways this year has felt like a slow roll rather than a blast off.

That has given us a perfect opportunity and space to create clarity and intention, and to let energy build around that.

**Activity: Reset Into 2023**

**Instructions**

**Step 1:** Take a moment to settle into yourself, into your center, by taking a few slow, deep breaths as I guide you now to reset from 2022 and feel into 2023.

**Notes**

**Questions to Journal On Post-Meditation**

Instructions: Using whatever came up for you during the meditation, as well as anything that comes to you in the present moment, reflect on and answer the following questions.

1. What do you want to create/experience/receive?
2. What version of yourself do you want to become? What qualities does she embody?
3. How do you want to feel?
4. What new beliefs would you like to embody?
5. What new decisions do you want to make this year?

**Allow the answers to these questions to help you form a vision for your 2023.**

**HOMEWORK: Your 2023 Vision**

**Assignment 1: Write Your 2023 Reality**

In the space below or in a journal, write out what you desire and vision your ideal reality to be in 2023. Include your goals, dreams, how you want to feel, what you want to heal, how you want to see yourself show up, etc. Whatever you want to experience this year, write it out as if you are describing your average day/week as if you are reflecting on it or sharing it with someone else.

**Assignment 2: Write a 2023 End-of-Year Gratitude Letter to Yourself**

Instructions: Fast-forward to December 31, 2023. Incorporating anything that came up for you during the visioning meditation, through your journaling, or from what you wrote in your 2023 reality, consider the following as you write your end-of-year gratitude letter:

* What are you grateful for regarding how you showed up this year?
* What are you grateful for that you’ve learned about yourself?
* What are you grateful for that you’ve become?
* What are you grateful for regarding how you now view yourself
* What are you grateful for regarding your outlook on life from this new, current vantage point in time and space?

**Write your gratitude letter in the space below or in your journal or notebook and save it to refer back to on December 31, 2023.**