

Baby Steps versus Resolutions

1. Free write any and all wishes, asks, prayers and/desires you have for this coming year? (You might want to do this on a free page in your notebook/journal.) If you get overwhelmed, just write five.
2. What are some intuitive baby steps you are being called to take for yourself, your life and/or your health/happiness/peace/joy this coming year? (Meditation, movement, greens juice, service-based activities, nature time, friend connection, activism, travel, etc.)
3. What is the one intuitive baby step that feels the most important to you right now?
4. Why is it important in your life for this coming year? How do you guess it would support you and your life?
5. If this baby step was woven into your days and weeks, what benefit would it have to those in your life?
6. How long do you want to practice weaving in this baby step? How often?

7. How will you remember to practice this baby step?

8. Do you need any other support to make this new (or newly practiced again) baby step a constant in your life? (Let Elizabeth know, let a friend know, put a reminder in your phone, surround yourself with images/music/loving reminders, etc.)

9. How do you guess you will feel if you are practicing this baby step more regularly? What other places, practices people connect you with that same feeling?

10. How do you want to support yourself (with tender love, fierce love, compassion, support, patience) if you forget, stop or avoid practicing this baby step?

11. What is your true wish for this baby step?