



# New Year's Joy Sheet

Part 1: Reflecting on the past year

I'm so proud of myself for

---

---

---

---

I was so brave when I

---

---

---

---

I know I made a positive difference in the lives of others because

---

---

---

This year I realized my gift(s) of

---

---

---

I felt such love and support from

---

---

---

---

A moment that really touched me was when

---

---

---

My favorite memories from this year are

---

---

---

---

---

I feel so peaceful about

---

---

---

I am so thankful for

---

---

---

---

I know my loving spiritual team would tell me

---

---

---

I know I was blessed by this year and all I experienced. I am thankful for the strength and beauty I found in myself and others, and I move forward with the joy of knowing I made it through the challenges, I felt loved, and I am creating wonderful new experiences for myself in the new year.





# New Year's Joy Sheet

## Part 2: Anticipating the new year

This year I will remember that I am

---

---

---

My spirit feels ready for

---

---

---

---

I will remain hopeful and positive by remembering

---

---

---

I will make my joy a priority by

---

---

---

---

---

I know that good things are in store for me. I know that I am capable of creating everything I desire and more, and this year I choose to believe in myself and the love that is always with me and helping me. My joy is a priority, and this year I make decisions that bring even more joy, fulfillment, and love into my life.