

## Norkova New Year Journaling



### Deep Dive

Picture yourself in 5, 10 years...who do you see? Who is she? What traits does she have? What does she feel? What is she doing (working, married, traveling, mom, living life, etc). Sky is the limit, don't hold back. This is not the version of you you think you are supposed to be, it's the version of you, you want to be.

What are 10 traits, feelings, or emotions you want to embody in this future self?  
Example: loyal, safe, at peace, a part of a community, financially free, fulfilled, etc

Pick one of those words or traits – whichever one stands out to you.

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When was a time in your life that you last felt or embodied that word? If never, imagine yourself in the future, embodying this. Or, ask yourself, why have you never embodied this?

### **Meditation**

Connect with this feeling, emotion, character trait. How does it make you feel? Excited? Uneasy? Familiar? Write down a few thoughts from your meditation

### **Connection**

What is stopping you from being this trait or feeling this emotion? Don't hold back, but be kind to yourself.

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What are your fears around this word, trait, emotion? Why do you think you don't embody this currently?

(Failure, trauma, self-sabotage, feelings of unworthiness, societal pressure, etc)

What are changes or active steps you can take to connect with this word, trait, emotion every day in your current life?

Could be something as small as thanking yourself for being alive, thanking yourself for how far you've come or bigger things like work changes, speaking your mind where you have in the past been quiet, setting stronger boundaries)

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## Wrap-Up / Final Thoughts

How are you loving or honoring yourself every day as of current day? What does that look like?

What will that look like going forward? Honoring current you, and working toward that future you. That beautiful word, trait, emotion that you want to embody.

At-Home Questions:

What is serving you?

What is not serving you?

What are you proud of the last year?

What do you need to forgive yourself for from the last year?

How is fear holding you back? What are you afraid of?