

Constellations Therapy



Reviewing 2023 and Making 2024 Great



Elaine Ní Mhórdha

Welcome

I'm so excited for you and I'm delighted that you're taking time for yourself to reflect on 2023 and explore what you want for 2024.

Elaine



Welcome

Now I want to say that I have mixed feelings about New Year's resolutions and I don't really believe in *new year, new you*.

I'm all for change and growth but I don't believe that we should punish ourselves or feel that we're not good enough based on marketing campaigns from businesses who get richer from our feelings of being inadequate.

The purpose of this workbook is to empower you, not berate or punish you because **you are enough and you are amazing.**

How was 2023?

Relationship



Friendships



How was 2023?

Work



Family



How was 2023?

Finances



Fun



A Note on Reviewing 2023

This next section asks you to review 2023.

I want you to know that surviving the year is an achievement. Please do not feel that you need to have achieved things like a promotion, bought a home etc.

They are all great but getting out of bed on days when you felt like you couldn't is also a great achievement.



2023 Review

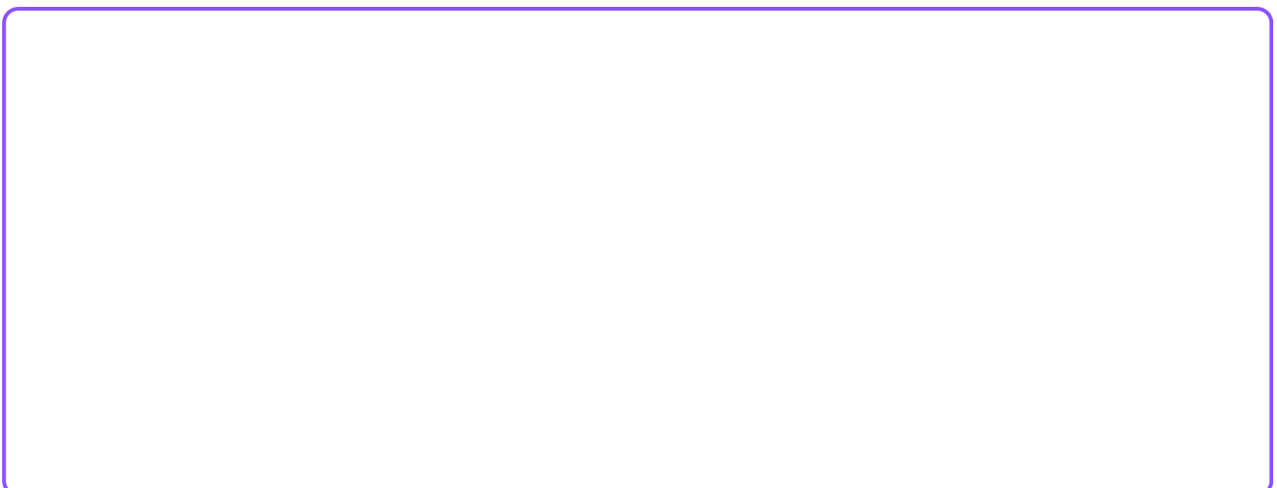
What have I achieved?



What have I learned?



What made me happy?



2023 Review

What brought joy to my soul?

What challenges did I face?

How did I cope with them?

2023 Review

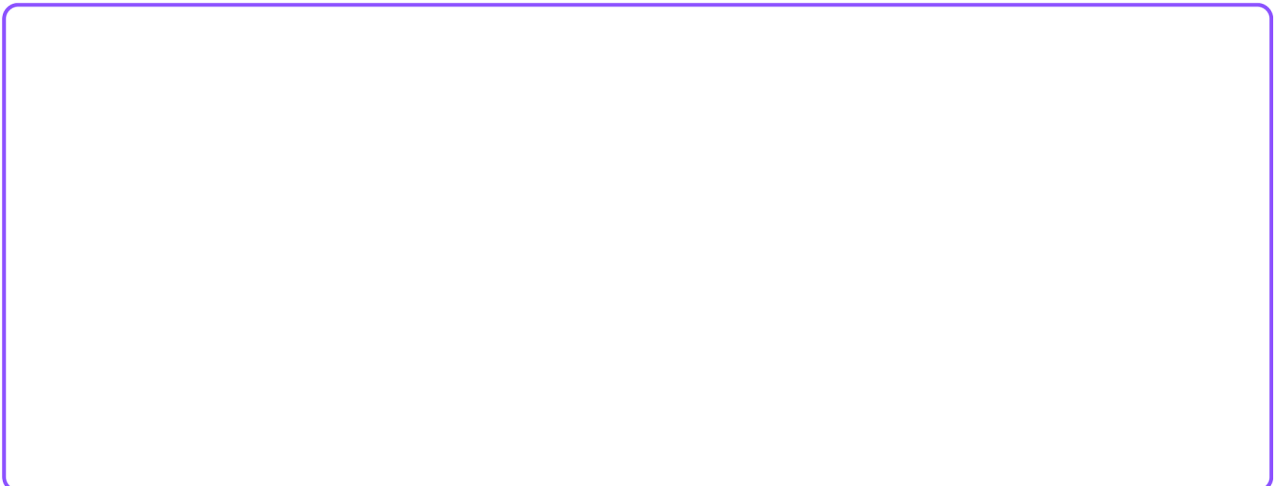
Did I prioritise myself this year?



What did I learn about myself?



What boundaries did I establish?



What would I do Differently in 2024?



What are my Goals for 2024?



Goal Tracker for 2024

GOAL

WHY

MOTIVATION

START DATE

DEADLINE

REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

LITTLE STEPS

NOTES

30 Day Self Care Challenge

DAY 1 Start a gratitude journal	DAY 2 Learn to meditate	DAY 3 Spend the day social media free	DAY 4 Call / text someone you love	DAY 5 Take a 15 minute walk outdoors
DAY 6 Listen to a podcast	DAY 7 Learn to cook a new recipe	DAY 8 Stretch for 10-15 minutes	DAY 9 Listen to your favorite song	DAY 10 Practice deep breathing
DAY 11 Try a free online course	DAY 12 Read a book for 15 minutes	DAY 13 Write a list of short-term goals	DAY 14 De-clutter a room or desk	DAY 15 Go to bed 30 minutes earlier
DAY 16 Unfollow accounts on social media that don't serve you	DAY 17 Wake up 15 minutes earlier	DAY 18 Make your favorite meal	DAY 19 Watch the sunrise or sunset	DAY 20 Create a bucket list
DAY 21 Watch a movie or series	DAY 22 Write down your thoughts	DAY 23 Light your favourite candle	DAY 24 Have a home spa day	DAY 25 Read inspirational quotes
DAY 26 Create a vision board	DAY 27 Spend some time in nature	DAY 28 Do a hair / face mask	DAY 29 Wear your favourite outfit	DAY 30 Take a power nap

Notes



Contact Me

I'm here to help so if you are interested in my services of Psychotherapeutic Coaching, Reiki or Chakra Balancing, please get in contact.

You can book a **FREE** consultation via my website.



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