**Thrive and Elevate**

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I am delighted that you have taken the steps this month to join me on your path to Thrive and Elevate. These words are light, joyful and fun but this month you will go on a deeper journey to embrace your true self and also start living fully, just the way you are meant to!

Before you begin, find a quite space to get comfortable. Make yourself a nice cup of herbal tea or a big glass of water, light a candle, burn some essential oils and pick one of your favourite pens. Take this time to create a new journal ritual, where you create the proper space to support yourself as you connect to your thoughts and begin to write.

*I also recommend listening to one of this month’s meditations after you do your soul journal ritual to connect to yourself even more.*

Why do you want to Thrive and Elevate?

What do these two words mean to you?

Why is now the right time to start on this path?

Create a picture. Thrive and Elevate will mean different things to each of us, so for you to get a clear vision of what this means to you, I would like you to imagine that you are thriving and elevating right now and answer the questions below.

How do you feel?

Who are you becoming?

What parts of your true self are starting to emerge or re-emerge?

What is different in your life?

What are you doing?

What are you not doing?

*Now, as you start to shape this vision, it can become easier for you to see what you will need to do to bring this picture into reality.*

Next, let’s come back to where you are currently in life and delve into your life a little further to help see the bigger picture.

What will you need to heal or clear in your life to begin to thrive or elevate?

What aspects of your life are you repeating again and again?

Why are you doing this?

(Try to write something here, even if it takes time to think it through. Deep down you know the answers.)

What parts of your life do you feel don’t belong to you?

(e.g you might struggle financially but know deep down that isn’t how it is meant to be for you)

Think of a parent or grandparent and ask yourself if these parts of your life actually belong to someone who came before you.

(e.g. did a parent or grandparent struggle financially the same way you are)

Are you carrying on patterns from previous generations?

*If you feel you are, take some time now to visualize this person or people. See them covered in bright white light and ask that they be healed of their struggles. Thank them for the lessons and ask that you can be released now from this.*

Do you feel really and truly ready to embrace all the aspects of yourself to help you thrive and elevate?

What are you going to do to start this process?

*Remember, oftentimes these processes can feel difficult, so reach out for different supports: Counselling, Healing, Books, Meditations and more. Even talking to a trusted friend. You don’t have to do this all on your own.*

Letter of Devotion

Take some time to write to your future self. Date it for some time in the future; in 6 month’s time or a year’s time. Tell her all the things you are about to embark on, all the wonderful things you are ready to heal and let go and all the magic you are going to create.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ promise to devote myself to ME!

On the \_\_\_ day of \_\_\_\_\_\_\_\_\_ in the year \_\_\_\_\_ I will be thriving and elevating because for the next \_\_\_ months, I am going to do the following…………. ***I make this promise to myself!***