**A close up of a logo

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*Welcome and let’s begin….*

*Firstly, well done on committing to this month’s theme of Resetting and secondly, well done on taking this time for your Soul Journal. Journaling is a powerful way of connecting deep within and allowing insights and understanding to come through.*

*Create a loving and gentle ritual in a comfortable place, where you can connect to yourself.*

*Find a quiet space and sit comfortably.*

*Light a candle and burn essential oils (safely).*

*Turn on some gentle and relaxing music.*

*Take your Journal and your favourite pen.*

Thinking back over this year what are the biggest challenges you have faced?

What deep and positive lessons did you learn and receive during these challenges?

What can you take from these lessons to help you evolve and move forward with peace and ease?

What good things happened this year?

Why do you think these happened?

How can you create more of these moments in your life?

What areas of life do you want to reset?

What physically and mentally are you ready to reset?

I am ready to reset because……

*A picture containing drawing, shirt

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