

2018 Empowered New Year Adventure

Are you ready for the New Year? Do you want to make your dreams + goals a reality? Do you want to have a fucking awesome 2018?

I thought so...

Releasing 2017 with Gratitude

Take a moment to go inward to explore + review 2017. Think about how you were a creative genius, a boss, the most luminous you. How did you WIN in 2017?

Now turn your concentration to the pitfalls, the hurdles and the shortcomings of 2017. What scared the hell out of you? Caught you off guard? Failed miserably? What were your glorious failures in 2017?

Everything from 2017 was a learning experience. You learned to feed your spirit. You learned what depleted your spirit. You learned where to focus your efforts, and where not to. Everything pushed you into your creative self... to your edge to discover how best to set 2018 into motion.

Bundle all of your experience up. Put them in a big, bright ball of energy and intention. Muster as much gratitude you can for this beautiful opportunity. **Then release it.** Release it into the Universe to be recycled into something better that serves your new adventure.

Remember, if there is no release, then there can be no growth!

The Energetic Themes for 2018

As you move into this New Year. What stands out to you? What one thing do you desire most to learn, create, release, accept or forgive?

This can be a major theme for growth and empowerment in the New Year.

Setting New Intentions for 2018

What makes you feel juicy? What makes you feel vibrant? What makes you feel alive? What feels safe and what feels scary? What's stirring in your head, heart and spirit to come alive?

Rather than focusing on goals, let's focus on themes. Themes are powerful ways to activate your flow and set ideas into motion. When you have a central theme to live by, you shift your thinking, your way of being, and ultimately your energetic story.

A theme begins with a feeling. What do you want to feel in 2018?

When you embody a feeling you want to attain anything can happen. It also gives you the room to grow, flux, change, and clarify where you want to go creatively. And it allows you to carry on your theme as a way of life, rather than a means to an end.

Develop your power mantra to embody your theme 2018.

This is a guiding principle that everything can fall under.

Example: I listen to and follow my creative ideas and make them a reality.

From this guiding mantra you can take actionable steps for embodying your theme. Make a list of 10 ways you can fulfill this guiding principle. These can grow and change as the year progresses. **As you meet one "goal" begin to implement another that feeds your mantra.**

Creative Ways to Step into Your Flow of 2018

- **Write out goals, actionable steps, and intentions.** Writing down what you want to accomplish puts you one step ahead of the game. Make sure to review these markers along your path. Look at them daily. Put them somewhere you can see them.
- **Turn your intentions into mini-mantras.** Say them as if they are already happening. Belief is the most powerful force you can use to manifest. This is the essence of all magic. Say it as if it has already happened to re-pattern your conscious and subconscious mind.
- **Create a vision board to embody your 2018 mantra.** You can also create sections on your vision board that target specific goals/steps you wish to take. A vision board is basically an out picture of what you are creating. A visual map for you to attune your energy and focus to.
- **Get mystical.** Light candles for your intentions. Say prayers. Do guided meditations and visualizations. Carry talisman (crystals, charms, etc).
- **Share your ideas.** Share with other people who you feel safe and supported by. There is power in numbers.

Rescue Remedy

What to do when you fall into your shadow, when things aren't working, when you feel drained!

- **Rest.** Take time for sleep. Take time for stillness. When something isn't working you might be pushing too hard.
- **Ground and center.** Earthing your energy brings you back to a clear intention.
- **Review your 2018 mantra.**
- **Break intentions down into tiny, micro-moments.**
- **Get back to basics.** Sometimes you need to be on autopilot for a bit to help you get back in rhythm.
- **Expires gratitude.** What's worked so far!!
- **Check in...** with a friend, an oracle, or coach.

About Shaheen Miro

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