

A close-up photograph of a person's torso and arms. They are wearing a red and white patterned, long-sleeved dress. Their hands are visible, holding a white ceramic mug filled with a light-colored liquid, possibly coffee or tea. The background is blurred, showing what appears to be a spiral staircase.

Season of Reflection

Mini Series Workbook

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SEASON OF REFLECTION MINI-SERIES

Episodes

Episode 30 (Part 1 Gratitude): Set the foundation for your season of reflection and dive into the first step: Deep Gratitude

Episode 31 (Part 2 Expansion): Take time to reflect on your growth and expansion this last year. Celebrate your wins and all that you have overcome.

Episode 32 (Part 3 Release): This is the powerful step to shed the BS. Reflect on what no longer serves you and identify anything within your control that could prevent your manifestation seeds from growing.

Episode 33 (Part 4 Envision): Set intentions for your next chapter and prepare for your manifestations in the new year.

The foundation

You will find this process more powerful and freeing if you use these filters throughout your reflections.

- **Surrender:** Let go of expectations and outcomes. Have radical acceptance for what is.
- **Compassionate Curiosity:** The desire to understand and discover without attaching judgment or shame.
- **Playful Excitement:** Enthusiastic and open to growth and all possibilities.

SEASON OF REFLECTION MINI-SERIES

Reflection Time

Reflecting on the last year of your life, what would that chapter be called?

What was the highlight of that chapter? What was most fulfilling?

Where did you experience resistance or feel stuck?

PART 1: GRATEFUL AF

Reflection Time

When you reflect on your highlight from the last year what is the one thing you are MOST grateful for and why?

When you reflect on your resistance from the last year what is one thing you can find for gratitude for?

PART 2 - EXPANSION

Reflection Time

When you reflect on your highlight from the last year what are all the ways that you grew/expanded? What are you most proud of? What can you celebrate?

When you reflect on your resistance from the last year, in what ways did you see growth or overcome the resistance?

PART 2 - EXPANSION

**What are all the "hard" things you did this last year? List them ALL!
Use these filters if you need to (health, wealth, relationships, career,
spirituality, self growth).**

How am I going to celebrate my growth and all of the "hard things" I have overcome this year?

BONUS EXPANSION PRACTICE

Hype Girl Sesh

#1. Reflect on who you were a year ago versus who you are today and how much you have grown. List everything you are proud of from your journey and expansion this year and reflect on how that played a role in where you are today. (Try to list at least 10 things, they can be big and small)

#2. Choose 3 expansions from your list to explore and honor. Use these filters:

- The biggest/greatest expansion
- The most fun, exciting, easiest flow state expansion
- An unexpected/unplanned expansion

#3. Write a hype-girl note to yourself for each of these expansions. Remind yourself of how amazing you are and how much you have accomplished. Really go all out and be your biggest cheerleader!

#4. Commit to celebrate each expansion in a special way that resonates with you. You can also do one big celebration for all 3 but why not give each one its own moment and honor it with a special something.

"The more you praise and celebrate your life, the more there is in life to celebrate!"

-Oprah Winfrey

BONUS RELEASE PRACTICE

Clean your mental house:

#1. The Decorate Pile: What do you want to display on the walls in your mental house?

- What traits/gifts/passions do you want to fully showcase?
- What about yourself do you want to show more of?
- What is the essence of who you are?
- What makes you unique?

#2. The Keep Pile: What's important that you want to organize, review and keep safe in your mental house.

- What do you want to grow and work on this year?
- What thoughts/beliefs/behaviors feel like a lesson you want to explore more?
- What part of your life needs organizing and some attention?
- What gifts or passions are you not fully tapping into yet?

#3. The Give Back Pile: What baggage have you been storing in your mental house that doesn't belong to you?

- What thoughts/beliefs/behaviors have you absorbed from others?
- What projections have been placed on you by others?
- What emotional baggage have you been carrying around from relationships and interactions?
- Who/what have you not forgiven or are holding resentment for?

#4. The Junk Pile: What is the BS that has been piling up in your mental house and you're ready to get ride of it?

- What thoughts/beliefs/behaviors no longer serves you
- What is not bringing you joy?
- What patterns are keeping you stuck?
- Whats holding you back from living the life you desire?

Release:

Are you willing to release and let go of your junk and give away piles?

- Do the the release meditation from bonus episode 3 of the Season of Reflection Mini-Series

Check out Louise Hay's book: "You Can Heal Your Life" for more release activities.

PART 3 - RELEASE THE BS

Reflect:

- When you reflect on last year, what do you still need to let go of and release?
 - What is not serving you anymore?
 - What feels like its keeping you stuck in old patterns?
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PART 3 - RELEASE THE BS

Reflect:

- How will letting this go feel?
 - How will it help you move forward on your journey?
 - What will it look like to let it go?
 - How will your life feel more in flow?
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PART 4 - ENVISION

Reflect:

- **What do you want this next chapter of your life to be called?**
- **What is the theme/essence of this chapter?**

- **What can you do now to prepare for this new chapter?**
- **What easy small steps can you take now?**

PART 4 - ENVISION

- What intentions do you want to set for this next chapter?
- What do you want to manifest?
- What area of your life are you ready for the most expansion in?

- What most excites you about this next chapter?
- How can you trust and surrender into it?

PART 4 - ENVISION

Take a moment to envision yourself a year from now, basking in the glow of all the amazing things you have accomplished and manifested. Now, channel that energy and write a heartfelt letter to your present self, cheering yourself on for the journey ahead.

Think about all the blessings, opportunities, and growth that you anticipate experiencing over the next year. Write them down in detail, allowing yourself to fully immerse in the emotions of success, joy, and abundance.

Don't forget to express gratitude for the journey, the lessons learned, and the challenges overcome. Celebrate your resilience, your strength, and your unwavering commitment to living your best life.

Remember, this letter from your future self is a powerful tool that you can revisit whenever you need a boost of inspiration, motivation, or encouragement. Trust the process and believe in yourself - you are capable of achieving anything you set your heart and mind to.

PART 4 - ENVISION

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PART 4 - ENVISION

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