

## **New Year / New Vision**

Session with Caren

As aromatherapists, we can tailor them to our subject too in our learning space:

- I trust my intuition and the wisdom it brings.
- I am deeply connected to the healing power of nature.
- Each breath I take fills me with calm and clarity.
- I allow myself to let go of what no longer serves me.
- I create space in my life for peace and renewal.
- I am worthy of the rest and care I provide for others.
- My energy flows freely, bringing balance and harmony to my day.
- I am learning and growing at the perfect pace for me.
- I honor my unique journey and the gifts I bring to the world.
- I allow the aromas I work with to support my well-being and creativity.

### ***What deeply nourishes me?***

- Reflect on what sustains you—mind, body, and spirit. What practices, people, or habits fill you with energy and peace?
- How do I feed my mind, body, and spirit?
- Explore how you care for yourself holistically. Are there ways you'd like to nurture yourself more deeply this year?
- What do I need to release to move forward?
- Consider habits, beliefs, or commitments that feel heavy or no longer align with who you are becoming. What are you ready to let go of?
- How do I want to feel as I step into this new year?
- Imagine your ideal state of being—physically, emotionally, and spiritually. What small steps can you take now to move toward that feeling?

### ***What is one thing I can embrace during this season of wintering?***

- Look at the beauty of this quiet season. How can you align with its rhythm and make space for rest, stillness, or dreaming?
- What intentions or seeds am I planting for the future?
- Think of this time as fertile ground for new beginnings. What dreams or goals are quietly forming within you?
- What does balance look like for me this year?
- Reflect on the balance between work, rest, and play. How can you honor your needs without overextending yourself?