

YEAR-END

reflection



LaVidaTM
massage



welcome!

A NOTE ABOUT THIS GUIDE

Taking time to reflect on the past year is important for both your business outlook + your spirits.

You've made it through a full year, and now it's important to celebrate your wins, honor your accomplishments, acknowledge your failures and bring light to the lessons you've learned.

We recommend dropping some oils in your diffuser, lighting some candles, gathering your favorite oracle deck, and taking some deep, grounding breaths to prepare for a deeply insightful ritual.

So grab a pen, and a cup of your favorite tea, and cozy up with this year-end reflection guide.

resources

A FEW FAVORITE REFLECTION RESOURCES



MASSAGE

Take an hour for yourself. Not only will you be able to reflect on the year, but you will be relaxed and refreshed.



ESSENTIAL OILS

These are a great way to complement your reflection practice, particularly through the use of oils that help to center the mind.



CANDLES

Nothing creates the perfect self-reflection ambiance like glowing candlelight. Use beeswax for the most natural, non-toxic experience.

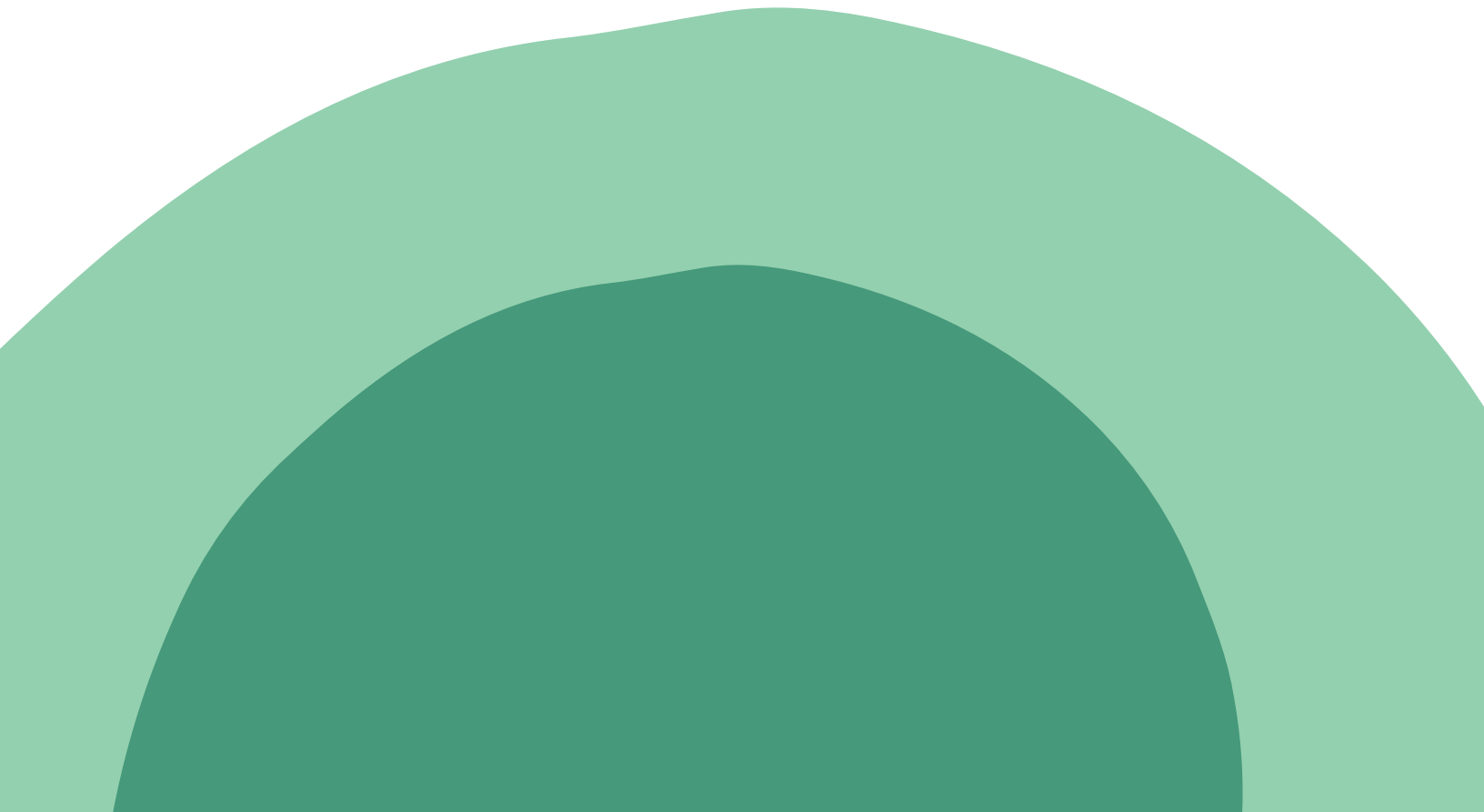


Reflect



THE MORE YOU PRAISE AND
CELEBRATE YOUR LIFE, THE
MORE THERE IS IN LIFE TO
CELEBRATE.

- OPRAH WINFREY





new year

DIFFUSER BLEND

RELEASE + RENEW



3 DROPS CEDARWOOD

3 DROPS FRANKINCENSE

3 DROPS ORANGE

2 DROPS PEPPERMINT


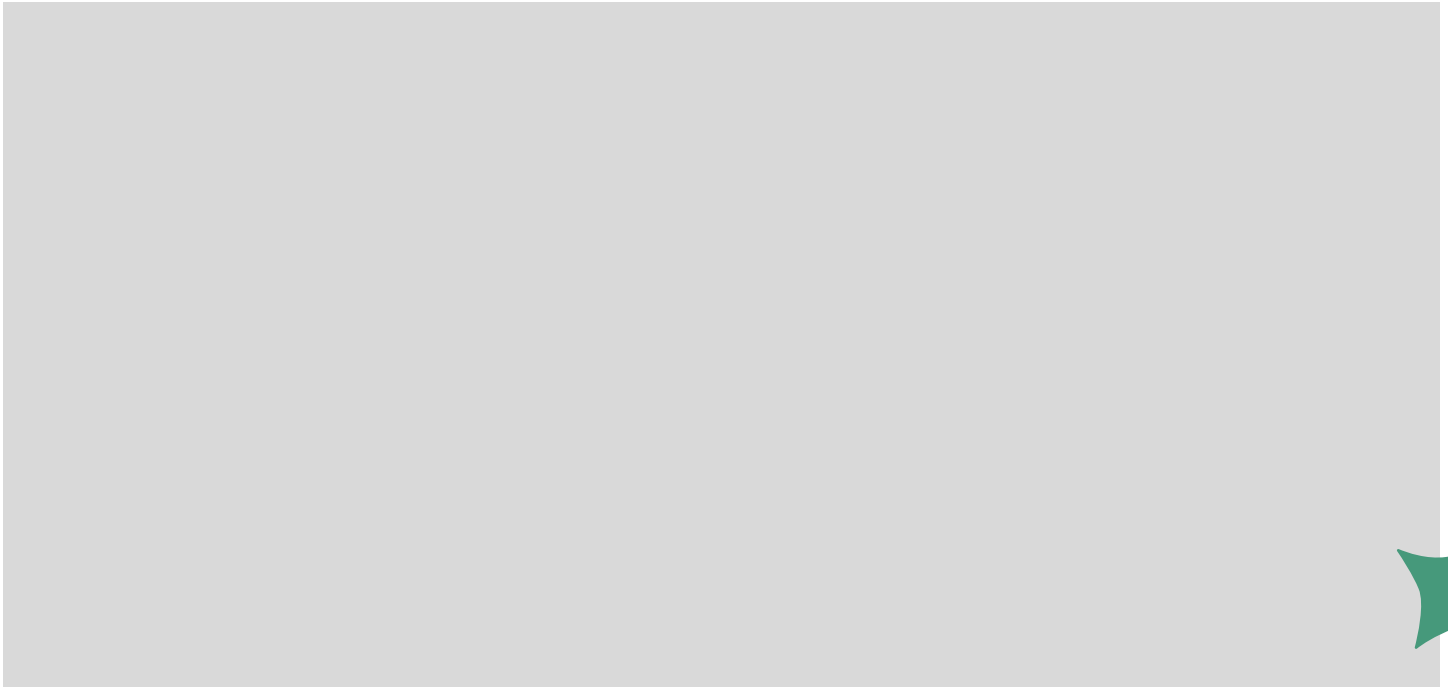


This blend is the perfect winter scent to release the old and welcome new beginnings.


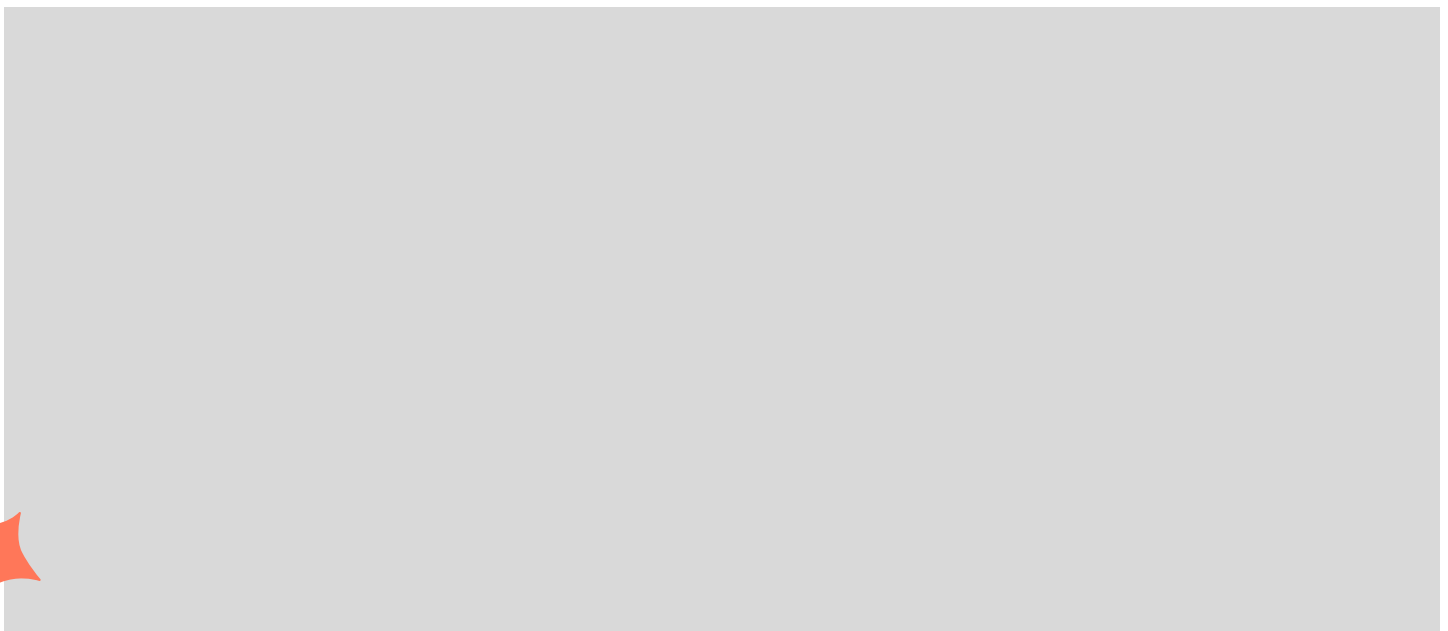
You can also use the custom LaVida Massage blend - Happy Life

YEAR-END reflection

WHAT MADE ME HAPPIEST THIS YEAR? (TIP, REFLECT ON YOUR SMART-PHONE PHOTOS TO RECALL THE EXPERIENCES YOU'VE HAD)


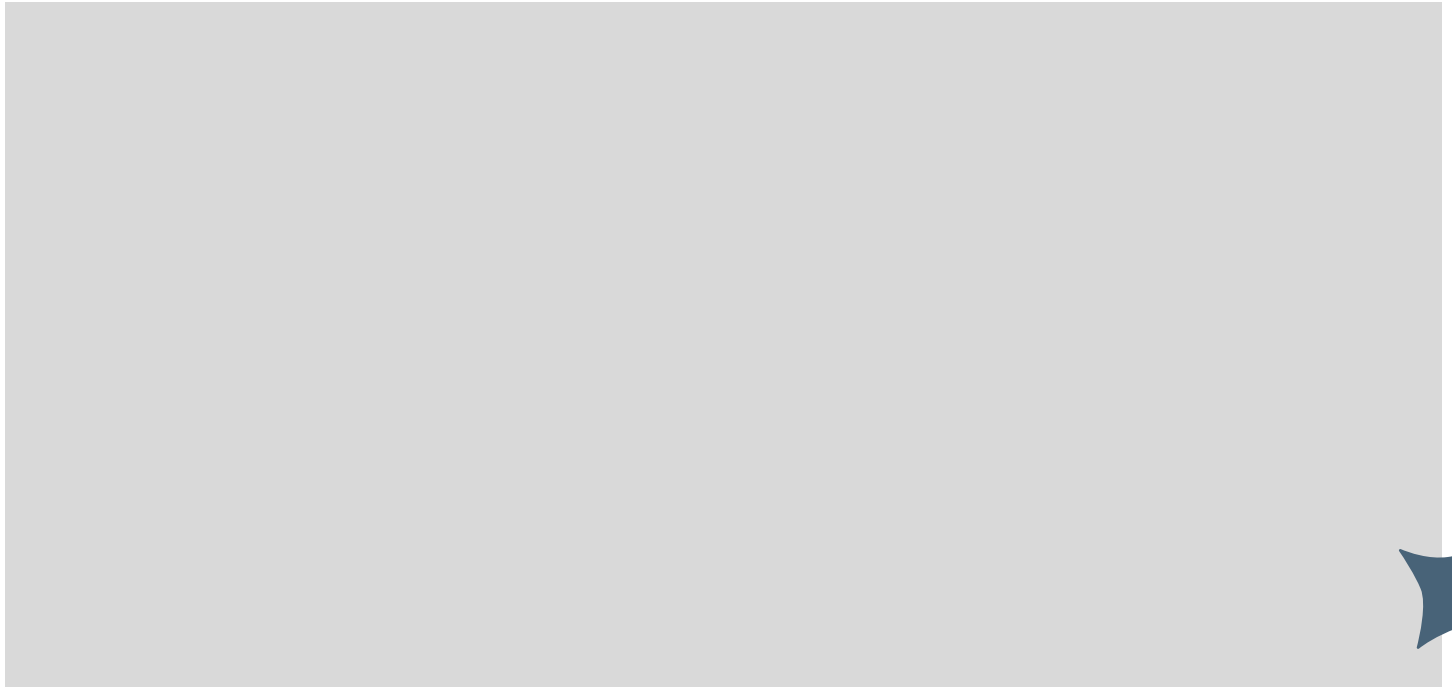


HOW CAN I CREATE MORE OF THAT IN THE NEW YEAR?


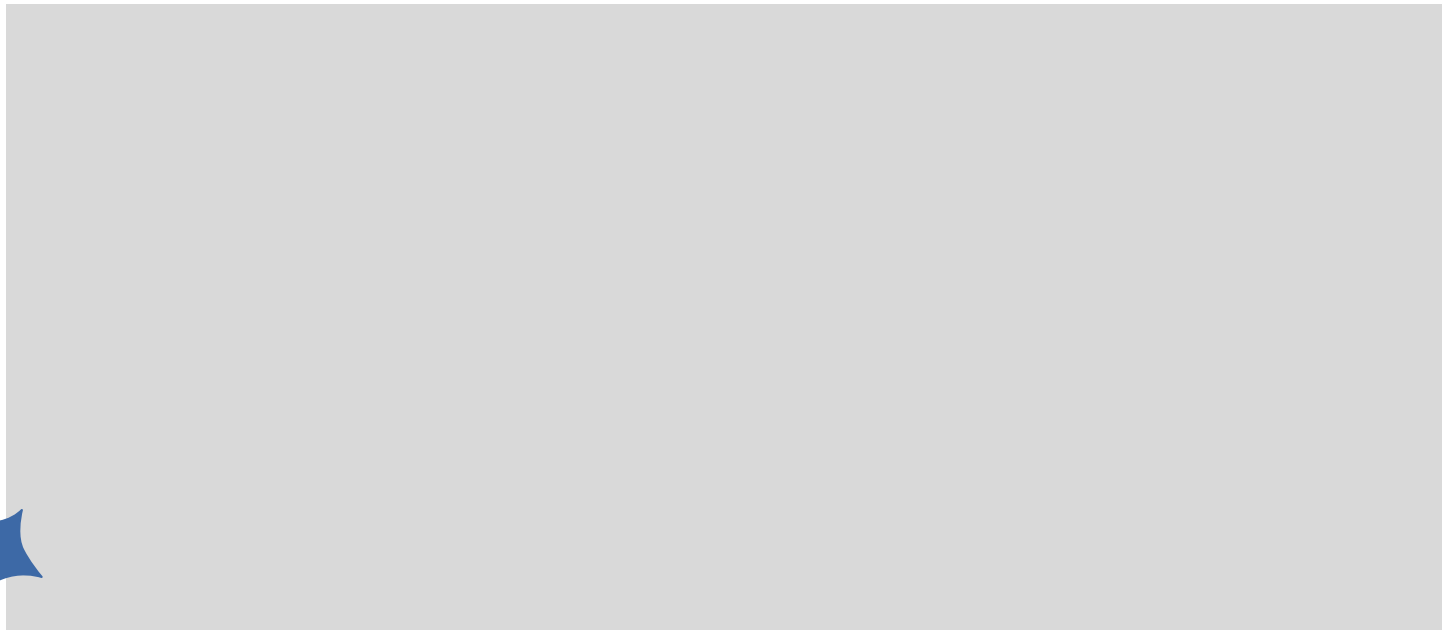


YEAR-END reflection

WHAT MADE ME THE MOST UNHAPPY THIS YEAR? HOW CAN I
REDUCE THIS FROM MY LIFE IN THE NEW YEAR?



SOMETHING I WISH I DID MORE OF, THAT I KNOW YOU NEED TO
PRIORITIZE IN THE COMING YEAR?




YEAR-END reflection

WHAT DID I DO THIS YEAR THAT I'M REALLY PROUD OF?

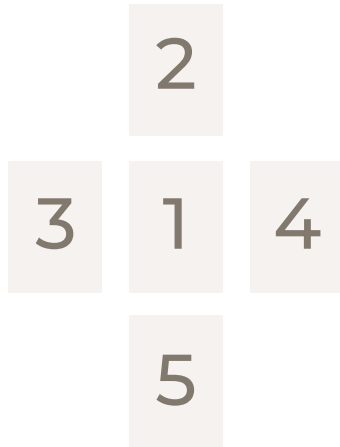
WHAT MISTAKES OR CHALLENGES DID I LEARN FROM?



WHAT AM I READY TO LET GO OF?



NEW YEAR oracle spread



1. The main theme of the new year
2. What to leave behind
3. Major obstacle in the new year
4. What will the coming year teach me?
5. How to achieve my goals

MY INTERPRETATIONS:



1.

2.

3.

4.

5.

