

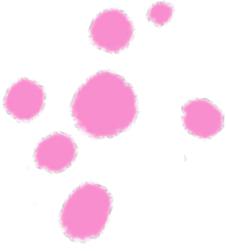


2024

UNRAVEL  
YOUR  
YEAR

BY SUSANNAH CONWAY

Kitten  
Chops



# Welcome!



Hello loves, welcome to the 2024 edition of our beloved workbook. Can you believe we've been doing this for 14 years? And I say "we" because many of you have been here since the beginning! But if this is your first time, an extra big WELCOME to you!

The very first iteration of this workbook took flight in December 2009 and I had no idea a 4-page pdf would end up becoming an annual tradition for thousands of people across the globe. While the workbook is definitely bigger than it started out, the intention remains the same: to close out the old year and welcome in the new with mindfulness and care.

This edition of the workbook has been lightly revamped for 2024 - the elements section is back, we've swapped the calendar section for more nourishing Monthly Reflections and we've kept the monthly recap section (really appreciated this bit!).

Over the last 14 years I've done everything from completing the workbook with friends, to enjoying a cosy evening ritual on my own, to scribbling notes at my desk to forgetting about the workbook altogether! I share this to reassure you you can't do it wrong. This workbook is an invitation to take care of yourself first, and if what you really need today is a nap or an uninterrupted hour playing on your phone, do that. It's been a big year and everyone deserves time to rest.

The past is past and the future is coming, so let's be here right now, in this very moment, and get ready for another rollercoaster ride around the sun.

All my love  
Susannah xo

## **NOTE TO PRINTING COMPANIES**

I, Susannah Conway, have created this workbook and sent it out into the world for free. The person wishing to get this PDF printed as a hardcopy for their personal use has my absolute permission to do so. Thank you.

Please remember, **this workbook & its contents are copyrighted** and **not** for resale in any format.

If you have any questions feel free to reach out: [hello@susannahconway.com](mailto:hello@susannahconway.com)

# How to Use this Workbook



Find some space – an afternoon or evening is ideal

Put on some relaxing music or bask in the silence

Print out the workbook or answer the prompts in your journal

Start at the beginning and work through to the end

Or start at the end and work backwards

Or start with the section that caught your eye first

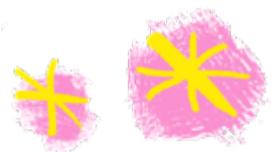
In other words, there's no right or wrong way to do this!

Leave out anything that doesn't speak to you

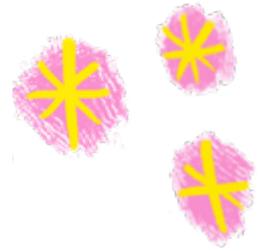
Be as honest as you can

Allow space for possibility

Don't take it too seriously!



# Farewell 2023



Before we begin I invite you to gather a few things: any calendars, planners or diaries you used this year (paper or digital), your journals and/or notebooks, a way to easily access your photos from this year (phone, tablet, computer, photo albums, etc) and anything else to help you look back over the last 12 months and recall what happened.

I know it's tempting to rush ahead and get to the planning and dreaming, but let's take a moment to reflect on 2023 as a whole — **the year went by so fast, what actually happened?** Take your time looking through your journals, calendar and photos as you work through the next few pages.

TIP: try doing just one or two months a day if it feels overwhelming! And add blank pages or switch to your journal if you need more space.

Describe 2023 in three words:

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If the events of 2023 were made into a film or a book, what would it be called?  
*For example: The Year of Figuring Things Out*

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Describe the plot and main characters of 2023. Any unexpected plot twists?

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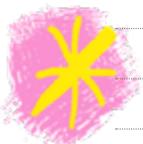
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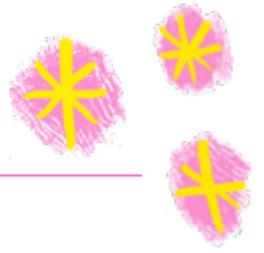
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## JANUARY 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## FEBRUARY 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## MARCH 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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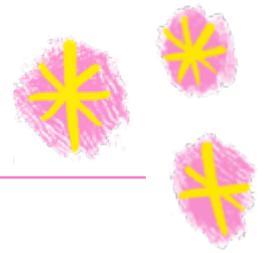
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What challenged you?

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## APRIL 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## MAY 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## JUNE 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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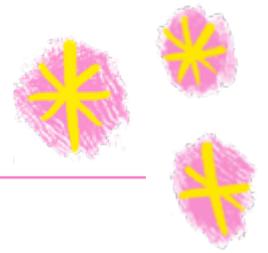
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What challenged you?

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## JULY 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## AUGUST 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## SEPTEMBER 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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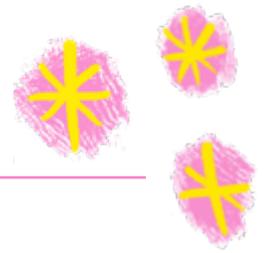
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What challenged you?

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## OCTOBER 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## NOVEMBER 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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## DECEMBER 2023

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A word or phrase to describe this month:

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Key events & memories:

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What lit you up?

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What challenged you?

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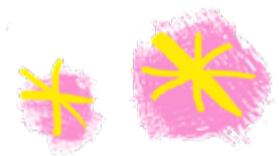






# The Releasing

Go gently with this next section. This is the space to remember the losses, the goodbyes and the struggles. Did anything happen in 2023 that needs to be forgiven, perhaps? Use this space to note down the more difficult moments of 2023 and keep going in your journal if you feel ready to untangle your feelings further.



# The Gratitudes

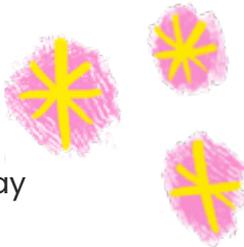
Use this page to record everything you're grateful for from this wild and unpredictable year. Big things, little things, the profound and the everyday. What are you grateful for? Try to fill the page (use big writing if you need to! Doodle your gratitudes!)







Before we finish with 2023, take a few minutes to write out anything else you want to say to the old year. You might like to say some final goodbyes and thank yous...



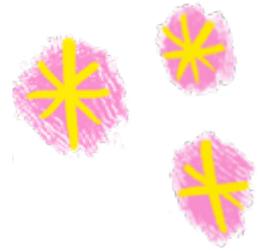
A series of horizontal dotted lines for writing, spanning the width of the page.





**You are now  
complete!**

# Hello 2024

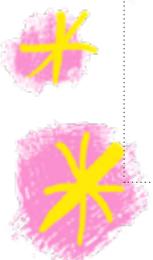


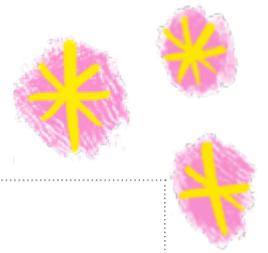
Now we've closed out the old year, let's give some thought to the next 12 months. While we can never completely predict how a year will unfold, we can definitely start January with intention, determination and courage. Whether you hope to bring in big changes, do a bit of fine-tuning or anything in between, it's all to play for in 2024!

First, **choose a word, set of words or phrase to guide you through the next 12 months.** Choose words that make you feel expanded. Encouraged. Inspired. There's no right or wrong answer so trust your intuition – if you need help use the **Find Your Word** ebook that came with this workbook.

What's your word, words or phrase for 2024?

How does this **make you feel?**





Why is this **what you need** for 2024?

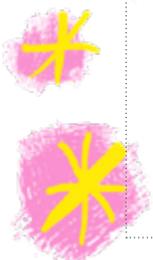
Empty dotted-line box for writing.

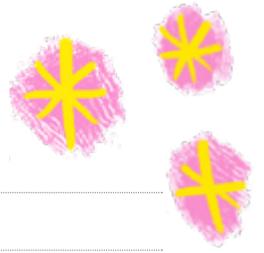
If you **embodied** this every day in 2024, what would you do **differently**?

Empty dotted-line box for writing.

What **one thing** could you do daily to **anchor** your word(s) into your routine?

Empty dotted-line box for writing.





What are you **looking forward to** in 2024?

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What are you feeling **apprehensive** about?

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In which areas of your life are you **ready for change** and growth?

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What parts of your self will you **nurture** in 2024?

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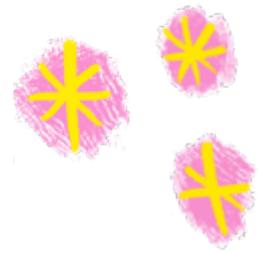
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Fast-forward to December 2024. You're sitting in a café, musing over the last 12 months. Where do you want to be...

... in your **head**? (work, dreams, goals)

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... in your **heart**? (relationships, family, friends)

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... in your **soul**? (beliefs, practices, self-love)

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... in your **physical world**? (home, health, hobbies)

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ANY  
thing  
is 😊  
POSSIBLE

2024



Identify 3 **unhelpful beliefs** about yourself you're ready to release

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Decide 3 duties or commitments you feel **ready to let go of** in 2024

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

List **3 skills** you'd like to learn or improve in 2024

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

List **3 books** you can't wait to read this year

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

How could you bring **more calm** into your world this year?

\_\_\_\_\_

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# WATER



Identify 3 things about yourself you **cherish & value**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Decide 3 ways you could be **kinder to your body** this year

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Brainstorm 3 ways you could **deepen connections** with loved ones in 2024

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

List 3 people you could **extend compassion** to (friends, family or strangers)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

How could you **bring more love** into your life this year?

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# FIRE



Identify **3 interests** you'd like to explore more in 2024

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Choose 3 ways you'll **nourish your imagination** this year

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Brainstorm 3 ways you could bring **more creative joy** into your world

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Write down **3 dreams** you'd like to manifest this year

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

How could you bring **more playful energy** into your life this year?

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# EARTH



Identify 3 ways you could bring **more mindfulness** to your mornings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 ways you could **cherish your home** this year

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Decide 3 ways you could connect more deeply with **nature** in 2024

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 places in your city, town or neighbourhood you'd like to **explore**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How could you bring a sense of **groundedness** into your life this year?

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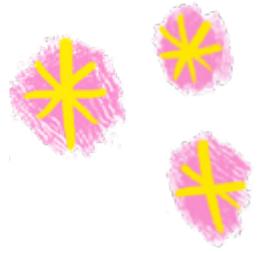
# 2024 FORECAST



Use your favourite tarot or oracle deck to get a feel for the possible energies of 2024. Shuffle the cards face down and when you feel ready draw 13 cards from anywhere in the deck. Lay them out in the positions above, starting with the theme card in the centre. As you turn over each card pay attention to anything that comes to mind as you look at the image before checking the guidebook. As always, come to the cards with a sense of curiosity and an open mind.

If you don't have any decks head over to [www.susannahconway.com/cards](http://www.susannahconway.com/cards) to see my favourites (plus app recommendations). And check out our illustrator's gorgeous new deck, [PipSpeak Tarot!](#) Congratulations Zaara!

# The Wrap-Up

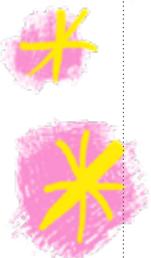


This year I will say **NO** to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This year I will say **YES** to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I wish for 2024 to **feel** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What do you REALLY want this year? Name it here!**





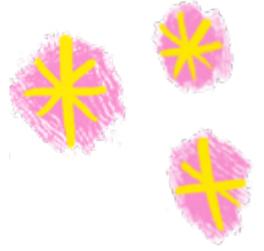
I wholeheartedly  
believe that  
*everything*  
is possible  
in 2024

Signed: .....

Kitty  
Chris



# The Vision



This time next year I will **be**...

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This time next year I will **have**...

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This time next year I will **feel**...

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This time next year I will **know**...

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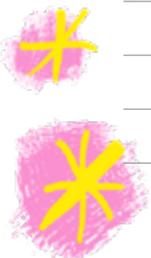
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# Monthly Reflections



Welcome to a brand new section for 2024!

We've tackled monthly reflections in the calendar section before, but this year I've decided to release the actual calendar (I prefer using my planner and I thought you guys might be the same!) and instead create more space to reflect on the months AS THEY HAPPEN.

By doing this we get to return to our workbooks throughout the year and have a reason to spend time with ourselves and/or our beloved workbook pals (how nice would that be? Make it a monthly date!)

The **Monthly Reflections** have two pages per month. On the first page is space for the highlights and learnings of the month. Complete these sections in whatever way makes sense for you!

As a guideline, for the **highlights** you could jot down the things, events, interactions and/or special (and wonderfully un-special and everyday) moments you want to remember.

For the **learnings** try making a few notes about any realisations that floated up during the month. Doesn't have to be big life-changing stuff, just the simple things you feel are worth noting down.

You'll notice there's also **extra space** on that first page — this is for doodles, stickers, photos or anything else you'd like to add to the page. Feel free to colour outside the lines :-)

Lastly there's an **energy level tracker** — don't take this bit too seriously, but it might be interesting to see how this changes throughout the year.





# Example Reflections



## The highlights

- Sweet lunch with A and a secret art date with N!
- Finished 2 whole novels
- Slower weekends for the win



Energy level



## The learnings

Need to remember to include more spaciousness in my plans. This month the weekends were slower because I consciously did less and I want to keep this going next month. If I must work, only do it in the mornings

Need stronger boundaries with myself - ha!







# January Reflections



What made you smile this month?

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What do you wish you'd made more time for?

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How could you make more time? Brainstorm here.

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# February Reflections



How have you looked after yourself this month?

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What new experiences did you open up to?

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Make a list of things you're ready to let go of

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# March Reflections



Who did you really connect with this month?

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What new ideas have been tugging at your sleeve?

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What is your heart truly hungry for?

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# April Reflections



What dreams did you work towards this month?

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List all the things that exhausted you this month. Be honest.

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What do you need more of? Less of?

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# May Reflections



What challenges have you overcome so far this year?

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Where in your life do you need to slow down?

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List some ways you could be kinder to yourself next month

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# June Reflections



How has your word for 2024 helped you this month?

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In what ways could you embody your word more next month?

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Do you want to choose a new word (or words) for the second half of 2024?

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# July Reflections



How have you looked after yourself this month?

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Where in your life do you need to say NO more?

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Where in your life do you need to YES more?

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# August Reflections



What nourished your body this month?

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What nourished your mind?

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What nourished your soul?

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# September Reflections



When did you feel brave this month?

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When did you feel scared?

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What have you learned about yourself this month?

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# October Reflections



When did you feel most like yourself this month? What were you doing?

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What secret wishes are you holding on to? What do you really want?

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What one thing could you do to make a wish happen by the end of the year?

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# November Reflections



Which was your favourite day this month? Why?

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Which was your most challenging day this month? Why?

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What did these days teach you?

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# December Reflections



Brainstorm 3 ways you will look after your own well-being this month

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Looking back over the year, what will you take with you into 2025?

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What will you gratefully leave behind?

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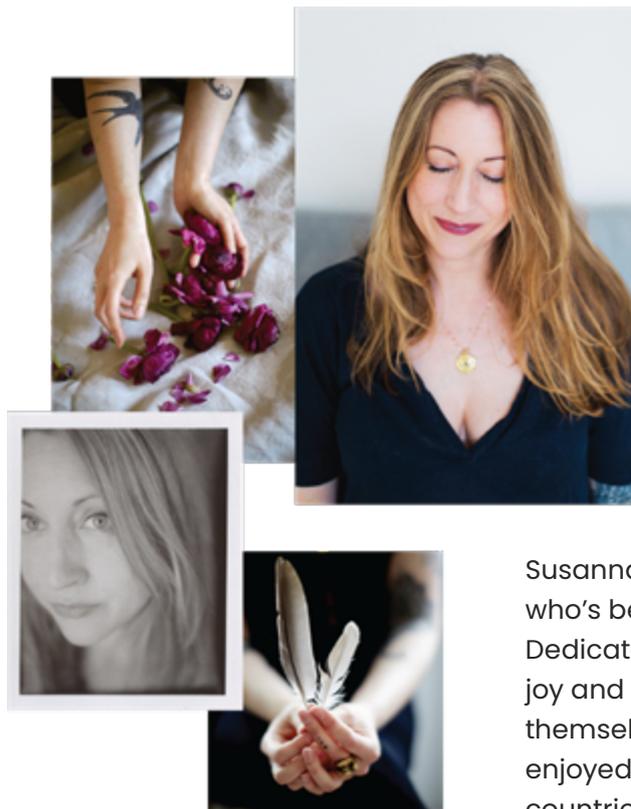
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Susannah Conway is a writer and teacher who's been sharing her heart online since 2006. Dedicated to helping people access their creative joy and nurture a deeper *kinder* relationship with themselves, Susannah's online courses have been enjoyed by thousands of people from over 50 countries around the world. Her first book, *This I Know: Notes on Unraveling the Heart*, hit bookshelves in 2012. *LONDONTOWN: A Photographic Tour of the City's Delights* followed in 2016. She lives in London, England, with her beloved cat and a family of foxes in the garden.

Visit her at [susannahconway.com](http://susannahconway.com), read her blog on [Substack](#) and say hi on [Instagram](#).



Step into the enchanting realm of Zaara KittenChops, where art is a doorway to magic. Renowned for her murals for kids and whimsical illustrations, her favorite kind of projects are creating tarot decks and tarot themed stationery to inspire journaling and self discovery. Zaara is the artist and author of 3 tarot decks: *The KittenChops Tarot*, *The Playful Heart Tarot* and the newly published *PipSpeak Tarot*. Join Zaara's vibrant community and let her art and captivating tarot creations guide you through a world where imagination knows no limits.

Visit her at [kittenchops.com](http://kittenchops.com) and [Instagram](#).