



Debra Gillespie

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

## Review and Intention sheet

It is beneficial to pause and reflect before we set any intentions. This Review and Intention sheet will help you acknowledge the resources you have, how far you have come, gather the internal resources around you and more importantly hear your higher self's whisperings as you look to the new year.

For this review and intention, you will need to give yourself space and time to work through it. I suggest you take the time that is needed for you. Some will find they prefer to do in one go, others, in sections. There is no right or wrong way. Do what feels right for you.

The key is to give yourself permission to allow the wisdom and insights to unfold, and let your intuitive self lead the way.

I have also included a link to a cord cutting exercise (including a recording) and a New Year Tarot Spread that you can use in conjunction with this sheet.

### Part A: REVIEW

It is easy to forget where we have been and what we have achieved. Taking time to identify and note what the year has brought your way, will help you see the gifts and growth you have received and undergone.

### **Who, what were all the important or prominent people and/or situations in your life?**

*These can (and should) include challenging situations and experiences. Beside each, note what gift they brought to you.*

Once complete thank them all for the part they played and send blessings their way.

*It can be beneficial to also ask that any cords of attachment be released so you can both/all be clear and clean for any further interactions. No 'good' or 'bad' energy hanging around! Just a nice clean slate. If you need help with this, please download my cord releasing instructions [here](#).*

Debra Gillespie

[www.debragillespie.com](http://www.debragillespie.com) E: [deb@debragillespie.com](mailto:deb@debragillespie.com) P: +64 210 607 864 Auckland NZ



*Debra Gillespie*

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

## Review and Intention sheet

### **What are the lessons, skills, strengths, capabilities you learnt, acquired or built on?**

*Eg I realised I was stronger, wiser, calmer, braver... than I previously thought. I built or strengthened my neutrality 'spiritual muscle'. I said no when I needed to more than the previous year. I looked after myself better. I showed more compassion. I took action....*

*Once you have these noted, take a moment to breathe and feel those qualities now. Congratulate yourself on this new part of you. Is there a symbol, colour or feeling associated with them? Perhaps you could draw, find a picture, or reconnect with that feeling or colour every day to reinforce and strengthen that quality.*

Debra Gillespie

[www.debragillespie.com](http://www.debragillespie.com) E: [deb@debragillespie.com](mailto:deb@debragillespie.com) P: +64 210 607 864 Auckland NZ



Debra Gillespie

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

## Review and Intention sheet

### Part B: JOURNALING PROMPTS (optional)

*Before you start thinking and writing, take a moment to centre yourself and bring you back to your heart. Feel your feet on the floor or your body in the chair. Take 3 x deep breaths (remember to breathe into your belly) to centre. A great way to bring you back to your heart is to use the breath as a reminder. For example, breathing in, you might say to yourself, As I breathe in I am calm, (or at ease, peaceful, safe, whatever quality you feel is appropriate for you), as I breathe out, I connect to my inner heart (or knowing, truth... ) From here, you can allow your deeper desires to make themselves known.*

### Journaling prompts

*These prompts can assist us to drop down beneath the mind chatter and the noise of every day to a deeper source and level of wisdom. You do not need to do them all, but you can! The suggestion is to allow 10mins free writing per prompt, just letting the words and ideas flow*

*Grab yourself some paper and let it flow! No right or wrong here.*

- ★ What if.....
  - I could...
  - I was...
  - Life was...
  - I chose...
  
- ★ If I knew anything was possible, what would I do?
  
  
  
  
  
  
  
  
  
  
- ★ If I was expressing my truth and living my purpose, what would that look like?
  
  
  
  
  
  
  
  
  
  
- ★ What would it feel like?
  
  
  
  
  
  
  
  
  
  
- ★ If I was totally and fully supported to do anything, what would I do?
  
  
  
  
  
  
  
  
  
  
- ★ Take a deep breath in and out and ask: What do I really, really, really, really want?  
*(Be sure to ask yourself 4 x really's as this helps us get past our intellect and the shoulds and connects into our core desires)*

Debra Gillespie

[www.debragillespie.com](http://www.debragillespie.com) E: [deb@debragillespie.com](mailto:deb@debragillespie.com) P: +64 210 607 864 Auckland NZ



Debra Gillespie

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

## Review and Intention sheet

### Part C: INTENTIONS

*Before you start thinking and writing, take a moment to centre yourself and bring you back to your heart. Feel your feet on the floor or your body in the chair. Take 3 x deep breaths (remember to breathe into your belly) to centre. A great way to bring you back to your heart is to use the breath as a reminder. For example, breathing in, you might say to yourself, As I breathe in I am calm, (or at ease, peaceful, safe, whatever quality you feel is appropriate for you), as I breathe out, I connect to my inner heart (or knowing, truth... ) From here, allow your deeper desires to make themselves known.*

**My hopes, wishes & intentions for \_\_\_\_\_ are**

### **Keyword**

*Is there a keyword or two that could sum up your intentions?*

**Affirmation to finish** *Is there an affirmation or concise statement that would support your new Year? Here are a sample that you could use, modify, or you can create your own.*

- I am divinely supported. I have all that I need within
- I step forward bravely and courageously towards my destiny
- I embrace the opportunity a new day and a new year brings
- May I be shown the way as I surrender to Spirit's will (or God's, the Universe's, Divine's, the Goddess'

### **Year Ahead Oracle Card Spread**

And if you would like to work with the magic of tarot or oracle cards, try this [Year Ahead Spread](#)

Debra Gillespie

[www.debragillespie.com](http://www.debragillespie.com) E: [deb@debragillespie.com](mailto:deb@debragillespie.com) P: +64 210 607 864 Auckland NZ



*Debra Gillespie*

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

# Review and Intention sheet

Extra Notes