



A DECADE REVIEW, FORWARD.

Here's a little worksheet to have your journal about your changes and shifts over the last decade...and also shine some light on the work that needed and up ahead in the coming 10 years, starting with 2020. I hope you enjoy!

1

GOING ALL THE WAY BACK TO 2010, WHAT CHAPTER OF LIFE WERE YOU IN BACK THEN? HOW DOES THAT COMPARE TO NOW?

2

WHAT COMMON THEMES (WANTED AND UNWANTED) DO YOU SEE IN YOUR LIFE NOW, HEADING INTO 2020, THAT WERE PRESENT THEN IN 2010?

3

WHAT RELATIONSHIPS LOST DURING THE LAST 10 YEARS WOULD YOU LIKE TO HONOR AND DO A QUICK CHECK TO MAKE SURE THE TIES HAVE BEEN CUT AND YOU'VE MOVED ON? LIST THEM.

4

WHAT WORDS HAVE GONE UNSAID THAT NEED TO BE RELEASED INTO THE ATMOSPHERE BEFORE YOU CROSS INTO 2020. WRITE THEM. FIND A WAY TO SAY THEM, EVEN IF IT'S TO A MIRROR. IF YOU WRITE THEM, BURY, BURN OR SET THEM SAIL INTO A LARGE BODY OF WATER.

5

WHAT (WHO) (WHERE) ARE YOU CALLING INTO YOUR LIFE IN 2020. WRITE IT. SAY IT. PROCLAIM IT IN PRAYER / MEDITATION / MANTRAS. THEN CREATE A DAILY OR WEEKLY PRACTICE OF VISUALIZING IT. MAKE SURE TO CONNECT WITH THE ENERGY OF THE THINGS, NOT JUST THE IDEA OF THEM.

6

HOW DO YOU PLAN TO GUARD AND NURTURE THE ENERGY OF THIS THING(S) COMING INTO YOUR LIFE? WHO WILL YOU TELL ABOUT IT? WHO WILL YOU NOT? HOW WILL YOU NURTURE AND SHOW THESE DESIRES THAT YOU'RE READY FOR THEM? WHAT EFFORT NEEDS TO BE DONE?

7

LISTEN TO THE 7.5 MIN GUIDED MEDITATION TO HELP YOU CALL IN THE THINGS...ONLY LISTEN IN A SETTLED AND SAFE SPACE.



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