



The Yoni Therapist

NEW YEAR

In general, people are not drawn to perfection in others. People are drawn to shared interests, problems and an individuals life energy. Humans connect with humans.

Michelle Jermy



Welcome!

De-cember

Time to de-clutter, de-tach, and de-lete anything that de-values your life.

As the year winds down, what if we approached the end of year differently? What if, instead of pushing harder, we gave ourselves permission to ease into the New Year with clarity and calm?

The New Year doesn't have to be a sprint to the finish line. It can be a time to declutter, detach, and delete anything that no longer serves you. Every year at the end of December I always spend time reflecting and I wanted to share a few interventions I use. I hope it provides you with the space for renewal, balance and a clearer vision for 2025.

Michelle

www.theyonitherapist.com





Things to Consider or Action

Have a clear out of your home

Remove anything that is stale energy or no longer needed or used. If you have gone through a relationship breakdown (romantic, friendship, family, work), box up their belongings, delete pics, remove anything that negatively reminds you of them. Free yourself of their energy (at least for now), let yourself heal, let yourself breathe).

Clear out your phone and email list

We all have those just in case numbers/emails, let them go. The act of clearing out symbolises fresh starts, a weight being lifted.

Write a letter

Think back to version of you in January 2024, what would you tell them about the year gone? Reflect and see what thoughts, feelings and emotions come up. Is there anything that needs further work? We are allowed to be a work in progress.

Sit with the ST**

Sit and allow yourself to lean into the negatives of 2024, what challenged you? Hurt you? What do you wish was different? What does have to change?

Reflection

Go through your phone, week by week, month by month and note down important events of 2024, family gatherings, friendly get togethers, significant projects, something that changed you, important memories – anything of significance. If you do not collect photos/memories on your phone, take some time to sit and list what has been significant, look at the subheadings below.



2024 in Reflection

Six sentences about my past year

The wisest decision I made was;

Write your answer here

The biggest lesson I learnt?

Write your answer here

The biggest risk I took was;

Write your answer here



2024 in Reflection

The biggest surprise of the year was;

Write your answer here

The most important thing I did for others was;

Write your answer here

One of the biggest things I completed was;

Write your answer here



2024 in Reflection

Six questions about my past year

What are you most proud of?

Write your answer here

Name three people that influenced you the most?

Write your answer here

Name three people you influenced the most?

Write your answer here



2024 in Reflection

What were you not able to accomplish?

Write your answer here

What is the best thing you have discovered about yourself?

Write your answer here

What are you most grateful for?

Write your answer here



2024 in Reflection

Three of my biggest accomplishments

List your three greatest accomplishments from the last year.

Write your answer here

What did you do to achieve these?

Write your answer here

Who helped you achieve these successes?

Write your answer here



2024 in Reflection

Three of my biggest challenges

List your three biggest challenges.

Write your answer here

What did you do to overcome these?

Write your answer here

What have you learned about yourself from overcoming these challenges?

Write your answer here



2024 in Reflection

Three of my biggest challenges

What do you still need to do (if applicable)

Write your answer here

YOU HAVE GOT THIS!



2024 in Reflection

Forgiveness

Did anything happen during the past year that still needs to be forgiven?

Write your answer here

Words/people that made you feel bad? Angry with yourself or others?

Write your answer here

Are you ready to forgive?

Write your answer here



2024 in Reflection

Letting Go

Anything you need to let go of before you can start a new year?

Write your answer here

Are you ready to let go?

Write your answer here

Are you ready to forgive?

Write your answer here





2025

I am ready to let go of these things;

I will have the power to say no to these things;

I will make my surroundings more authentic to me by doing the following:

I will do this every morning;

I will do this everyday;

I will show myself self-care by regularly doing the following;

I will read/study/listen to the following;

I will connect with my loved ones/myself in the following ways;



2025 Dare to Dream

In an ideal world, what does next year look like? Close your eyes and think positive, what would you dream for?

Note down the first thoughts that come to your mind.

Write your answer here



The Yoni Therapist

VISION WORKSHOP

Are you ready to leave behind what no longer serves you and embrace the life you've always envisioned? Join us for a transformational Vision Workshop designed to help you release what's holding you back and create a crystal-clear vision for your goals in 2025.

Why This Workshop?

This is more than just a creative session—it's an opportunity to:

Release limiting beliefs and old patterns.

Gain clarity on your deepest desires.

Visualise the goals that truly align with your purpose.

Start 2025 feeling empowered and focused.

When you let go of the past and anchor your dreams visually, you set yourself up for extraordinary success.

What You'll Experience:

Guided reflection exercises to release emotional blocks.

Tools to identify and prioritise what truly matters.

Creative time to design a vision board that inspires and motivates.

A supportive, judgment-free space to connect with like-minded individuals.



WORKSHOP DETAILS

JANUARY 2025

NORWICH, EAST OF ENGLAND

EXPRESS INTEREST

www.theyonitherapist.com

