



THE YEAR IN REVIEW
with Ciara Conlon

PREPARING FOR
A STELLAR 2025

lifeflow

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As we come to the end of another year, It's a good time to reflect on how far you have come. Time to celebrate your success and let go of any disappointments or anything that you don't want to carry into next year. Set some time aside to review the year so that you can be ready to set goals for next year in a positive and empowered state.

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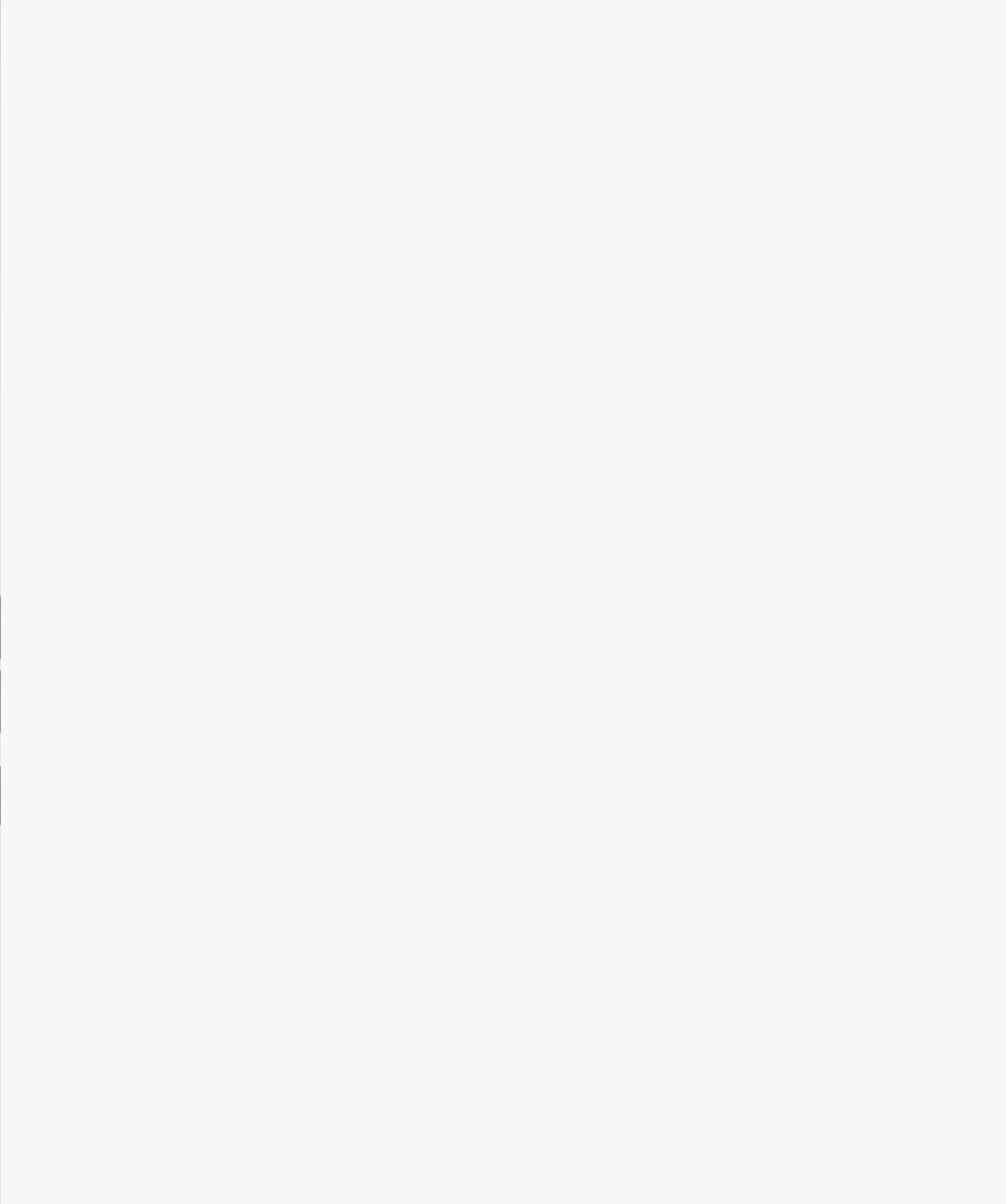
END OF YEAR RITUAL - CELEBRATING THE WINS

What are you proud of from 2024? Capture things from work and your personal life. What have you overcome, or what are you successfully navigating?

What have been your achievements big and small? Include new habits, behaviours, goals reached, new clients, anything you have learned. Capture anything that you classify as a win. Make your list as long as you can and don't be modest. It's time to acknowledge all the things that you do, time to brag!

A large white rectangular area intended for writing a list of achievements. The area is completely blank, providing space for the user to capture their wins from 2024. The white area is set against a background of a hand holding a pen on the left side, suggesting the act of writing.

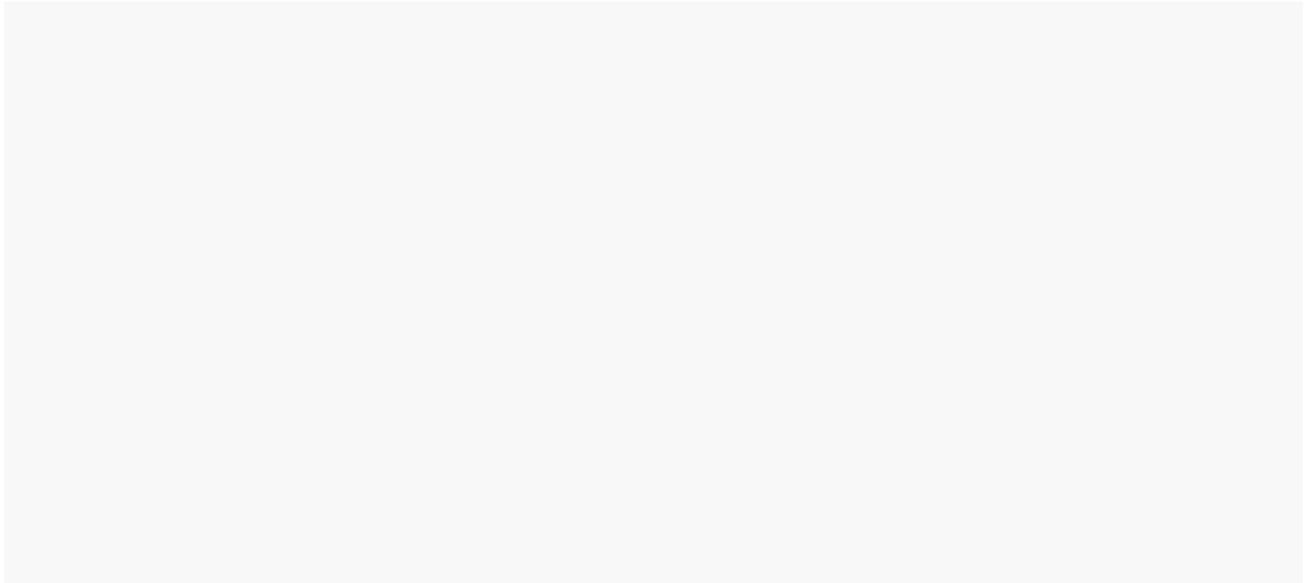
END OF YEAR RITUAL - CELEBRATING THE WINS



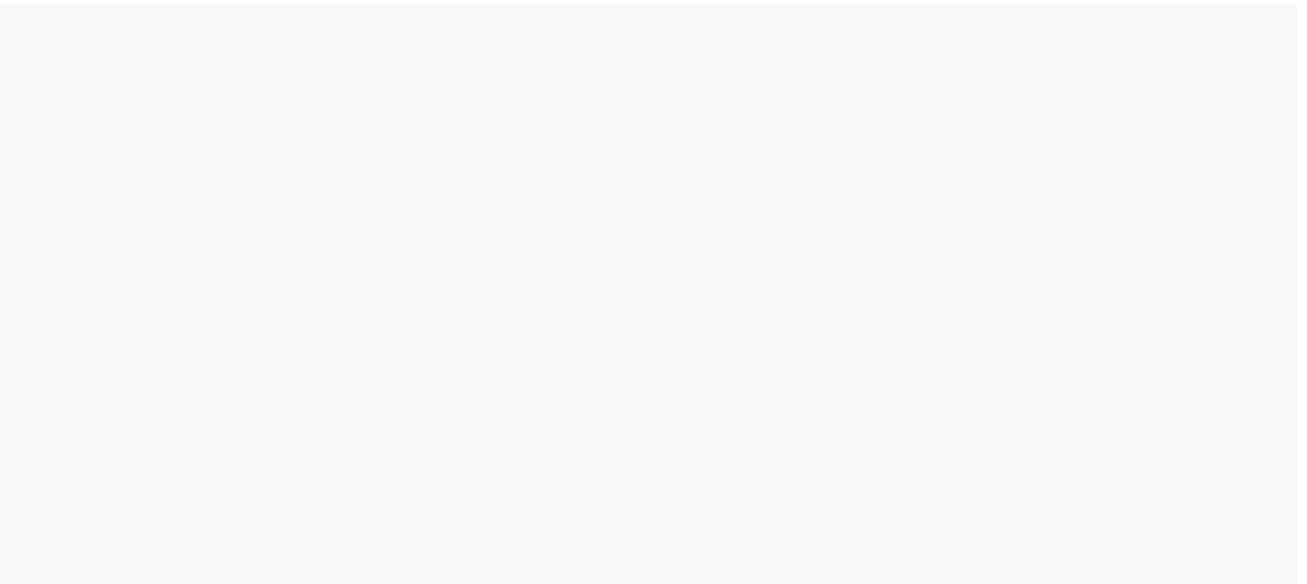
LETTING GO RITUAL

Holding onto resentments, frustrations guilt, shame, anger is not good for your physical or mental health. So What do you want to let go of? Letting go can be a life changing exercise.

Let's start with forgiveness, who do I need to forgive?

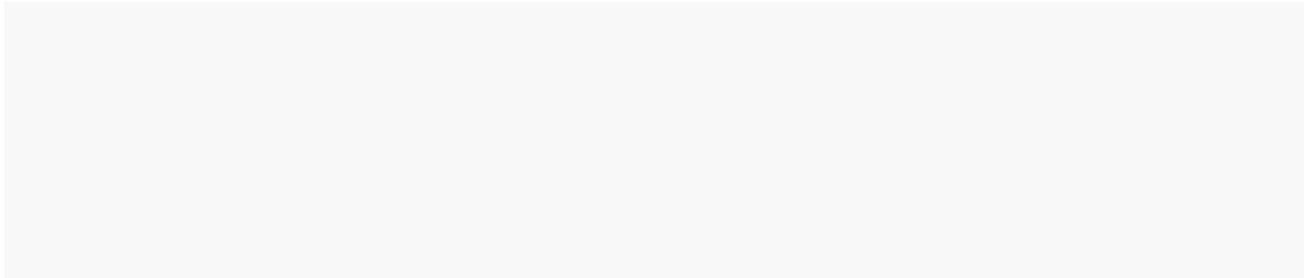


What do I need to forgive myself for?



LETTING GO RITUAL

What emotions do I want to let go of?



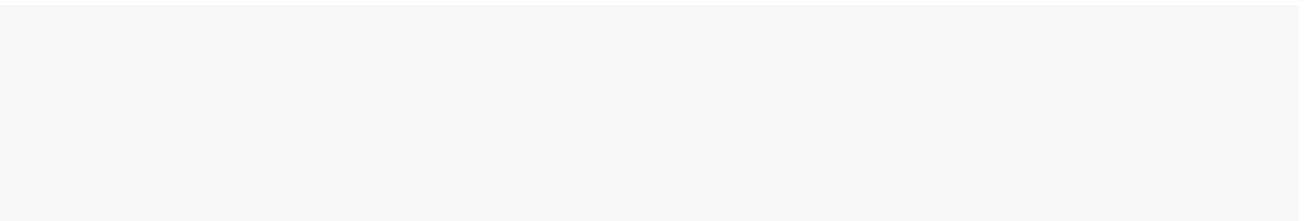
There are many techniques that we can use to release or let go of the emotion that can get stuck in our body. You could use **EFT** or **Tapping**. **Writing a letter** to a person and not sending it can work well also, allowing yourself to express what you are feeling without having to deal with other people's reactions.

A simple and powerful technique that you can also use is the Hawaiian practise of **Ho'oponopono**.

How it works?

Repeat the affirmation "**I'm sorry, Please forgive me, Thank you, I love you**" Repeat a couple of times for an item on your list and let go. Allow any emotion to rise and visualise it flowing out of your body. Repeat for the next item on your list. Take your time with this exercise as it can be powerful but also you may find yourself very tired or emotional after doing it.

What do I want to feel instead?



UPGRADING YOUR MINDSET FOR 2025

Your mind is powerful, it can determine the level of success that is possible for you. The life you can create is determined by the life you can first imagine. If your thoughts are negative and limited you will create a limited life. If you are optimistic, open to opportunities and believe anything can happen, then anything can.

The good news is, it is possible to reprogram our minds for more positivity and success. It starts with awareness. When we start to notice our thoughts we can then **Choose Again!** Choose positive, supportive and empowering thoughts.

What thoughts are not supporting the life I am trying to create?



What thoughts would be more useful to think instead?



UPGRADING YOUR MINDSET FOR 2025

Your beliefs are your deepest level of programming. Some of your beliefs come from thoughts that you repeatedly think. Others come from your childhood. Up to the age of about 7 you do not have filters in the brain that allow you to question information given to you. So you accept all information as true. As you grow up you often get the opportunity to question these beliefs and decide if you want to keep believing. (Man in red suit, fairies) Other beliefs like whether you are good enough, worthy of love, smart enough are often left untouched. You carry these into adulthood and they impact every part of your life. But it is possible to let go of beliefs that are negatively impacting your life.

What beliefs are not supporting the life I am trying to create?

Money beliefs?

What do I want to believe instead ?

UPGRADING YOUR MINDSET FOR 2025

Relationship beliefs?

What do I want to believe instead ?

Health beliefs?

What do I want to believe instead ?

You can continue this exercise in a notebook if you need more space or repeat it for any other area of your life that you think your beliefs might be limiting you.

MORE SUPPORT & RESOURCES



BUY MY BOOK RISE BEFORE YOUR BULL

Rise Before Your Bull is my third publication. In it I outline my proven framework for creating positive habits that stick, The Habit Method.

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BUY MY LIFEFLOW PLANNER 90 DAY PRODUCTIVITY PLANNER

A 90 day productivity and goal setting planner to help you plan, prioritise and stay on track with your goals. It also includes pages on The Habit Method and Canvas

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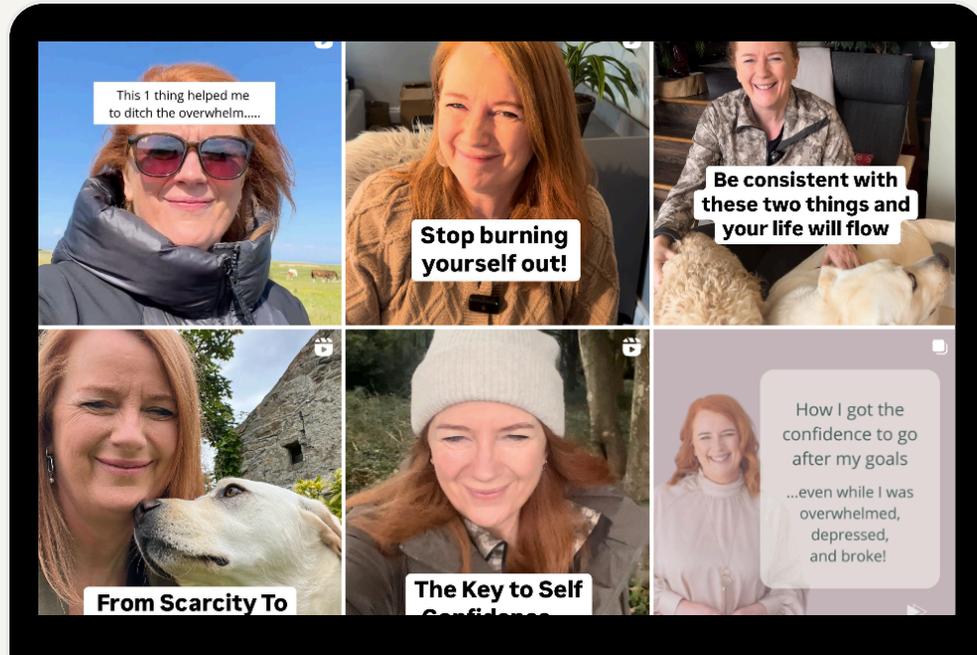


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Free Masterclass to help you plan for a stellar 2025

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