Welcome to this January Mindful Moment: New Year Mindfulness Exercise. This practice will guide you through a moment of reflection and intention-setting as you step into the new year with clarity and focus. Find a quiet and comfortable space where you can relax and be present.

Whether you’re sitting in a chair, on the floor, or lying down, settle into a position that feels right for you. You might want to have a journal or notebook nearby to capture any reflections during this exercise.

Take a moment to settle in - and let’s begin.

**Step 1: Grounding Breathwork (5 minutes)**

First, let’s take a few moments to ground ourselves in the present.

Close your eyes if you feel comfortable, or soften your gaze to a spot in front of you. Let your hands rest gently in your lap or by your sides.

Start by bringing your attention to your breath. Feel the natural rhythm of your inhale and exhale. You don’t need to change anything yet—just notice it.

Now, let’s deepen the breath together. Take a deep breath in through your nose, counting to 4...  
1... 2... 3... 4...  
Hold your breath gently for a count of 4...  
1... 2... 3... 4...  
And now exhale slowly through your mouth for a count of 6...  
1... 2... 3... 4... 5... 6...

Let’s continue with this rhythm for a few more cycles. Inhale deeply, filling your lungs completely...  
Hold the breath, feeling a sense of calm...  
And exhale slowly, releasing tension with each breath.

As you continue to breathe deeply, notice how your body begins to relax. Feel your shoulders drop, your jaw soften, and the tension ease from your body with each exhale.

Inhale for 4 counts...1-2-3-4  
Hold for 4 counts...1-2-3-4  
And exhale slowly for 6. – 1-2-3-4-5-6

Now, shift your focus to the sensation of your breath. Feel the cool air as it enters your nostrils, the slight expansion of your chest, and the warmth of the air as you exhale. Allow yourself to fully arrive in this moment.

With every exhale, imagine letting go of any stress or heaviness you’ve been carrying. Allow your body to soften, your shoulders to relax, and your mind to quiet.

Let’s take two more deep breaths together.  
Inhale deeply...  
Hold...  
And exhale slowly.

One more time. Inhale deeply...  
Hold...  
And exhale fully.

Take a moment to feel grounded, rooted in the present moment.

**Step 2: Reflecting on the Past Year (10 minutes)**

Let’s take some time to reflect on the past year. This is your opportunity to look back with curiosity and gratitude, noticing the moments and lessons that shaped your journey.

Allow your mind to travel back, gently recalling moments that stand out. There’s no rush—just let the memories come naturally.

I’ll guide you through a few prompts and questions. Feel free to think about your answers, or write them down in a journal if you’d like. I’ll pause between each prompt to give you space to reflect and fully absorb your thoughts

* **First bring your mind to three** things you are most grateful for from last year.  
  Perhaps it was a meaningful relationship, a personal achievement, or a moment of joy that warmed your heart. Take time to savor these memories.

***Pause for 10 seconds***

* **Now, think about one challenge you faced last year:** It could be something you worked through or are still working on. What did this challenge teach you? What strength or resilience did you discover within yourself? How did it shape you or help you grow?

***Pause for 10 seconds***

* **Finally, consider something you want to leave behind in the past year**. This could be a habit, a limiting belief, or a pattern that no longer serves you. Imagine gently letting it go, creating space for something new.

Take a moment to sit with these reflections. There’s no right or wrong way to feel about the past—it’s simply a part of your story.

Take a deep breath in, and as you exhale, feel a sense of release and gratitude for all that the past year brought you—the good and the challenging.

**Step 3: Setting Intentions for the Year Ahead (10 minutes)**

Now, let’s turn our focus to the future. The new year is a blank canvas, full of possibility.

Reflect on these questions, and again, feel free to write down your thoughts: I’ll pause between each prompt to give you space to reflect and fully absorb your thoughts.

* **Vision:** What does living intentionally look like for you this year?  
  Picture what a fulfilling, meaningful life would feel like. How do you want to show up for yourself and others? What values do you want to embody?
* **Wellbeing:** What are three small actions you can take to improve your wellbeing? These could be habits, practices, or routines that bring balance to your life. These don’t need to be big changes—small, consistent actions can have a profound impact over time. Think about areas like physical health, mental clarity, or emotional connection.
* **Mantra:** If you could choose one word or phrase to guide you this year, what would it be? It could be a single word like “growth,” “peace,” or “joy,” or a phrase like “I am enough” or “One step at a time.” Let this word or phrase become an anchor for your intentions.

If you’re journaling, take a moment now to jot down these thoughts. If you’re simply reflecting, hold these intentions gently in your mind.

**Step 4: Closing Visualization (5 minutes)**

Now, let’s take a moment to visualize the year ahead. Close your eyes if they’re not already closed, and take a slow, deep breath.

Picture yourself at the end of this year. Visualize the version of yourself who has grown, learned, and taken steps toward your intentions.

Imagine looking back over the past twelve months. See yourself living with purpose, making decisions aligned with your values, and embracing the small actions that have built momentum toward your goals.

Notice the changes in your life:

* How do you feel emotionally?
* What new habits or routines have you cultivated?
* What achievements, big or small, are you proud of?

Allow yourself to fully experience the emotions that come with this vision. You might feel proud, peaceful, or deeply satisfied with your progress. Feel the gratitude and joy in your heart as you reflect on the positive changes you’ve made.

Now, choose one of the intentions you’ve set for yourself. See it vividly coming to life in your mind’s eye. Perhaps it’s a goal you’ve had for a while or something new you’ve decided to pursue.

Visualize the process of making progress toward this goal:

* Imagine taking small, manageable steps each day.
* Feel the motivation and commitment within you as you consistently take action.
* See yourself overcoming any obstacles with resilience and patience.

Notice how each step you take toward this goal brings you a deeper sense of fulfillment. Picture yourself reaching the milestone, feeling the pride and joy of accomplishment. Allow yourself to truly experience that success in this visualization.

Now, expand your focus to include the overall picture of your life. See how these small changes add up to a year of meaningful growth. Perhaps you’re feeling more connected to others, or your physical, mental, and emotional health is thriving. See how your actions have created a sense of balance, fulfillment, and peace.

Take a few moments to truly immerse yourself in this vision. Picture the specific moments that stand out to you: Maybe it's a quiet morning routine, a moment of success at work, or laughter shared with loved ones. Let these moments fill you with warmth and gratitude.

Allow yourself to fully experience the emotions that come with this vision. You might feel proud, peaceful, or deeply satisfied with your progress. Feel the gratitude and joy in your heart as you reflect on the positive changes you’ve made.

When you’re ready, take a deep, grounding breath. Inhale deeply, holding this vision of growth and fulfillment...  
Hold it for a moment...

And exhale slowly, grounding yourself in the present, while carrying the power of your vision with you.

**Step 5: Gratitude and Closing (5 minutes)**

Take a final moment to thank yourself for showing up for this practice today. You’ve taken time to reflect, let go, and set meaningful intentions for the year ahead.

As you prepare to return to your day, take one last deep breath in through your nose...  
Hold it...  
And slowly exhale.

When you’re ready, gently open your eyes. Stretch your body, roll your shoulders, and reawaken to the space around you.

Carry this sense of clarity and calm with you into the new year. You’ve already taken the first step toward creating a year filled with purpose and wellbeing.

Thank you for joining me in this mindfulness practice.