



Full Circle Journal Prompts

So now as we come to the end of this year together, we move full circle towards January again. This is a perfect time to reflect on the past year and decide how you want to move forward with the next year.

1. Did I use this course and content to its full potential?
2. What parts of this course have been most helpful to me?
3. What practices will I continue doing in the coming year?
4. What did I not do or try that I'd like to this year?
5. What have I discovered about myself this year?
6. What changes have I experienced this year?
7. How would I like to feel this coming year?

Along with these journal prompts I suggest you also spend some time looking at your Sankalpa? Does it still apply? If not, maybe it needs a tweak or a whole new one if its already manifested.

When formulating a new Sankalpa or tweaking an old one I like to write down all the statements that I wish for myself e.g. I practice yoga daily, I eat nutritious foods, I am successful

Write it all down, all short positive statements stated as if they are already true, reflecting what you really wish for yourself. Then look at them all for some time, maybe come back to the list each day for a week and then see if you are able to find one short statement that embodies them all – let this be your new Sankalpa. This has worked well for me as often all the statements point towards a general theme.

Moving on

Thank you for joining me on this year of yoga, I hope it was what you hoped it would be. You will continue to have full access to all the material while the website is live – but do make sure to download the content you'd like to keep as at some point in the future the website may close down as I move everything over to Yoga Wise website. As I will be running the course again



from Jan 25th I will un-publish the links on the main page and will be dripping them out again month by month starting on that date.

You can now continue in the New Year and follow your saved content at your own pace for 2019 or if you'd like to be signed up to the email reminders for the 2019 there is just a small admin fee of £20 – the content will be the same but you will still receive the emails monthly as a little nudge. You will continue to have access to the Facebook group whatever you decide.

It's always really interesting to revisit the practices, you may find that different ones resonate differently with you second time around, we change day to day, season to season, and year by year so even if the practices remain the same our experience of them is always changing.

I hope you continue your journey of yoga and self-discovery in a way that makes sense for you.