



**There is a lot we expect from ourselves in a new year. How about instead of expectations or demands, you shift your focus to excitement and anticipation.** Here are some intentions you can plant in your heart to open up to what the new year is able to bring to you:

- I am open to all that the new year will bring into my life including all the waves I'll need to ride. My life is a bountiful journey full of feelings, sensations, experiences and I take great joy in being with what is.
- My life is a continuous flow. I don't end or begin. With each breath, I am here. With each breath, I am taking things one step at a time.
- Starting new things that ignite my soul comes easily to me. I dwell in the joy of possibility. I am constantly inviting new ways of being, becoming and creating into my life. Life flows through me as it delights, excites and enlightens me.
- Becoming hopeful is worth it. Creating beauty and kindness is worth it. Being in love is worth it. This life thing, no matter what, is worth it.
- I am wholeheartedly nonattached to what happens next as long as I keep staying open to all the things that bring light to my heart and soul. With an unwavering dedication to my light, I inspire others to light up and be brighter than they thought they could be.

**Wishing you a beautiful, new, delightful, crisp, exciting, fun, laughter-filled, ecstatic year.**

With love and light,

Damla

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