





## WELCOME

I am very happy to invite you to this space of holistic wellness – where we empower our mind, body and soul together. I hope you are ready to kick-start the New Year with your inner strength and resilience. This journal will give you a chance to reflect upon your past year and how to welcome New Year with open arms. It has been a hard year for us all and our resilience and will was tested throughout the year.

Here I lovingly invite you to let your heart speak onto the pages and let your logical mind rest for a while. There is no right or wrong answer, it's all about how you feel. Whatever your answer is, that is the right one for yourself. This is your sacred place. A place where you can return to as often as you wish. No one will judge you here for whatever emotion you express. This is your free world and you can cry, be happy, be sad, be regretful, be angry, any emotion that you feel, is ok to be.

In this journal you will find a number of questions to reflect back upon your past year. You will then find questions to welcome the New Year with open heartedness and excitement.

Whatever 2020 has brought you, this is your chance to begin again. May this journal be a gentle reminder of what you already hold within your heart to make a shift. May it guide you back to your own wisdom. May the questions which are mentioned here give you a chance to reflect upon yourself in an honest and open minded way.

With lots of love and gratitude,

Mansi.

Mansi Dholakia



#### ABOUT MANSI

Hey, I am Mansi. I am a certified psychologist, an emotional intelligence coach, a pharmacologist from London, United Kingdom. I combine my knowledge of science and emotions to help you become an emotionally intelligent and resilient human being. I believe in a holistic wellness approach. Your physical and mental wellbeing are both equally important, and I help create a symbiotic relationship between the two.

Based on my background education, and having lived through Anxiety as a patient, I strongly believe that mental wellbeing is rooted in the body and physical health is shaped by our mind. I also believe in the amazing power of our brain and how it can help achieve beautiful things in life if nourished properly. I believe that people are not broken, and don't require fixing, but require acceptance, compassion and encouragement. I am passionate about how you can use your own emotions as your strengths and empower your mind and life.

Journaling has been instrumental to my understanding of myself and my journey. Writing provides a safe space where you can just be you with no external pressure. I hope this journal that I am creating for you helps you in harnessing your own wisdom and provides you with a wholesome approach. I hope as you answer the questions, you will be able to reflect back on the past year, make some good space for the new year. You deserve to celebrate yourself for making it through this year.



Your heart knows the way.



Run in that direction.

– Rumi

## LET US BEGIN

Let us start by writing ourselves a permission slip as below:

“Dear (your name), today I give you full permission to be your true, authentic, honest and vulnerable self. Here in the moment. Be who you are. You are loved by the Universe. You are not a mistake. You are very much your whole authentic being. You are a magnificent soul and you radiate light to the world. You are a complete person in yourself. Today you are at home with yourself. Let go of any guilt or shame that you carry. Let love and light shine through you completely.”

Before I start journaling, I always write this permission slip for myself which I have shared with you here today.



How would you describe 2020 as? In a single word and why are you choosing that word?



If you were given a chance to go back in time, how would you have relived this year differently?



If you could draw one picture to describe 2020 what would it be?

(Please draw the picture. Creative imperfection is welcome here)





What acceptance, validation and celebration that you needed to hear (from yourself) last year that you didn't say to yourself?



What are you grateful for during this year? What positive memory do you have of this year?  
Please describe it in detail.



When were you happiest during the year?

With whom?

Where?

What was the incident?



Can you recollect any names that might have helped you cope better during this past year?

Who would you want to thank for being there for you? Have you already told them that? If not why not call them today and let them know of your gratitude.



Write a letter to someone who has really hurt you. What would you like to tell them?  
Start with ... I am ready to forgive myself and others for ..... then write your story and after  
you have finished it – Burn the letter. Yes that's right. Literally burn it.



What is your biggest achievement of this year? Look at yourself in the mirror and smile and say that I am proud of you for doing that. Have you been kind to a stranger? If yes, describe the incident.





## SUMMARY

My lesson of this year:

My most proud moment:

Describe 2020 in one sentence:



## INVITING 2021

Make a list of top 5 things that you would really like to do in this year.



What learnings are you taking forward with you from 2020 and will strictly apply those in 2021?

What changes are you going to make in your life next year and how? Make a list.



What are the things that you want to leave behind or let go off in 2020?



How do you envision your life for this New year to be? What are your goals and how do you wish to achieve them?

Start by writing a letter to the Universe ..

Dear Universe, I want to .....



What is it that you have never done, but always wanted to do – do you have a bucket list?  
What is so important about this and why haven't you done it already? What stopped you  
before and how soon would you like to try now?





What are you willing to do for your own mental wellbeing? How are you going to harness your mind body and soul?



If you didn't have any weaknesses or limitations, how would your day look like? If you were left on your own as a wholesome person, what would you do?



What belief is stopping you from being you? How are you working on it?



What is it that you really want in 2021? What can support you and who can support you?



Describe 2021 in one word

Your promise to yourself for this year is

The one thing you really want in 2021



### LAST FEW WORDS...

Take a while to reflect on the past year. What have you discovered about yourself?

What have you paused and reflected upon?

What was the biggest lesson that 2020 gave you?

How are you going to take it differently from here and move on?



## A REMINDER

May you always define  
your own HOME

May you always  
choose your own  
HEALING

May you always  
be YOU

With love, Mansi





I hope this journal has helped you clear your thoughts and given you a fresh new perspective about yourself to reflect upon. We are what we make of ourselves. I would love to hear your feedback on the journal at [mansid1011@gmail.com](mailto:mansid1011@gmail.com) You can let me know how it went. I love hearing about people's personal experiences.

With love and gratitude,

Mansi.