

A spiral-bound notebook is shown from a top-down perspective, slightly angled. The notebook is light-colored with a spiral binding on the left side. A calendar page is visible, showing the month of April 2024. The text '2024' is printed in a large, light pink font. Below it, 'APRIL' is printed in a smaller, light pink font. The days of the week are abbreviated as 'Th', 'Fr', and 'Sa'. The numbers 4, 5, 6, 12, 13, 19, 20, 27, and 4 are visible. The notebook is set against a light blue background.

# WORKBOOK

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# Your Energy for a New Beginning

A simple process to choose your focus for a new beginning

[WWW.LAURIINGRAM.COM](http://WWW.LAURIINGRAM.COM)



# 01 *reflect on where you are*

Self-reflection serves as the crucial foundation for the process of choosing a guiding word, energy, or symbol for the year. It allows you to dive deep into your inner world, exploring your values, priorities, and aspirations. By taking the time to reflect on who you are and what truly matters to you, you gain clarity about the path you want to chart for the upcoming year. This self-awareness is the compass that guides you toward selecting a theme that genuinely resonates and aligns with your authentic self, making your journey more purposeful and meaningful. In essence, self-reflection lays the groundwork for a transformative and intentional year ahead.



## Step one: Values

List your core values. What principles are most important to you in life?

(Examples: family, creativity, freedom, compassion)



## Step two: Priorities

What are your top priorities for the coming year? What areas of your life do you want to focus on?

(Examples: health, career, relationships)



## Step three: Desired Changes

Reflect on the changes you want to make in your life. What aspects do you want to improve or transform?



## Step four: Challenges and Obstacles

Identify any challenges or obstacles that might hinder your progress. What can you do to overcome them?

# Reflection Page

*Use this page to note your thoughts*

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## 02 *inspiration*

Inspiration it acts as the bridge between self-awareness and manifestation. After gaining a deeper understanding of your values, priorities, and goals, seeking inspiration allows you to transcend your personal experiences and draw from a broader pool of wisdom, knowledge, and creativity. It opens your mind to fresh perspectives, empowering you to select a guiding theme that resonates not only with your inner self but also with the collective wisdom of humanity. This step enriches your choice by infusing it with insights, ideas, and quotes that align with your aspirations, making your guiding theme more profound and meaningful in guiding your year ahead.



## Step one: Books and Quotes

List books or quotes that resonate with you. Are there any specific passages or lines that stand out?



## Step two: Personal Experiences

Reflect on your life experiences. Are there moments or events that have had a profound impact on you?

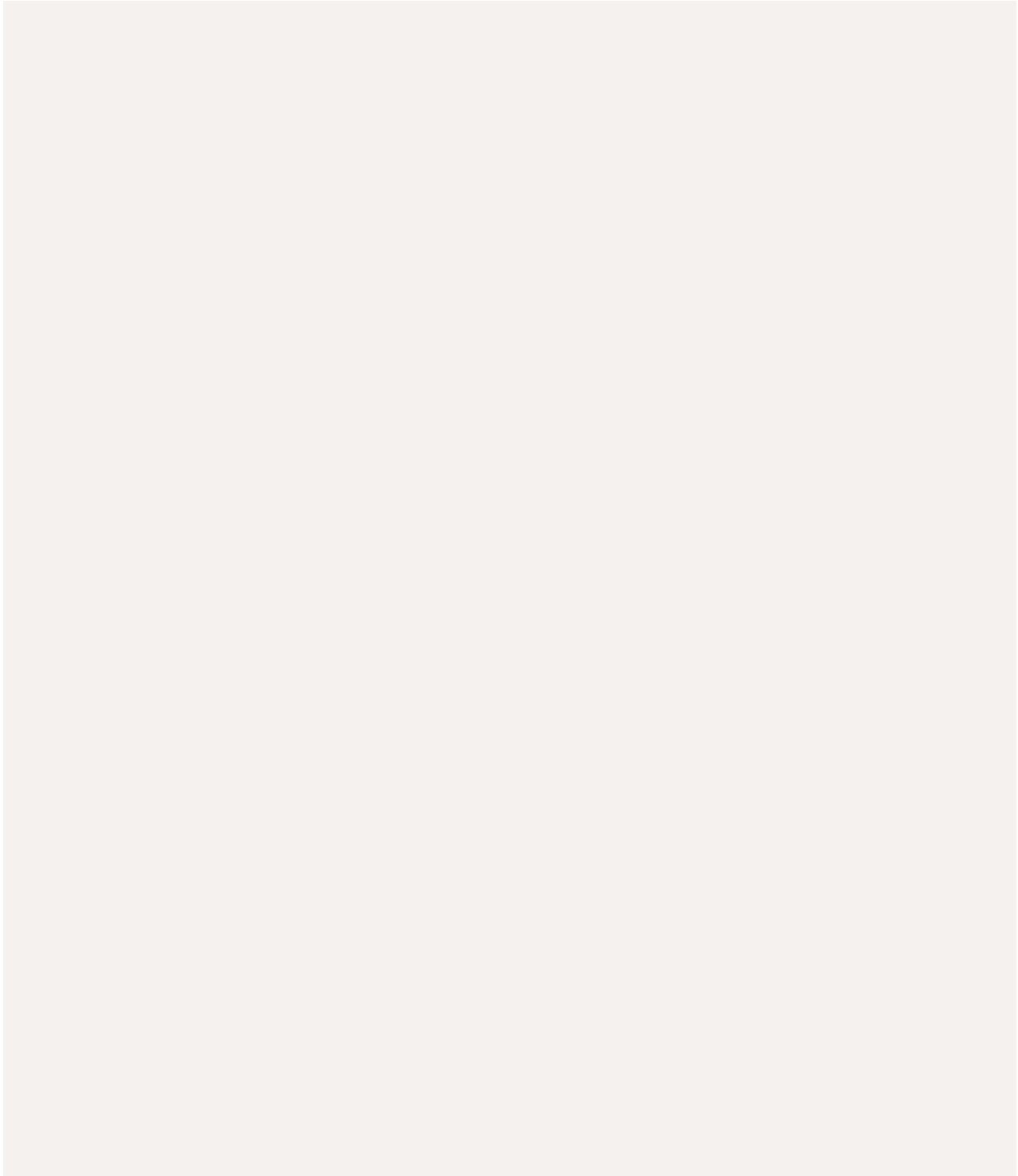


## Step three: Role Models

Consider people you admire or look up to. What qualities or characteristics do they possess that you'd like to emulate?

# Reflection Page

*Use this page to note your thoughts*





## 03 Visualization

Visualization holds a vital role in the process because it takes your chosen guiding theme beyond a mere concept and brings it to life in your imagination. Visualization is a powerful tool that allows you to project yourself into the future, seeing and feeling how your selected word, energy, or symbol will influence your daily experiences. This process creates a vivid mental image of the positive impact your guiding theme can have, making it tangible and real in your mind's eye. Visualization not only enhances your understanding of how your theme can manifest but also strengthens your emotional connection to it, reinforcing your commitment and determination to integrate it into your life. It transforms an abstract idea into a living, breathing presence that will guide and inspire you throughout the year.





## *Step one: Word, energy or symbol*

Write down the word, energy, or symbol that you're considering. Often, as you work through this process, the word or symbol will actually find you, appearing unexpectedly or repeatedly.



## *Step two: Manifestation*

Describe how this word, energy, or symbol will manifest in your daily life. What actions, attitudes, or behaviors will it inspire?



## *Step three: Impact*

Envision the positive impact this choice will have on your life. How will it enhance your overall well-being and personal growth?

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## 04 Commitment

Commitment serves as the pivotal moment where your chosen guiding theme transforms from a mere concept into a powerful driving force in your life. It's here that you solidify your dedication to embodying the essence of your word, energy, or symbol throughout the year. A commitment is not just a promise; it's a conscious decision to integrate your chosen theme into your daily choices, actions, and attitudes. By making this commitment, you declare your intention to live in alignment with your guiding principle, creating a sense of accountability and resolve that will help you navigate challenges, stay focused on your goals, and ensure that your chosen theme becomes a guiding star lighting your path to personal growth and positive transformation in the year ahead.



## *Step one: Statement*

Write a brief statement declaring your commitment to your chosen word, energy, or symbol.



## *Step two: Reminders*

Identify ways to remind yourself of your commitment throughout the year. This could include daily affirmations, setting it as your phone wallpaper, or placing a physical symbol in your workspace.



## *Step three: Accountability*

Share your choice with a friend or family member who can help hold you accountable and provide support.

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# Hey! I'm Lauri

In a world that constantly bombards us with noise and distractions, finding true meaning and authenticity can be an uphill battle. If you're like many of us, you crave a deep connection with Spirit, a genuine understanding of your purpose, and a pathway to inner peace. But here's the challenge: our modern, chaotic world often drowns out the whispers of our inner wisdom, leaving us feeling lost and overwhelmed.

That's where I come in. 🌿

I understand the longing to unravel life's mysteries and connect with something greater than ourselves. I've been on the same quest, and I know the weight of the pressure that comes with it. Over the past 6 years, I've dedicated myself to helping scores of individuals just like you find their inner truth, forge a profound connection with their higher source, and live a life that feels authentically theirs.

🌟 What sets me apart? 🌟

🌟 Experience: I've spent years honing my skills and knowledge to guide seekers like you on their spiritual journeys. I've walked the path and understand the obstacles you face.

🌟 Empathy: I know what it's like to be in your shoes, seeking answers, and feeling the weight of uncertainty. My approach is rooted in compassion and understanding.

🌟 Results: Scores of individuals have benefited from my guidance, experiencing healing, growth, and moments of celebration as they uncover their inner truths.

Join me on this incredible journey of self-discovery and spiritual awakening. Together, we'll navigate the chaos of the world and find the clarity, purpose, and authentic connection you've been yearning for. It's time to silence the noise and rediscover your inner wisdom.

Are you ready to embark on this transformative path with me? Let's walk it together. 🌟

## LET'S KEEP IN TOUCH



[LAURI@LAURIINGRAM.COM](mailto:LAURI@LAURIINGRAM.COM)