WORKSHEET

Crossing the Abyss

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Take a moment to reflect and work through these questions. Let them guide you gently into the year ahead.

1. Recognize the Abyss

- Write down three situations where your mind feels stuck or overwhelmed.

- What thoughts are creating these feelings?

2. Reframe with Heart

- For each situation, write down what your heart might say instead.

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3. Take the First Step

- What's one small, actionable step you can take to move forward?

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4. Celebrate Progress

- How will you honor yourself for taking that step?

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5. Practice Gratitude

- List three people or things you're grateful for right now.

1. _____
2. _____
3. _____

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“THE WOUND IS THE PLACE WHERE THE LIGHT ENTERS YOU.”

— RUMI