

"Can you feel the light inside? Can you feel that fire?"

-Tyler, the Creator & Daniel Caesar, "St. Chroma"

THE 10TH ANNUAL

POWERFULLY ROOTED

New Year Ritual

FOR RECONNECTION & RENEWAL

2024/2025 EDITION

Dear Past,

Thank you for all the lessons.

Dear Future,

Our time is now.

Love,

(your name here)

Welcome to the 2024-25 New Year Ritual, friend.

The New Year Ritual (NYR) is life changing. It is now ten years old and has helped people achieve bucket list items, leave bad relationships, get new career opportunities, start businesses, and personally, given me new perspective on my life every time I've needed it. Like, right now.

I'm lucky to be here. Last year's NYR was late due to health issues, and in February I had what was supposed to be a routine surgery that nearly turned fatal due to complications. I'm recovering well, but I've also only started to feel like myself again and that journey has been scary at times. Not operating at 100% for this long easily puts me in a headspace like, *"Who even am I? Do I still have it in me to accomplish the things I set out to do? Am I really still that girl?"*

Perhaps that's dramatic, but maybe you can relate. We're living in a series of unprecedented times, in a world that seeks to steal every last bit of our attention. It's easy to look up from the memes and the mundane and feel a little bit lost or uncertain about the future. But as much as things change, there are some things we can always rely on: who we are at our core, who we choose to become, and our ability to focus on that which is within our control.

That's why this year's theme is remembering and reconnection.

In fact, I've added a section on Power & Potential so you can get grounded, find your inner Beyoncé, and remind yourself that you really are THAT girl. But even if you're feeling perfectly fine (and good for you!), the New Year is a great time to reflect on the past year and recommit to the way forward.

I can't take credit for all the exercises inside. Some were inspired by therapeutic experts and some of the best goal planners I've come across. But as with everything I do, I've refined the NYR over time as a culmination of what works best for those of us who love to set intentions and make them happen.

Wishing you every success and all the support,

Sherelle Johnson
COACHING & COPY

HOW TO USE THE NEW YEAR RITUAL

The New Year Ritual is designed to be easy to use, with the room to go as in-depth as you desire. The best way to experience it is to do it with friends so that you can cheer each other on for the coming year. But no matter how you go forward, I'll be cheering you on too.

Power & Potential

We're starting off by taking a moment to get rooted into the present moment, remembering who we are, and setting the vibe for what lies ahead.

The Year In Review

I love having this as a way of looking back and seeing all the highlights of the year. I won't lie, this part could take a while. I usually end up going through my calendar, photos and social media to make sure I don't miss anything.

The Big Three

A page all about taking everything that happened over the last year and reflecting on the good, the bad, and what that means for next year. Three is always a good number – it's hard to stick to just one highlight, but if you end up having four things you're proud of, that's totally okay too.

Legacy & Joy

Before we dig in to the year ahead, we're starting with the end in mind. This page is for tracking how you want to make your mark in this life and how you plan to enjoy it to the fullest along the way.

Future Fun

Now it's time to start planning for the year ahead. It's all about where you want to go, who you want to see, and what you want to do more of in the year ahead. After filling this out, all that's left to do is to set some dates to make these things happen

Goals & Dreams

Just a spot to layout the path ahead beyond the coming year. Reverse-engineering a consistent intention pretty much guarantees that we're going to get rich or die trying, in the words of the philosopher, 50 Cent.

Plus there are two extra & optional Bonus Sheets at the end for planning out the year ahead. Enjoy!

POWER & POTENTIAL

As Tyler, the Creator's mom said, "You are the light. It's not on you, it's in you." So we're starting off with the core of who we are and the vibe that will drive what's to come.

Deep breath in....and out.....Okay, how do you feel in this moment? How does your body feel? Take a moment to breathe through any areas with tension.

What are the values/principles you choose to live by? What are you committed to?

What is it about you that sets you apart? What is undeniable about you?

When's a time that you felt genuinely unstoppable? Like anything was possible? What circumstances contributed to that feeling?

What's the smallest thing can you do to carry that light into the present moment? Is there a song, image or item that takes you there?

If your younger self could see you now, what would they be amazed by? How have you surprised yourself?

YOU DID AMAZING IN 2024

Here's a really good place to jot down the major things that happened, good (or bad, if you wish), as you reflect over the past year. I love using this as a record of sorts and am often surprised by how much I really did. I hope you are too.

January

February

March

April

May

June

July

August

September

October

November

December

THE 2024 BIG THREE

3 Things You Are So Thankful For:

3 Things You're Proud Of:

3 of Your Biggest Challenges:

3 Things You Learned:

3 Things You Are Leaving Behind in 2024:

If there was a theme for your life in 2024, what was it & why?

LEGACY & JOY

Get in here, we're making our mark and planning in joy. As you do this section, check in with your body that every bit of it is true to who you are and what you want, and not what anyone else might think or want for you. Can you feel that in your chest?

What drives you? What are you inspired by?

What do you want to leave behind? What values, memories, or achievements do you want to be remembered for?

What do you want to be known for this year and what do you need to do to achieve that?

THE BUCKET LIST

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.:FUTURE FUN:.

3 Top Goals or Priorities for 2025:

Places You'd Like to Visit in 2025:

People You'd Like to Connect With in 2025:

Things That You Want to Enjoy More of in 2025:

Who do you need to be to get these things done?

What will your body, mind and spirit need to be at your best for 2025?

MOMENTUM, ONE STEP AT A TIME

If you ever feel all over the place with your goals, this might help: think about your lifetime goals, and how your 3-year goals help accomplish that, and how your 1-year goals accomplish that, and so on.

3 MONTHS

Date:

1 YEAR

Date:

GOALS & DREAMS

Today's Date:

3 YEARS

Date:

LIFETIME

(Pro tip: start here and work backward.)

Great job! Here's to all the good coming to you in 2025. Cheers!

ZOOMING IN

BONUS SHEET: Choose the goal from the previous page that would make the **biggest impact** on your life right now and stick it in the box below. A goal from the “three month” section is a good place to start. Now, being as specific as possible, brainstorm all the things that need to get done to *make that sh*t happen*.

BIGGEST IMPACT GOAL:

Target Date:

2024 MONTHLY THEMES

BONUS SHEET: Here's a spot to plan out some monthly themes for the year, whether that's content you want to create, things you want to focus on, or milestone you want to achieve. Plus there's a little room for sub-themes or ideas, too.

2024 Focus: _____

January	February	March
April	May	June
July	August	September
October	November	December