



# **YEAR-END MEDITATION & FULL MOON MEDITATION**

**December 31, 2019 | 1:30-3:30pm | CPH, NJ**

***Exhale 2019. Inhale 2020.***

**This worksheet belongs to:**

---

**Write down important dates, experiences, retreats, travels, surgeries, work-related, life-related events and challenges for each month of 2019.**

# 2019

---

**JANUARY**

---

**FEBRUARY**

---

**MARCH**

---

**APRIL**

---

**MAY**

---

**JUNE**

---

---

**JULY**

---

**AUGUST**

---

**SEPTEMBER**

---

**OCTOBER**

---

**NOVEMBER**

---

**DECEMBER**

---

---

**Five Highlights That Happened To Me in 2019** – These are accomplishments, achievements, best moments, the Whoo Events

- 1)
- 2)
- 3)
- 4)
- 5)

---

**Three Things I Focused On in 2019** – Important things you devoted your energy. These 3 things are the core of your life and work. What results did you get from these areas of focus?

- 1)
- 2)
- 3)

---

**Three Disappointments That Happened To Me in 2019** - Failures, shortcomings and missed opportunities. These are the regrets.

- 1)
- 2)
- 3)

---

**Three Things I Neglected in 2019** – What I did not do which I should have done. What I avoided, ignored or simply neglected. Ask yourself (a) Why you neglected these things? (b) What happened as a result of your neglect? & (c) What are you doing in 2020?

- 1)
- 2)
- 3)

---

**Three Main Things I AM Responsible** – These things ONLY I can do. I am mainly responsible for these things. My Main Responsibilities in Life and Work. What is it that has been entrusted to you that if you don't take care of it – it is just not going to be done? How much energy are you going to pour in these things in 2020?

- 1)
- 2)
- 3)

## Purpose Driven Life

- 1) Health & Wellness Target
- 2) Career & Financial Target
- 3) Relationship Target
- 4) Family Target
- 5) Self-Development Target

**Have a Clear Vision of Things You Would Like to Do in 2020.**

**Once you know the direction, all you have to do is continue walking.**

**“The pursuit for happiness can be achieved and accomplished and many difficulties, pains, aches, and obstacles can be overcome if one just works hard to become a better person and remain positive and focus on the present and the future than on the past.”**

**LIVE SIMPLY... THINK DEEPLY... SPEAK KINDLY...**

**LOVE MUCH... WORK HARD... GIVE GENEROUSLY... &**

**BE A BETTER PERSON IN 2020!!**

## Affirmation to Become a Better Person

I am so happy and so grateful I am filled with energy and overflowing with joy.

Every cell in my body is healthy, I am wealthy and I keep my mind active and sharp.

I am a loving and positive person and all of my relationships are loving and harmonious.

Money flows to me easily, constantly and in great abundance from multiple sources.

I am happy, successful and fulfilled.

I practice right thoughts, right words and right actions and in divine order.

Life is good. I am good. And I allow all good things to come to my life.

I am becoming a better and better person every day and in every way.

*With the blessings of GOD, with the blessings of Lord Mahaguruji Mei Ling and GrandMaster Choa Kok Sui and all the Great Ones, Archangels, Healing Angels and with the help of my higher soul I am blessed with ALL of these and with Divine Guidance, Divine Help and Divine Protection.*

*So Be It! So Be It! So Be It!*