



Set Your North Star

2024 SANKALPA

Welcome 2024

SETTING OUR NORTH STAR

"Every moment is a new beginning." T. S. Elliot

"We won't wake up as a new person without our quirks, habits, and struggles on January 1. We'll still be in the same bodies, with the same issues, and the same human experience. There's no "new you" around the corner." Kimberly Wilson

I felt it important to share as well. We aren't exploring a NEW you, but how do we allow the BEST parts of you to come forward and from which we operate in our daily lives?

You are an amazing human.

It's okay to go slowly.

It's okay to feel energized and want to tackle a new project.

It's okay to do what feels right.

And know that at any moment, we can reset our mindset, our direction, and our choices.

Be liberated in your choices not trapped by them.

Strength

NUMEROLOGY - 2024 IS A 8 YEAR



Strength

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In Tarot, 8 it is represented by the Strength Card. Soft Strength. Compassionate Strength. Strength based on discipline and moral guiding systems.

The Strength card indicates courage will be needed this year. Difficulties could arise, but a gentle, firm approach will help. No matter how big the problems may be, perseverance will pay off.

- 1. Courage and Inner Strength:** The primary image often depicts a woman gently taming or soothing a lion. This symbolizes the inner courage and strength needed to confront challenges, not through force but through patience, resilience, and inner fortitude.
- 2. Compassion and Kindness:** The woman's gentle demeanour represents compassion and kindness. The card suggests that true strength comes not only from physical might but also from empathy, understanding, and compassion toward oneself and others.
- 3. Control and Mastery:** The act of taming the lion symbolizes mastery over primal instincts and emotions. It represents the ability to control one's impulses and emotions, harnessing them constructively rather than letting them overpower or control oneself.
- 4. Spiritual Growth and Resilience:** The infinity symbol above the woman's head signifies spiritual growth, infinite potential, and resilience. It suggests an ongoing journey of self-discovery and personal growth, highlighting the eternal nature of the human spirit.
- 5. Balance and Harmony:** The card often portrays the woman's ability to peacefully coexist with the lion, signifying the balance between opposing forces within oneself. It represents the harmonious integration of one's passions, desires, and instincts with one's higher consciousness.
- 6. Confidence and Endurance:** The woman's calm demeanour and unwavering gaze symbolize confidence and endurance. It represents the unwavering resolve to face challenges head-on with poise and confidence.

Overall, the Strength card encourages individuals to draw upon their inner resilience, courage, and compassion to navigate challenges. It speaks of finding balance, exercising control over impulses, and tapping into one's inner strength to overcome obstacles with grace and fortitude.

Word/Phrase of the Year

Inspired by the book "One Word That Will Change Your Life" penned by Dan Britton, Jimmy Page, and Jon Gordon back in 2012, the concept of choosing a single word as a guiding light for the upcoming year became a ritual I've embraced annually since then.

Each year, selecting a word—be it "Faith," "Return," "Commitment," "Boundaries," "Embody Compassion," or "Self-Care"—has become a powerful practice. These words have served as beacons, directing my focus towards integrating their essence into my life.

Upon reviewing my year and reflecting on the chosen word or phrase, I've often marveled at the myriad opportunities woven into my experiences. It's fascinating to observe how intentional efforts, as well as what feels like the orchestrated alignment of the universe, have conspired to provide occasions for me to truly embody and grow into my chosen word. Sometimes, it's a conscious effort; other times, it feels like the universe's hand guiding me toward growth through experiences.

Choosing a guiding word or theme for the year can offer several compelling benefits:

1. **Clarity and Focus:** It provides a clear focal point for personal growth and development throughout the year, making it easier to set intentions and make decisions aligned with that word.
2. **Mindfulness and Intentionality:** Having a word to guide actions and thoughts encourages mindfulness. It prompts individuals to consider how they can infuse that essence into various aspects of their lives intentionally.
3. **Empowerment and Motivation:** A chosen word acts as a source of motivation, reminding individuals of their aspirations and providing a sense of empowerment to strive for personal and professional goals.
4. **Reflection and Growth:** Reflecting on the chosen word at the end of the year allows people to evaluate their experiences, achievements, and areas for growth. It becomes a tool for self-assessment and self-awareness.
5. **Adaptability and Resilience:** While the word guides actions, it also allows for flexibility and adaptation. It can evolve throughout the year as circumstances change, fostering resilience and adaptability.
6. **Alignment with Values:** For many, the chosen word aligns with their core values, helping them stay connected to what truly matters to them throughout the year.

Ultimately, choosing a word of the year is a personal practice that offers a framework for growth, mindfulness, and intentional living. It's a way to foster personal development and create a more purposeful, fulfilling life.

beginning

DAVID WHYTE IN CONSOLATIONS

well or beginning poorly, what is important is simply to begin, but the ability to make a good beginning is also an art form.

Beginning well involves clearing away of the crass, the irrelevant and the complicated to find the beautiful, often hidden lineaments of the essential and the necessary.

Beginning is difficult, and our procrastination is a fine ever-present measure of our reluctance in taking that first close-in, courageous step to reclaiming our happiness. Perhaps, because taking a new step always leads to a kind of radical internal simplification, where, suddenly, very large parts of us, parts of us we have kept gainfully employed for years, parts of us still rehearsing the old complicated story, are suddenly out of a job. There occurs in effect, a form of internal corporate downsizing, where the parts of us too afraid to participate or having nothing now to offer are let go, with all of the accompanying death-like trauma, and where the very last fight occurs, a rear guard disbelief that this new, less complicated self, and this very simple step, is all that is needed for the new possibilities ahead.

It is always hard to believe that the courageous step is so close to us, that it is closer than we ever could imagine, that in fact, we already know what it is, and that the step is simpler, more radical than we had thought: which is why we so often prefer the story to be more elaborate, our identities clouded by fear, the horizon safely in the distance, the essay longer than it needs to be and the answer safely in the realm of impossibility.

Begin Strong

" TO CONNECT TO GRATITUDE WHEN WE ARE MOST CHALLENGED IS TO WRITE THE NARRATIVE OF APPRECIATION INTO AND FOR LIFE." ANGEL KYODA WILLIAMS

Before we step into the possibilities that the future holds, let us pause in gratitude for the chapters that have unfolded. Let's take a moment to cherish the lessons learned, the victories celebrated, and even the challenges that have shaped us. For it is in acknowledging and appreciating what was that we pave the way for what will be.

Connecting to gratitude and peacefulness this week establishes a foundation upon which to move through the year. What are you most grateful this past year?

- Gratitude Meditations - <https://soundcloud.com/glendamylestherapy/sets/gratitude>

In the sanctuary of our inner world, we connect with our most authentic selves—the place where our spirit and soul reside, where whispers of wisdom await our attention. This connection, this communion with our deepest essence, becomes the compass guiding our next steps.

As we delve into this process, consider: What stirs within you? What beckons to be acknowledged, nurtured, or pursued? What aspirations, dreams, or intentions linger at the threshold of your consciousness, ready to manifest in the year ahead?

- Meditation - [Meet Your Inner Daimon \(good soul\)](#)

As you look at the year ahead, what are you dreaming about? What desires are pulling you in?

Find other meditations at [SoundCloud](#) and our [youtube](#) channel.

Questions to Ponder

JOURNALING PROMPTS

1. Reflective Questions:

- What areas of my life do I want to focus on this year?
- What strengths do I want to cultivate or weaknesses do I want to address?
- How do I want to feel throughout this year?
- What aspects of my life need more attention or improvement?

2. Values and Principles:

- What are my core values, and which one do I want to emphasize this year?
- What principles do I want to guide my decisions and actions?

3. Goals and Aspirations:

- What are my key goals or intentions for this year?
- How do I envision my ideal self or life in the upcoming year?

4. Challenges and Growth:

- What challenges or obstacles do I anticipate, and what qualities will help me overcome them?
- In what areas do I want to grow personally, emotionally, or professionally?

5.

• Connections and Relationships:

- How do I want to nurture my relationships or connect with others?
- What qualities do I want to bring into my interactions with people?

• Impact and Contribution:

- How do I want to make a difference or contribute positively this year?
- What legacy or impact do I want to leave behind?

• Intuition and Gut Feeling:

- When I think about the upcoming year, what words or feelings come to mind?
- What word or phrase resonates deeply with me when I consider my aspirations?

Start with the End in Mind

JOURNAL PROMPT

It's one year from now. December 2023. The habit you were hoping to build during the year didn't stick. What is the most likely reason it failed?

WOOP

Gabriele Oettingen is a researcher into how do we make our dreams come true. And she developed WOOP: Wish, Outcome, Obstacle, Plan.

It takes effort and attention to create positive change!

"I reasoned that the best way to get people up and moving was to ask them to dream and then to confront them right away with the realities that stood in the way of their dreams...If I could ground fantasies in a reality through mental contrasting, I might be able to circumvent the calming effects of dreaming and mobilize dreams as a tool for prompting directed action." Gabrielle Oettingen, *Rethinking Positive Thinking*

THE SCIENTIFICALLY VALIDATED DREAM-REALIZATION FRAMEWORK

1. WISH
2. OUTCOME
3. OBSTACLE
4. PLAN



PRACTICE TOGETHER

Head on over to <https://woopmylife.org/> and WOOP it up! A great thing to do on a regular basis and we will be using this framework in our [Get Clear program](#).

The WOOP framework has four main parts:

1. Wish
2. Outcome
3. Obstacles
4. Plans

Applying WOOP in your own life is a straightforward process. Simply follow these five steps:

1) Create a Wish

What do you want to create in your life? Think of something that feels exciting, challenging, and feasible.
Describe it in 3-6 words.

2) Envision the Outcome

What's the biggest benefit you could experience as a result of achieving this wish?
Describe it in 3-6 words. (We want to get clear and specific here...hence the small number of words.)

3) Identify Obstacles

What obstacle(s) might you create that would prevent you from making that wish a reality? (Focusing on the internal, or self-created obstacles first helps you focus on what's in your control.)
Identify as many as possible...Let your pen run wild.
Prioritize the obstacles based on likelihood and significance.

4) Create "If...then" Plans

What might you do to get around the most significant obstacles you identified?
For each obstacle, make an "If...then" plan. (e.g. "If [obstacle occurs] then I will [plan 1].")
Pick the most effective path you could take for each identified obstacle.

5) Take Action

WOOP it up!

Nervous System Regulation

" TO CONNECT TO GRATITUDE WHEN WE ARE MOST CHALLENGED IS TO WRITE THE NARRATIVE OF APPRECIATION INTO AND FOR LIFE." ANGEL KYODA WILLIAMS

Nervous system regulation remains a crucial aspect of overall well-being, especially as we navigate the complexities of life, transitions, and new beginnings in the year 2024.

Given the ever-increasing pace of life, societal pressures, and ongoing global changes, nurturing practices that support nervous system regulation is especially important. Prioritizing activities that promote relaxation, mindfulness, and stress management can significantly contribute to a more balanced and fulfilling year ahead.

The following page provides an overview for how you can create a plan and team to Nourish Yourself - a theme for 2024.

In 2024 we will be offering classes and courses that directly align with supporting our nervous systems so that we can be our best self and achieve our heartfelt desires in 2024.

Check out all our classes at [GlendaMyles.com](https://glendamyles.com) or register for one at <https://glendamyles.as.me>.

Create Your "Nourish Yourself" team

Body (Physical Space)

- Movement
- Good food - mostly plants, as organic as possible.
- Water (more!)
- Sleep (8 hours, dark, tech-free room) with direct sun within 1-3 hours of waking
- Supplements as needed and most of us need it
- Skincare (biggest organ, takes in a lot of toxins, can show what is happening internally)

Breath (Prana Space)

- Breathe less
- Focus on nasal breathing
- Pranayam practices (see breath practices for guidance)

Positive Self-Talk (Mental Space)

- High 5 in mirror
- Mantra
- Affirmations
- EFT with affirmation

Brain Health

- Social time and laughter
- Games - especially for hand/eye coordination as we age
- Reducing toxins
- Creativity
- Supplementation

Connecting to your Higher Power (Spiritual Space)

- Prayer
- Gratitude
- Meditation
- Nature

Support Team

- Doctors/Functional Health Specialists
- Complementary Health: nutritionist, chiro, massage, etc
- Mental Health Support
- Community, family, friends
- Intimate Partner/ besties

Make self-care a priority. The world needs you to be the strongest, best version of you.

what you seek is seeking you.

When you speak into your existence,
then it has no other option than to produce
the yield that will bring about a change in your life.
The earth is full of abundance
but for it to become a part of yours,
you have to go work for it.

When you become lazy
in discovering your purpose,
then for sure, you will live a life
that makes you struggle all the time.

The day and night
has twenty four hours to produce it yield.
If you waste any of it time,
you may find it difficult
to meet up with your expectations.

To make progress in life requires
that you move with time.
When you have the consciousness of time,
you will achieve more in less time.

Nsikak Andrew

Glenda Myles Embodied Therapy

Glenda opened the doors to her practice in 2012. Over this past decade, it has been a space for learning, growing and practicing the tools that allow us to strip the layers away that keep us from being our most authentic self.

When we can show up as our authentic self, magic happens.

She believes in our innate capacity to heal, to be compassionate, and to transform into the best versions of ourselves through loving awareness.

She offers psychotherapy to adults and classes and workshops on embodied yoga, meditation, and breath-work for our nervous system. She wants us to age well, live well and die well.

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