

What does your soul want for 2018?

What are qualities would your soul would like to manifest more of in 2018?

Are you ready to express your soul through your voice in 2018?
What resistances do you have to this? Write them down.

Are you ready and willing to be your authentic self in 2018?
What egoic traits prevent you from being your authentic self?
Write these down so you can go beyond these limitations.

Let's make a renewed commitment to take better care of our body in 2018.
Write down at least three things you will do to improve your body's health.

Other commitments for 2018:

Make a commitment to live above the heart in 2018.
Be committed in 2018 to let nothing pull you down.
Keep your focus on what is good for you: a positive picture for yourself.
Make a commitment to use all your spiritual tools to realize this picture in 2018.
Make a commitment not to allow your soul's energies to be usurped by the ego.