

Ignite

Your 2022 Journal



As the year draws to an end it's the perfect time to go within and reflect on the year that was.

For me it has been a year of extreme challenges and uncertainty and forced me to really draw on my practices to go within and find my place of calm, kindness, trust and really surrender to the experience.

2022 I'm sure will bring with it distractions, challenges, uncertainty, and relentless change but also many opportunities, excitement, and fun. One thing that I have found of immense value during 2021 is being very intentional with my wellbeing and making sure that my cup is full as I have finally realised that I can't give what I don't have. It's not being selfish to fill my cup it's imperative if I want to show up as the best version of myself to serve my family, clients, and community.

I have been conscious of moving out of autopilot, coming back into presence and being intentional with my actions. It wasn't always smooth sailing, and I'm learning to do it with kindness and compassion for myself, and only from this place was I able to move to curiosity and tap into that voice of empathy, love, compassion to develop deep awareness and from there take the action needed.

In a world of distractions, busyness and relentless unrest and constant change the thing I believe we crave the most is valuable, soul nourishing space. Space to dream, to reflect, to celebrate, to let go of all the old past stuff and be grateful for it so we can move on, to see possibility and to explore what's next.

When you don't get clarity around where you've been and where you want to go, you can get stuck in the same old place and the same old routine and become reactive to life.

This journal is your place to lower the noise, get off the treadmill of life to nourish the soul and be intentional to review the year that was and design what is possible for the year ahead. This is your opportunity to take charge of YOUR life and be the author of your one and only precious life and chase down those things that truly matter to you!

Here is your opportunity to **Own Your Story** - Live in alignment with your authentic core, find freedom and sovereignty to choose your life. **Embody Sacred Space** - Connect intimately with yourself, foster an environment of love, belonging, and acceptance.

Hold Onto Hope - Trust that failure leads to growth and that it is your birth right to become who you truly are.

Become the author of your one and only precious life.

Many of us have been conditioned to live as a smaller, more “acceptable” version of ourselves—inevitably leading to constant striving and a sense of never being good enough, no matter how hard you try to belong. But it doesn’t have to stay that way. It is your birth right to rediscover who you are by picking up the pen, confidently committed to owning your past and writing your future.

As the author of your story, you will experience peace as you reclaim your power; create clarity as you surrender to your truth; Find freedom as you trust your inner voice; ...and ultimately embody the radical notion that you are capable of far more than you could ever imagine.

“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure”.
- Marianne Williamson

It’s now time for YOU... print this out, make your favourite beverage, take your favourite pen, journal, and escape to your most nurturing place.

Now get to work and become the author of your one and only precious life.

Review, Celebrate and Release your 2021

Before you dive into what 2022 can bring it's worth spending time looking back on 2021 to reflect, to celebrate, to let go of all the old past stuff and be grateful for it so you can move onto 2022.

Let's begin with an overview of 2021

As you look at each category note what you are thinking and rate your level of satisfaction on a scale of 1-10. A rating of 1 being the lowest (I'm completely unsatisfied with my life in this area) and 10 being the highest (I'm completely satisfied with my life in this area). Scaling is a great way to understand where you are at.

Physical	Rating	Thoughts
Quality Sleep		
Self-care		
Nutrition		
Movement		
Sustained Energy		
Emotional	Rating	Thoughts
Emotional Stability		
Self Control / Regulation		
Mastering Chaos		
Self-compassion		
Mental	Rating	Thoughts
Self-esteem		
Self-confidence		
Growth Mindset		
Resilience		
Spiritual (nourishing your soul, seeking understanding)	Rating	Thoughts
Sense of meaning/ purpose		
Moral compass		
Peace of mind		
Personal growth		

Relationships (feeling connected)	Rating	Thoughts
Personal		
Family		
Friends		
Professional		
Career	Rating	Thoughts
Job Satisfaction		
Learning and Growing		
Rewarding and Motivating		
Network		
Financial	Rating	Thoughts
Planning and Budgeting		
Assets		
Income		
Saving money		
Recreational	Rating	Thoughts
Hobbies		
Fun/ Play		
Relaxation/ Downtime		
Environmental (space)	Rating	Thoughts
Safe and comfortable living space		
Cleanliness/ tidiness		
Organisation		



2022

Now that you are done, reflect on the following questions to harness the gifts of 2021 and see where you would like to focus your attention moving forward into 2022.

HOW DO YOU FEEL ABOUT YOUR LIFE AS YOU LOOK AT ALL THE DIFFERENT AREAS OF YOUR LIFE?

WHAT WERE SOME OF THE GREAT MOMENTS IN THE DIFFERENT AREAS OF YOUR LIFE FOR 2021?



“Only when we are brave enough to explore our darkness will we discover the infinite power of our light”.

– Brené Brown

5 THINGS YOU ARE MOST PROUD OF OVER THE LAST 12 MONTHS?

ARE THERE ANY SURPRISES FOR YOU?

5 BEAUTIFUL LESSONS I LEARNT ABOUT MYSELF OVER THE LAST 12 MONTHS?

I KNOW MORE ABOUT MYSELF NOW BECAUSE OF...

EVEN THOUGH AT TIMES IT WAS REALLY HARD TO GO THROUGH, I KNOW I
LEARNED A LOT FROM...



I CAN NOW LET GO OF...

THE MOST INCREDIBLE THING I DISCOVERED ABOUT MYSELF WAS...

REFLECTING ON THE AREAS OF YOUR LIFE ABOVE WHAT FELT OUT OF CONTROL, CHALLENGING OR COMPLETELY CRAZY IN 2021?

WHAT COULD BE DONE TO CHANGE THEM?

WHAT DO YOU NEED TO WRITE, JOURNAL OR VENT ABOUT IN ORDER TO FEEL
CLEARED FROM YOUR LIFE IN 2021?



AN ATTITUDE OF GRATITUDE. DRAW, WRITE, ILLUSTRATE, STICK PICTURE OF EVERYTHING YOU ARE GRATEFUL FOR IN YOUR LIFE FROM 2021!

“The only thing that will stop you from fulfilling your dreams is you”.
- Tom Bradley

It is now time to become the author of your one and only precious life.

Time to dream a new dream! To ignite possibility for yourself, your world, your life, the world.

Take this time to reflect, to contemplate possibility, to prepare, then to action. This is how change happens one small step at a time. From here, I would love you to try and focus on a few small changes you can make over the next three to six months based on the areas that you feel need the most work.

I get it... choosing to work on a few of the life areas at once may not sound as exciting as an entire life makeover, but trust me, this method is more sustainable and rewarding than trying to do everything right away.

Now reflect on how would you like to spend time in these areas in 2022?

Again, as you look at each category note what you are thinking and rate where you would like your level of satisfaction on a scale of 1-10. A rating of 1 being the lowest (I'm completely unsatisfied with my life in this area) and 10 being the highest (I'm completely satisfied with my life in this area).

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WHAT DO YOU MOST WANT TO EXPERIENCE 2022 AS?

TO EXPERIENCE THAT, WHICH OF THE AREAS WOULD YOU MOST LIKE TO
FOCUS ON AND CREATE CHANGE IN DURING 2022?

HOW COULD YOU MAKE SPACE FOR THESE CHANGES IN YOUR LIFE?

WHAT WILL STOP YOU FROM MAKING THE SPACE FOR THESE CHANGES IN YOUR LIFE?

WHAT COULD YOU DO LESS OF TO MAKE SPACE FOR THESE CHANGES IN YOUR LIFE?



WHAT COULD YOU DO MORE OF TO MAKE SPACE FOR THESE CHANGES IN YOUR LIFE?

THIS YEAR I WANT TO GIVE MYSELF THE GIFT OF...

WHAT HELP AND SUPPORT MIGHT YOU NEED FROM OTHERS TO MAKE CHANGE AND BE MORE SATISFIED WITH YOUR LIFE?

AND WHAT CHANGE/S DO YOU WANT TO MAKE FIRST?

WHAT IS THE SMALLEST STEP YOU COULD TAKE TO GET STARTED?



IF THERE WAS ONE KEY ACTION THAT WOULD BRING YOU CLOSER TO YOUR IDEAL,
WHAT WOULD IT BE?

“And the day came when the risk to remain tight in a bud was more
painful than the risk it took to blossom”.

– Anais Nin

Now just start with that one small action on a consistent basis.
Remember small acts make a big difference.



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Become the author of your one precious life!

To being...
liberated and free
adventurous and bold
kind and compassionate
grounded and patient
authentic and empowered
safe and warm

All my love
Deidre x



www.deidredattoli.com