



# Elevate Success

Loading . . . . .  
2023 Upgrade



# Welcome



Have you wondered where the year 2022 has gone? It certainly resonates with me.

During these past months you have been through your own journey. You may feel it's been an adventure, perhaps it has opened up new pathways for your career, personal life or spiritual evolution.

Closing out the year with intentional reflection allows you to let go in order to let the new in. You may have goals and things you wish to manifest in 2023, but this is more about what can you leave behind, before moving forwards.

This personal workbook is designed to allow you space where you can celebrate your wins. A place where you can reflect on your accomplishments. You may have to recollect the touch moments and acknowledge how far you have come. You may not think you have come far, but this booklet is designed to recognise your accomplishments. When you look back to see how far you have come, it alters your mindset. This positive outlook will give you motivation to forge forwards with your new goals, desires and ambitions.

This is the tool to discover how far you've travelled. Opening this workbook alone is a sign that you are willing to learn, evaluate and progress.

I hope you are able to take this time to put down all your hearts desires, all the thoughts that may be ruminating in your head and step into the future with some space to welcome in the new.

From my heart to yours  
Tulshi Varsani





# How to...



This is aimed to find some space for yourself and your intentions so here are a few things to consider before you begin

- > Print this out so you can fill it in
- > Find a quiet space where you can feel comfortable & safe
- > Fix yourself your favourite drink of choice (mine is mulled wine)
- > Put some chill out music on or enjoy the silence
- > Let go of any expectations & Practice non-judgement
- > Allow yourself to be open & honest
- > Doodle or colour where you feel creative
- > Make room for anything that comes to mind, listen to your heart
- > Don't take yourself too seriously & have fun!





# 2022 recap



HOW WOULD YOU DESCRIBE 2022

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# 2022 recap



## PICK YOUR FAVOURITE MOMENTS IN 2022

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10. ....
11. ....
12. ....





# 2022 recap



WHAT DID YOU EMBRACE THIS YEAR?

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WHAT DID YOU OVERCOME?

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WHAT DID YOU DISCOVER ABOUT YOURSELF?

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# 2022 recap



WHAT DID YOU HOLD BACK FROM?

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HOW DID YOU PRACTICE COURAGE?

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WHAT SURPRISED YOU THIS YEAR?

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# 2022 recap



WHAT WAS THE BIGGEST HARDSHIP OR STRUGGLE YOU ENCOUNTERED?

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# 2022 recap



WHAT HAS HELPED YOU MOST  
DURING THIS TIME?

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# 2022 recap



HOW HAVE YOU TAKEN CARE OF YOURSELF PHYSICALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF EMOTIONALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF MENTALLY?

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# 2022 recap



WHAT ARE YOUR BIGGEST WINS?

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# 2022 recap



WHAT ARE YOU WILLING TO LET GO OF?

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# 2022 recap



WHAT ARE THE MOST  
IMPORTANT THINGS  
TO YOU NOW?

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# 2022 recap



WHAT ARE YOUR MAIN PRIORITIES AT HOME?

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# 2022 recap



WHAT ARE YOUR MAIN PRIORITIES AT WORK?

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# 2022 recap



WHAT ARE YOUR MAIN PRIORITIES IN  
RELATIONSHIPS?

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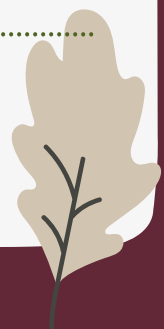
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# 2022 recap



WHO DO YOU NEED TO FORGIVE THIS YEAR?

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# 2022 recap



## WHAT ARE YOU MOST GRATEFUL FOR?

1. ....
2. ....
3. ....

## WHO ARE YOU MOST GRATEFUL FOR ?

1. ....
2. ....
3. ....

## WHY I SHOULD BE GRATEFUL







Thank you!

Happy Holidays

Wishing you all the  
happiness & success for 2023.