

# Goodbye & Launch!

Here's to your new year.



**Get unstuck!**

**How to say a  
GRACEFUL GOODBYE to 2019  
because you want to  
LAUNCH into 2020.**

Ana-Christina Hicks

A story tells that two friends were walking through the desert. During some point of the journey, they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, and silently wrote in the sand:  
“Today my best friend slapped me in the face.”

They kept on walking, until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but his friend saved him.

After he recovered from the near drowning, he carved into a stone:  
“Today my best friend saved my life.”

The friend, who had slapped and saved his best friend, asked him, "After I hurt you, you wrote in the sand, and now, you write on a stone, why?"

The other friend replied, "When someone hurts us, we should write it in sand, where the winds of forgiveness can erase it away. When someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Learn to write your hurts in the sand and to carve your blessings in stone.

Author unknown

Get more energy. Get stronger boundaries. Know who you are.  
**START LIVING.**

Book your Consult Call now at <http://bit.ly/TOHConsultCall>

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Have you been stuck? Do you struggle with doubt? Regret?  
Feel like you're distracted when you're with your loved ones?  
Sick of self-sabotaging patterns?  
Is it time to revamp your life?

I get it. It stinks to be held back by self-doubt and self-sabotage.

You were built for more. Let's get you some closure.  
Close out this year in a healthy way.

Set yourself up for a fresh start for 2020! **START LIVING!**

### 3 Simple steps to SAND AND STONE:

- 1) SAND 2019 (Things that held you back. Time to let them go, isn't it?)
- 2) STONE 2019 (Life-giving things. Hold onto those! Gifts of 2019.)
- 3) EMBRACE AND LAUNCH. Awareness of the gifts and learnings of this year and how they will help you LAUNCH into 2020!

What is staying stuck costing you?  
Indecision? Poor boundaries? Feeling down and sad?  
Feeling unfulfilled? Stuck and not sure how to get out?

Want to get more energy? Take a little time for this exercise.

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It is refreshing and healing. It might take a few minutes, or an hour, or you can add to it over a few days, as I did. There is no right or wrong way to do this.

**The benefit, as always, comes from actually doing it. :)**

Print out the attached worksheets.



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## Step 1: SAND 2019

Write Sand 2019 on top of a piece of paper.

This, my friends, is the venting session for the old year.

Let's look at what happened that you wish hadn't. What felt bad and sounded harsh.

Write down all the things that happened that you that you were upset by, disgusted by, disappointed by, hurt or injured by. Write down the interactions that stunk, and your unkind reactions.

Write your judgements and the people you judged. What ticked you off? What do you regret?

Write down all the things that you are willing to write in the "sand" - things that you are willing to let go of. Be willing to let them wash away as the old year turns and the new year is born.

Ready. Set. Write right now!

When you are done, re-read the list.

Now, write down 3 things that you learned from the year. This shows a willingness to look for patterns, a willingness to be grateful in spite of the tribulations and upsets. Gaining an awareness that you can learn and grow from.

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What new awareness comes for you? What patterns come up?  
What things are you willing to change up in 2020 based on what happened in 2019?

Examples:

"I learned that I always seem to \_\_\_\_\_"

"I learned that if I don't take steps to \_\_\_\_\_, then \_\_\_\_\_ won't happen."

"I see that \_\_\_\_\_ keeps happening over and over."

"I am willing to admit that \_\_\_\_\_ and I am willing to take steps this next year to change that."

"I feel like I'm stuck and keep doing the same things over and over. "

**3 main things that I have learned from this year:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**When you are willing to seek and be aware...**

**When you are willing to hear and strive to understand...**

**When you are willing to feel the emotions without judgement...**

**When you own your patterns and choices...**

**...It means that you are strong, resilient, and resourceful.**

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## STEP 2: STONE 2019

Now, write **STONE 2019** on top of another piece of paper.

Exciting, isn't it?! Time to remember the joy, the triumph, the unexpected blessings, the "totally-didn't-see-that-coming" happiness and healing. The learning! The growth!

This is the celebration of the year, the pump-your-fist, happy-to-be-alive-regardless-of-some-pain moments. This is the gratefulness. This is the honoring of life at its best.

This is where you acknowledge love, and joy and peace - even if they were hard to find sometimes. So ask yourself - How was I effective? How was I efficient? What did I do to get more comfortable? How did I have FUN? How did I serve others?

These are the people / things / learning / growth / circumstances / memories that you choose to hold onto - carving into stone, so to speak.

Ready. Set. Write right now!

When you are done, re-read the list.

Again, look for patterns. See what went well and call it out.

See where the healing came and acknowledge that.

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Write down where you are seeing positive change in yourself, your relationships, your environment. What things are you willing to continue - or build upon - based on what happened in 2019?

Some examples to get your brain moving!

"I love that when I open my heart, I \_\_\_\_\_."

"I see that when I chose to \_\_\_\_\_, \_\_\_\_\_(this positive thing) happened."

"I recognize a pattern of \_\_\_\_\_ when I \_\_\_\_\_."

"I sound \_\_\_\_\_ when I \_\_\_\_\_."

"When I chose to react differently, \_\_\_\_\_ changed."

"I tried \_\_\_\_\_ and I'm willing to take steps to continue and build upon it."

"I feel \_\_\_\_\_ when I notice that \_\_\_\_\_."

Ready. Set. Write right now!

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When you are done, look at your list. Now, what are the **7 most important things that I have learned from this year:**

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_
- 4) \_\_\_\_\_  
\_\_\_\_\_
- 5) \_\_\_\_\_  
\_\_\_\_\_
- 6) \_\_\_\_\_  
\_\_\_\_\_
- 7) \_\_\_\_\_  
\_\_\_\_\_

**And – what is the MOST important?**

\*\* \_\_\_\_\_  
\_\_\_\_\_

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### **STEP 3: EMBRACE AND LAUNCH**

2019: Sand or Stone? How will you use the most important learning as you launch into 2020?

Now you get to choose what to do with the papers.  
Some people read both lists to a trusted friend  
Some people throw away or burn the “sand” list.

It is processing both the sand and the stone.

As you get closure on events in your life, you become more aware.  
As you become more aware, you become more resilient.  
As you become more resilient, you become more confident.

My growth process includes adding the STONE to my journal at the end of each year. It's nice to look back at where I've been. I like to see what I've consciously learned from, what I let go of, and what I'm holding onto.

It is interesting to watch what happens to the size of the lists over time. The STONE list will keep growing and growing if you let it, won't it?

**CHOOSE to write your hurts in the sand  
and  
CHOOSE to carve your 2019 blessings in stone.**

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## GOODBYE 2019 and LAUNCH into 2020 !!

Want some help with that? Successful people know that action is the only way to get results.

Get more Energy.




Get better Boundaries.

Know who you are.

Know what you want.

START LIVING.

### Coaching: HOW IT WORKS:

<p>BOOK YOUR COMPLIMENTARY CONSULT CALL</p> 	<p>PICK YOUR PROGRAM</p> 	<p>ROCK YOUR CONFIDENCE</p> 
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Complimentary Consult Call = ask questions / get tools / get recommendations for resources.

Wouldn't it be worth it to get crystal clear on your vision for your resilient life AND at the same time identifying obstacles that could get in the way of achieving your 2020 goals?

[Book your Consult Call here](http://bit.ly/TOHConsultCall)

(Or <http://bit.ly/TOHConsultCall>)

Abundant blessings to you and yours.

Big hug – Ana-Christina

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