



New Year: an elemental journey

with Keri Krieger

chevron island
 **health studio**

A note from Keri



Take as much space as you need to really go to town on filling these out. You might want to use separate blank paper or use a big notebook with your pens and colours. Really let yourself explore and express! Some of these are really BIG questions. Go gently. Pour yourself a cuppa and take it one question at a time.

Saying Goodbye to 2025

First things first, before we start on all those goals we need to say goodbye. It's essential before we start dreaming up the dreams and goals of the new year that we usher out the old in style.

The focus here is on celebrating our achievements, what was learnt, the wins AND a whole lot of forgiving for the things that we may not have won, and for the things that, in hindsight, we realise weren't so great or things that we might still be beating ourselves up about.

So let's get started.

When you think about what was achieved in 2025, what are the things that instantly spring to mind? They can be big or small, things that happened to great acclaim or quiet personal moments.



Now sometimes we find that a bit hard. There might be obvious things like 'I got that job promotion' but the smaller wins we might not feel so comfortable claiming.

In this space write down all the things that you have heard other people congratulating you on. That amazing cake you baked for your friend's birthday, that course you tried your best at (even though you don't think it's a big deal), and so on.



Really let yourself FEEL how amazing these achievements were. Reflect on the skills you needed to acquire to do what was required and how you felt as you challenged yourself to stretch into these new areas of your life.

What did you learn about yourself as you worked toward some of these things? How in hindsight might you say that you grew through those experiences?



Now to deal with those experiences and people that might need a little bit of forgiving (this could be them or yourself). It's ok if you haven't finished dealing with or feeling into these experiences.

But let's just start by acknowledging those things that we need to free ourselves from to make space for the new year magic.

I'm forgiving myself for...

The unhealthy situation I'm letting go of is

Now here comes a new year, one element at a time. In Chinese Medicine the Five Elements offer us a model to understand both our internal health, how the world around us operates and our emotional wellbeing.



Fire Element

The Energy I want to invite more of into the next year is

The Feeling I want to experience more of in the next year is

What is whispering to my heart for my time and attention?



5 Experiences that I want to have in the next year (and please keep going for 10 or 20 or more if they're coming!) It might just be one!!! this is ok too

What are my favourite rituals and how might I incorporate them into my life more regularly?

These could be birthdays, anniversaries, personal time out, tea ceremonies, buying flowers, date night or girly catch ups.

Ritual is a habit with intention that adds magic to the mundane.





Where do I want to live?

How do I want my home to look and feel?

What flavours do I want more of in my life?

What are my favourite worries?

How might I be a bit more pragmatic and spend less energy on the things I can't change?



Is there something that I secretly dream of doing?

What creative project do I want to get off the ground in the next year? (Don't worry about the how, simply naming the project has a way of drawing power and solutions to it).

Do a personal audit of your boundaries. Where are you too lenient?

Where might you let down your armour?





How will I support myself this year?

What non-negotiable self care needs to be put in place?

What am I most fearful about doing and how can I support myself in dissolving these fears?



Chat with your future self

Imagine yourself having access to a time travel machine for one visit only into the future and the ONLY person you're allowed to talk to is yourself.

Close your eyes, get comfortable and let yourself completely sink into a vision of your own making.

When you sit down with your future self what does she have to say to you?

What does she wish you would worry less about?

What skill/ability does she wish you would have more confidence in? (Because you totally rock and she knows this).

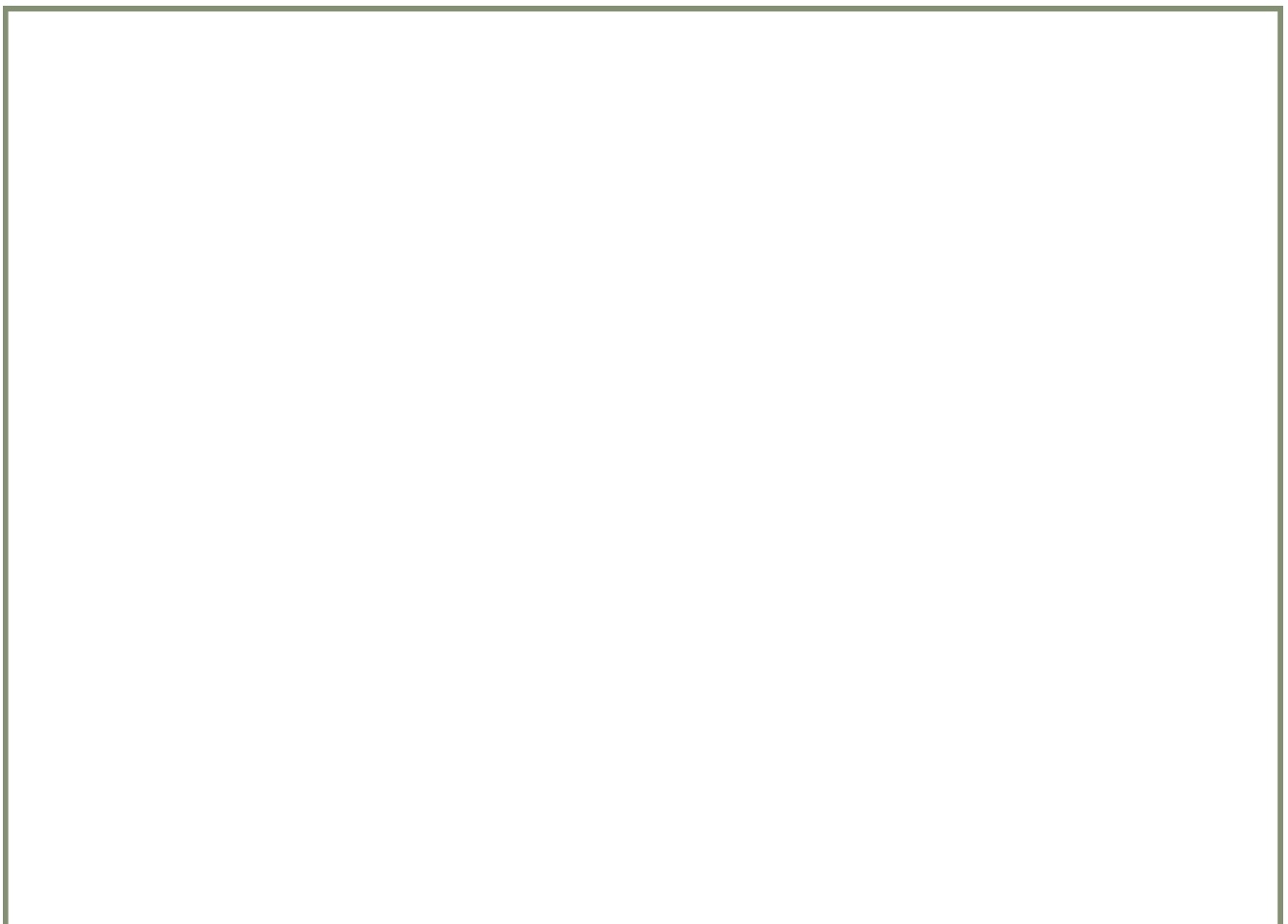
What health tips does she have for you?



Where are you meeting her? What does the surrounding environment look like, what other images, people, furniture can you see?



As you sit across from her it's almost time to go and she offers you a gift. Let this item just pop into your head; trust your first instinct. If there is a meaning it will become clear at some point in the near future. Thank her for her future vision and gently come back into your present day environment. Notice how you feel and write down your experience.



About us

Located in the heart of Chevron Island our clinic focuses on providing integrative healthcare for women.

We give women knowledge and a path forward to experience better health through Acupuncture, Chinese Medicine and Body-Based Therapies, because we believe when women are educated about how their bodies work they make better choices



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