



angie ilg - live free coaching

Bless and Release 2019 + 2020 Create and Dream Process!

Yay! I'm so glad you're creating some space to powerfully reflect on this past year, and envision what you want moving forward. **I recommend setting aside a couple hours for this process, so that you don't feel rushed, and can really give yourself time to sink in.**

Because, we live in a Universe with infinite possibilities...

Isn't it worth it to lighten your load from anything you no longer want to carry with you into this new year and new decade?

Isn't it worth it to take time to appreciate the blessings you've received, so you can create even more of them?

Isn't it worth it for you to vision out the possibilities you WANT to have in your life, so the Universe knows what to bring you, and your body knows where to take you?

I think so :) If you want, you can **create a beautiful ceremony around this**. Have some coffee, a cup of tea, or pour a glass of wine. Light some candles, get comfy, and dive in. You can put on a special outfit, some music you love - This can be whatever you want it to be! Or you can keep it simple and just sit down to write.

There may be some questions that feel repetitive. This is intentional. It's designed to allow you to really get it all out - everything you're dreaming, everything that's coming up to release, everything you're grateful for... **Just let yourself flow with it!**

Let's do this!

What were the highlights of 2019 for me?

What am I most proud of myself for this year? What are my biggest accomplishments?

What was I able to do that surprised me?

What was my biggest challenge this year? In what ways did I grow through this challenge? What did I learn?

What were some other ways I grew this year?

What were my biggest lessons?

Gratitude changes EVERYTHING. It is one of the most powerful energies we can embody. So really take some time to feel into this next one:

What am I most grateful for this year? What were the biggest blessings?

What am I choosing to release with love moving into the new year?

Who is the woman / man I'm stepping into this year? What am I now OWNING?

What new beliefs or ways of thinking am I cultivating in 2020?

Now, looking forward to 2020, what is the BIGGER VISION I have for myself and my life? What do I envision unfolding and coming into reality? Allow yourself to feel lit up and excited as you dream about these new possibilities and what you truly truly desire! Start here and allow it to spill over into the next page :)

What word or words will be my core value(s) for 2020? (This can be any word that is resonating with you as your anchor and focus for this coming year. It can be a characteristic or value that you want to embody. Allow yourself to tune in and listen to what your intuition has to say about this.)

Now, writing as if it's December 2020, share what you're grateful has happened this past year!! Use everything you wrote above to create this future past ;) Write it vividly (what did you see, hear, and *feel*), as if it's already happened. Let yourself feel it as if it's already happened. What are you proud of yourself for? What were the highlights? What were the blessings? Who is the person you've become? Express deep and sincere gratitude for all the lessons that 2020 has brought for you. This will future pace these things into your timeline, and into your subconscious, so that your body knows exactly where to take you :)

Let's ground it. What will you do when? Use the chart below to plot out the big milestones, goals and events:

January	February	March
April	May	June
July	August	September
October	November	December

Last step: Print out this guide, and read through at least a couple times. Let yourself *feel* it even more as you read it. Get excited! Write out your new beliefs, and your core words / phrases for 2020, and put them in a place where you can easily see them and reference them.

Beautiful Soul,

Remember, there is infinite potential in this Universe. You get to CHOOSE what you want in your reality now and moving forward.

In this process, you reflected to become clear on all the blessings and lessons from this year. You declared what you're releasing as we move forward. You visioned your future, and powerfully wrote it into reality on these pages...

Your job now is to BELIEVE. To believe in what you wrote, and to believe in the power, truth, and value of your desires. To believe that you are worthy and deserving of the beautiful life you envision for yourself. **And to be GRATEFUL.** Grateful for all that is here, and all that is coming.

Allow yourself to TRUST in the power of this process, and in the support of Life and of Love. Support yourself in feeling the energy of what you desire, as if it's already here. You are way more powerful than you even realize. Trust, and let go ✨

I believe in you, and want nothing more than for you to experience a life of love, joy, and freedom. From this place, we can share ourselves with the world, and we can share our love with the world. This is our job. This is how we live the life we were put here to live.

And lastly, CONGRATS!!

This is a big step in not only releasing what's not serving you, but also in *creating exactly what you want in your life!!*

I'm sending SO MUCH Love and Joy your way, and cheering you on BIG TIME!
Cheers to this new year, and all the love and blessings that life has in store for you! 🥳

Xoxo,
Angie

P.S. Do you want some extra support and guidance to bring this all into reality?!
This coming year I'll be offering both 1:1 private coaching as well as small group coaching. Email me at angie@angieilg.com if you want to learn more! Or, you can book a time to chat, right here: <https://angieilg.satoriapp.com/book>.

P.P.S. You don't have to do this alone!!