



Let's Get Started

END-OF-YEAR RITUAL WORKBOOK

Review and release the energy of the year so
you can refocus and renew your Soul's Desire.





HELLO!

My name is Francisca Hernandez, and I'm an intuitive soul passionate about sharing well-being, energy-clearing, and trauma-releasing tools. I'm a breathwork teacher, restorative yoga instructor, Reiki Master, aromatherapist, and tarot reader.

I created this workbook to help you connect to your wiser self and build soul-aligned intentions to guide you so you can thrive in life!

This workbook is just a small part of the Soul-Shift Planning Workbook. If you need more guidance and support to help you clarify, plan, and manifest your dreams, check out the transformative [VIP Soul-Shift Planning Intensive](#) to help you unleash your full potential and by create your Soul-Aligned life

[For more resources, visit BreatheConnectThrive.com](https://BreatheConnectThrive.com)

END-OF-YEAR RITUAL

THE PROCESS

STEP

1

REVIEW

Review the prior year by journaling and using Tarot or Oracle with reflective questions

STEP

2

Release the energy of the year by clearing out physical, digital, and energetic space.

RELEASE

STEP

3

REFOCUS

Refocus your Soul's Desire and renew your Soul-Aligned intentions and goals.

SOUL-SHIFTING LESSON 1:
YEAR-END REVIEW
THE PROCESS

LESSON

1

STEP ONE

Journaling and asking self-inquiry,
reflective questions.

LESSON

2

You might also use external
divination tools like Tarot or
Oracle.

STEP TWO

LESSON

3

STEP ONE

You might even prefer to use
Conscious Connected Breathwork.

SOUL-SHIFTING LESSON 1: YEAR-END REVIEW

There is deep wisdom and intelligence within you. One way to access this wisdom is by journaling and asking self-inquiry, reflective questions. You might also use external divination tools like Tarot or Oracle. You might even prefer to use Conscious Connected Breathwork. And if you're anything like me, you might like the powerful combination of all three!

The simple act of reviewing and releasing old ideas can make you feel lighter. And you might have a delayed reaction to emotional processing. So, it's important to give yourself space. And, if you're processing old memories, feelings, and trauma, you might notice some uneasiness. It's natural, especially if you're highly sensitive or an empath.

Most importantly, be gentle with yourself. If you find yourself mourning what could have been, that's perfectly normal; you can always take time to release these feelings through breathwork to help you regain balance.

Letting go and taking the inward journey of reflection takes guts, and not everyone's willing to do it. But it isn't always easy to remind yourself of the wins. So, if you find it difficult, challenge yourself to give yourself credit and give yourself some grace while doing the rest of these exercises. Cause you, my friend, are a badass for taking this journey!

Part 1: Journaling with reflective questions.

Here are the questions I recommend using. But it's your journey, so feel free to adjust these questions for yourself. The following pages include space for journaling.

- What did I do, create, or experience this year that I'm proud of?
- What was the most challenging part of this year, and what did it teach me?
- Are there any mistakes I made this year that I can use to learn and progress?
- How did I challenge myself to step outside my comfort zone and grow?
- What soul lessons did I discover this year?
- What do I want to let go, release, or soften?
- What do I want to welcome or invite into my life next year?
- What steps am I willing to take in that direction?

STEP 1: JOURNAL

YEAR-END REVIEW

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."
-Elizabeth A. Behnke

What did I do, create, or experience this year that I'm proud of?

What was the most challenging part of this year, and what did it teach me?

Are there any mistakes I made this year that I can use to learn and progress?

How did I challenge myself to step outside my comfort zone and grow?

STEP 1: JOURNAL

YEAR-END REVIEW

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."
-Elizabeth A. Behnke

What happened this year that surprised me?

What happened this year that delighted me?

In what ways did I grow this year?

In what ways did I regress this year?

STEP 1: JOURNAL

YEAR-END REVIEW

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."
-Elizabeth A. Behnke

What difficult thing did I do this year that I didn't think I could accomplish?

How did an unexpected event serve me?

Are there any uncompleted projects that I'd like to complete?

Are there any unfinished projects I'd like to release?

STEP 1: JOURNAL

YEAR-END REVIEW

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."

-Elizabeth A. Behnke

Are there any unfinished projects or ideas hanging over my head?

Who do I need to forgive?

What was my biggest takeaway from this year?

How do I feel about moving forward?

STEP 1: JOURNAL

YEAR-END REVIEW

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."

-Elizabeth A. Behnke

What soul lessons did I discover this year?

What do I want to let go, release, or soften?

What do I want to welcome or invite into my life next year?

What steps am I willing to take in that direction?

YEAR-END REVIEW

-Elizabeth A. Behnke

- How did you feel before this journaling exercise?
- Insights, downloads, or realizations you'd like to explore further?
- What feelings or thoughts came up for you during this journaling exercise?
- What surprised you the most?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

YEAR-END REVIEW

–Elizabeth A. Behnke

Sometimes, journaling can bring up other ideas or insights; you can use the following space to process or if you just need more space to journal. Some questions to consider are:

- How did you feel before this journaling exercise?
- Insights, downloads, or realizations you'd like to explore further?
- What feelings or thoughts came up for you during this journaling exercise?
- What surprised you the most?

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

STEP 2: TAROT SPREADS

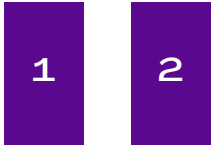
YEAR-END REVIEW

Tarot helps you connect with yourself, and you catch a glimpse of who you are in that moment; your dreams, hopes, wholeness, evolution, and hidden self are all brought to the light. Here are a few helpful tips on how you could combine the previous journaling exercise with Tarot or Oracle Cards:

- You can start by writing down each of the cards you pulled.
- What does the imagery signify to you? What does it remind you of?
- How does this theme resonate with your current situation?
- What insight can you take away from this reading?
- Pull Tarot/Oracle cards for each of the journaling questions.
- Pull a few cards for the journal prompts you might need extra guidance or clarity with.
- You can also use the spreads below:

Use this spread when you want to unblock your trust in the Universe.

Unblock Trust in the Universe

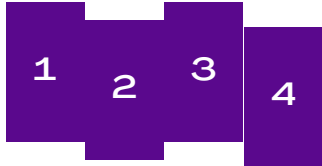


1. What block do I need to release to increase my trust in the Universe?

2. What would help trust that the Universe was always looking out for me?

Use this spread when you want to lay unprocessed things to rest.

Descansos Spread



1. What do I need to lay to rest?

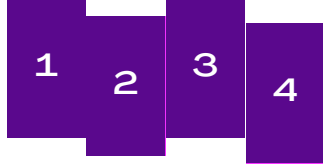
2. What are the challenges with this event?

3. How can I bless & release this descansos?

4. What is the guidance from Spirit?

Spread for when you need to tune into your intuition to make a choice.

End of Year Reflection



1. What is my Soul lesson this year?

2. What do I need to release or soften?

3. What do I need to welcome or invite?

4. What is the Guidance moving forward?

Use this spread when you need to want clarity from the Universe.

Clarity Spread



1. What might be hindering my perspective?

2. How can I navigate through the confusion?

3. What signs will help me find clarity?

4. What is the guidance from Spirit?

Use this spread when you want to strengthen your trust in the Universe.

Strengthen Trust in the Universe



1. What will help me strengthen my relationship with Source?

2. When things don't go as planned, how can I remain strong?

3. What synchronicities can I watch for along my path?

STEP 2: TAROT SPREADS

YEAR-END REVIEW

Use this space to create your own Tarot/Oracle Spread.

[illegible]

Notes:

[illegible]

STEP 2:

YEAR-END REVIEW

Use the following space to process or if you just need more space to journal. Some questions to consider are:

- How did you feel before this exercise?
- Insights, downloads, or realizations you'd like to explore further?
- What feelings or thoughts came up for you during this exercise?
- What surprised you the most?

[illegible]

STEP 2:

YEAR-END REVIEW

Use the following space to process or if you just need more space to journal. Some questions to consider are:

- How did you feel before this exercise?
- Insights, downloads, or realizations you'd like to explore further?
- What feelings or thoughts came up for you during this exercise?
- What surprised you the most?

[illegible]

STEP 3: BREATHWORK

YEAR-END REVIEW

"Descansos mark the death sites, the dark sites, the dark times, but they are also love notes to your suffering. They are transformative. There is a lot to be said for pinning things to the earth so they don't follow us around. There is a lot to be said for laying them to rest."

– Clarissa Pinkola Estes, Ph.D.

Using Conscious Connected Breathwork to release the energy of the year can help you ignite (or re-ignite) your inner fire and make space for planting seeds for living a Soul-Aligned Life. This type of breathwork practice can be intense, enlightening, and beneficial. Each experience will be unique. Use your internal guidance to decide how often you want to practice.

If you've practiced Conscious Connected Breathwork, scan or click the codes below to start.

FREE CORD-CUTTING BREATHWORK



50% OFF PRIVATE BREATHWORK

(USE CODE CBCC)



If it's your first time, here are some tips to help you get the most out of your breathwork experience:

- Set up a comfortable space for your practice.
 - Wear comfortable clothing.
 - Burn Palo Santo, Sage, or a candle to clear the space beforehand.
 - Have tissue and a pillow handy (tissue for crying and a pillow to soften the yelling).
 - If you need neck support, use a rolled blanket or towel, but try to keep your neck extended.
- Use intentions, Affirmations, and Mantras:
 - Before your breathing session, set an intention and think of an affirmation or mantra. When your mind trails off into thinking mode, return to your set intention and then your breath. Some examples are:
 - I am love.
 - Here. Now.
 - Inhale, inhale, release.
 - My only job is to breathe right now.
 - I let go of what no longer serves me.

STEP 3: BREATHWORK

YEAR-END REVIEW

"Descansos mark the death sites, the dark sites, the dark times, but they are also love notes to your suffering. They are transformative. There is a lot to be said for pinning things to the earth so they don't follow us around. There is a lot to be said for laying them to rest."

– Clarissa Pinkola Estes, Ph.D.

Each session will be different, and you might experience a myriad of sensations that you don't usually feel. Here are a few examples and tips on how to navigate these sensations.

- **In-session tips:**

- Keep an open mouth throughout the active breathing if possible.
 - If your mouth gets dry, moisten your mouth, then go back to breathing.
- If emotions come up, let them out. The active breathing phase will likely purge stored trauma or bring up unfamiliar sensations.
- Shake your arms and legs if you feel energy running through your body during the session.
- Throw in a few yells when the energy moves you or feels intense.
- If you experience tetany, even though it might hurt or feel scary, please know that it is not uncommon, and it will pass. You are safe, and it is only temporary. The amazing thing about breathwork is that you have autonomy over your breathing.
- You can slow the breath until the tetany passes or breathe through the discomfort. There is no right or wrong choice here. It's your body and your experience.
 - If you choose to slow down the breath:
 - Close your mouth, and breathe deeply into your belly. If you can, focus on the breath, not the tetany. Then, once the tetany passes, you can go back to the breathing technique if you'd like to.
 - If you choose to breathe through the tetany:
 - Slow down the breathing rhythm
 - Relax the exhales; try not to force the out-breath
 - Ask yourself what you might be holding on to
 - You can also choose to curb the tetany before the onset, or it gets intense:
 - Slow down the breathing rhythm as soon as you start feeling the tetany tension.
 - Relax the exhales, let them fall out, and try not to force the out-breath
 - Gently move your hands and feet or shake out your legs and hands often during the breathing session or when you start feeling the tetany.
 - Vocalize, yell, or chant Aum when your body starts feeling tense or as soon as you start feeling the tetany.

STEP 3: BREATHWORK

YEAR-END REVIEW

- **Post-session tips**

- Drink plenty of water.
- Get up slowly to avoid passing out.
- Burn Palo Santo, Sage, or a candle to clear the space afterward.
- Allow yourself time and space to process emotions that might have come up during or after breathwork.
- Use the space below to journal.
- **Above all, be compassionate with yourself. It took guts to show up for yourself in breathwork. You can't do it wrong.**

Insights, downloads, or realizations I'd like to further explore:

And, if you need more support, use the coupon codes below to book a personalized breathwork session or to buy the online breathwork course

ONLINE SELF-GUIDED
BREATHWORK \$50 OFF

(USE CODE EOYR)



50% OFF PRIVATE
BREATHWORK

(USE CODE CBCC)



STEP 3:

YEAR-END REVIEW

Be compassionate with yourself as you reflect on your breathwork session. Please don't feel pressured to fill this out. This is your journey! —Some questions to use for reflection are:

- Where in your body did you feel the most energy in your breathwork session?
- Did you feel resistance come up during breathwork? If you did, does that remind you of any other parts in your life where you feel stuck?
- Did any memories come up during or after your breathwork? If so, what insights did you experience?
- Did something shift for you in your breathing session?
- Did you let go of something?
- If so, what changed for you?
- What does living your best life look like for you?
- What are the stories, beliefs, or ideas that have been holding you back?
- How do you feel about shifting those beliefs post-breathwork?

[illegible]

NEED MORE INSIGHT & SUPPORT?

SIGN UP FOR THE VIP SOUL-SHIFT HALF-DAY INTENSIVE



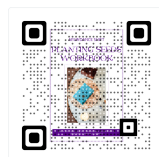
Imagine what 2024 would look like if you could

- Have the courage to take action based on your Soul-aligned dreams
- Get clear on tangible steps to help you move forward with your Soul's desires
- Release limiting beliefs that keep you stuck living the same way year after year
- Use Tarot or oracle to help you intentionally plan your monthly and quarterly goals
- Stop living life as a by-passer and finally start living consciously aware to shift and re-ignite your Soul in 2024

In the 2024 Soul-Shift Planning VIP Half-day Intensive, you'll leave with:

- A reflecting and releasing end-of-year practice to use at any time
- An actionable planning tool you can use to manifest your 2024 Soul-aligned dreams
- Personalized self-care and recalibration plan to get you back on track when things go awry
- A yearly, quarterly, and monthly planning formula you can revisit any time you want to shift your Soul
- Confidence, clarity, and peace of mind knowing that no matter what life throws your way, you'll still find a way back to your Soul's desire

GET
MORE
INFO
HERE



END OF YEAR RITUAL WORKBOOK

Created for you by:

Francisca Hernandez



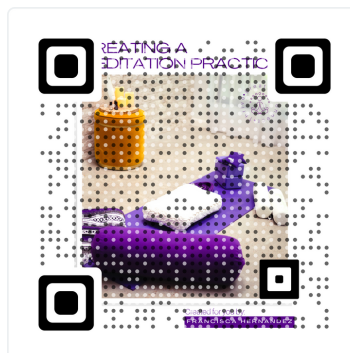
GET IN TOUCH

For questions and feedback, or if you want to hear more from me, or to work with me, check out your options below.

BREATHWORK COURSE



SERVICES & CLASSES



VIP SOUL-SHIFT INTENSIVE

