

12 Nights of Yuletide

CREATE YOUR NEW
YEAR





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Welcome to this journey together into the New Year!
The time between the years offers itself to take stock, to
reflect, maybe even to sort out.

It can also be a welcome pause in this often rather hectic
time. A short breather before moving on.

The energies can be a bit magical these days....

I invite you to take notes: what was special about that
particular day? Did you perhaps have remarkable encounters
with people or animals? What was the mood like? What did
you dream?

Each Night is assigned to a month in the next year. It can be
interesting if you look into your notes again under this aspect
in the next year.

I wish you above all fun with it: it may be easy!

Much love

Marina

12 Nights of Yuletide

associated
month: January
2023



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Theme: Time quality

How was your start into the day? Calm? Hectic?

Do you feel you have enough time? Do you take it?

Special/what you noticed:

Dream today:

associated
month: February
2023



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Theme: Get involved,
take a stance

How do you engage with your day? How do you engage with other people?

What is your attitude (internal/external)?

Special/ what you noticed:

Dream today:

associated month:
March 2023



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Theme: Connect with
your heart

When you feel into your heart on certain topics or questions: what does it tell you?

How often were you able to connect with your heart today?

Special/ what you noticed:

Dream today:

associated month:
April 2023



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Theme: Finding peace

Pay attention to your inner voice and your thoughts: are they allowed to be benevolent?

How much does your inner peace depend on the behavior of others or circumstances? Does it have to be that way?

Special/what you noticed:

Dream today:

associated month;
May 2013



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Theme: Trust

Do you trust yourself? Do you trust others? What does trust mean to you?

Do you have the courage to step out of your comfort zone today? Maybe you would like to say something nice to a stranger? Or address something, clarify?

Special/what you noticed:

Dream today:

associated month:
June 2023



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Theme: Find calm

Can your thoughts come to rest for a moment?
What do you need for that?

Are you giving yourself a break today?

Special/what you noticed:

Dream today:

associated month:
July 2023



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Theme: Self Care

Do you pay attention to your needs on all levels
(physical, mental and emotional?)

Can you express your needs and make sure they are
met?

Special/what you noticed:

Dream today:

associated month:
August 2023



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Theme: Truths and
Clarity

You are invited to put your opinions to the test:
are they true? How much of them is fact? Are
they helpful for you?

You are also invited to examine your beliefs: which
ones show up, are they true and do they help you?
Are they yours at all? Or have you adopted them?

Special/what you noticed:

Dream today:

associated month:
September 2023



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Theme: Serenity

Consider the day from this point of view: where do you find it easy to be calm, where not?

What can you let go of in order to stay calm?

Special/what you noticed:

Dream today:

associated month:
October 2023



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Theme: the journey to
the new life

Time to pack your suitcase: where do you want to go? If you like, feel inside yourself and see what shows up.

What may go with you, what may go? What shows up today?

Special/what you noticed today:

Dream today:

associated month:
November 2023



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Theme: Reinvent
yourself

Time, for the new version of yourself: who do you want to be, what do you want to feel, what do you want to think?

Which habits would be helpful for this? Which ones are not?

Special/what you noticed:

Dream today:

associated month:
December 2023



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Theme: Creative
Creation

How do you want to shape your path? With what intention do you want to walk it? According to which values do you align yourself?

What would make it easy for you? How would it make it joyful for you to go your way?

Special/what you noticed:
Special/what you noticed:

Dream today:



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Theme: Beginning of new
everyday life

Which of your thoughts, habits now get a
permanent place?

How can you remember, connect with your vision?
What helps you to do this?



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If you like, you can burn incense during these days: suitable for this are incense sticks or cones. Choose what is pleasant for you! If you don't like it at all: getting fresh air regularly is a good alternative. You can also ventilate regularly.

Do you tend to pile up everything you might want to do somewhere? Be honest: has this brought you anything? I invite you to give all things their place.

If you are "stuck" in thought spirals, worries, anger or 1000 to-do lists: consciously direct your attention to something else. This can be an object that you look at closely, a change of place, movement, a smell... if possible, I invite you to smile (no joke!). This is a signal for your body to set off appropriate messengers. Some conscious deep breaths can also be very helpful.

Remembering dreams is a matter of practice. Even the conscious decision to remember them can help! You can read up on the meaning, but above all you can also feel into it.

If you have difficulty focusing during meditation or reflection, be patient with yourself. It is normal for thoughts to wander! Let them pass and come back into your focus.

Make it easy on yourself and have fun!



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I'm glad you were there and hope you enjoyed it.

Consider your findings as milestones on your journey and anything that is no longer helpful to you - habits or thoughts for example - can be changed at any time.

You can shape your life and

ALLOW IT TO BE EASY.

If you want to know more about me, feel free to stop by!

There are some growth offers in 2023, maybe there is something for you.

www.physio-tipps.de

Much love

Marina