



Know the Self

REBIRTH & RENEWAL

WORKSHEET # 1
YEAR IN REVIEW

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REBIRTH & RENEWAL PROCESS

GREETINGS,

Often we don't take the time to reflect on our past and give it the proper attention it needs so we can move forward with a clean slate. We tend to sweep time behind us running towards our future without learning from our challenges.

My Rebirth & Renewal process will give you an opportunity to reflect on the past year from a witnessing perspective without getting wrapped up in your story. If you had a particularly challenging year, listing out what happened can feel overwhelming - at first. The trick here is to move through the process at a quick pace.

Once you give yourself a chance to move through this process you will be able to identify patterns and glean important lessons.

Get Ready:

- Set aside at least 30 min - 1 hour of personal reflection time to complete this process. If that feels too long, try short bursts of 10 minutes until it's done.
- Decide where you will capture the info (you can print out, open a new doc, or grab your journal to write down your answers).
- Put on some soothing tunes.
- Grab a glass of water, your favorite cuppa tea, or a refreshing drink.
- Have your calendar, your phone, and/or journal from last year handy as a reference.
- Light a candle if you want to set the mood or find a nice place in nature to cut out all distractions.
- Take short breaks to walk, dance, or doodle if you get stuck or tired.

Let's get started.

TO A POWERFUL NEW YEAR!



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PART ONE:

YEAR IN REVIEW

THE PROCESS

01

Start with the previous month and go backward in time for the last 12 months (ie. If it is January when you start this work, you start with December of the previous year in the first slot, November in the second, October in the third... until you end up with THIS MONTH in slot #12).

02

Enter all the highlights of your life you can remember going back month to month. Fill in special events that happened, holidays, the loss of loved ones, illness, financial gains or losses, vacations, etc. Include big emotions, your decisions, health issues, spiritual happenings, and financial experiences or anything else that stands out that was memorable.

03

Use bullet points to get through this process quickly. Stay in a witnessing perspective by sticking to the facts and jotting them down quickly and factually without getting swept up in any emotional states so you can get through the process quickly. You will find when you start it is easy, but as you go back in time your memory will fade. Grab your phone and look at your photos or your social feeds to jog your memory, use your calendar or diary to fill in the details you forgot about.

FOR EXAMPLE

DECEMBER:

- Went to visit my nieces (they are all grown up, I felt older and proud)
- Stayed 2 weeks at Satya's (loved us sister bonding time, she was so helpful in navigating my relationship issues)
- Traveled to visit my soul sister (the covid testing and distancing was super awkward and overwhelming but it made the time we did have together more special)
- My student's graduation (I felt proud and excited to see her step into her power and ground her mission)
- Worked with new team members (was challenging, had difficulty delegating tasks)
- Reconnected with an old friend (felt hopeful, excited, relieved)
- Stayed in Cancun for 2 nights with my partner after a month of travel away (felt relaxed, happy, relieved)
- Hotel room in SFO before the flight (felt anxious, insomnia, overwhelmed, talked to bf for hours and finally relaxed)
- Said NO to a big biz opportunity (was out of alignment for me, felt like a test of integrity)

Now that you see how I did it, it's your turn!

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Activating men & women to live with purpose.



YOUR YEAR IN REVIEW

DECEMBER 2021:

NOVEMBER 2021:

OCTOBER 2021:

SEPTEMBER 2021:



YOUR YEAR IN REVIEW

AUGUST 2021:

JULY 2021:

JUNE 2021:

MAY 2021:



YOUR YEAR IN REVIEW

APRIL 2021:

MARCH 2021:

FEBRUARY 2021:

JANUARY 2021:



PART TWO: SUM IT UP

THE PROCESS

Once you have recorded a year's worth of past events in the previous exercise, it is time to sum it up and start making sense of it all.

01 Make a list of your biggest challenges over the past 12 months.

FOR EXAMPLE

- Covid lockdown (gyms closing, people getting sick, dying)
- Getting Vertigo (unable to exercise for 4 months)
- Dear friend getting diagnosed with Stage 3 Cancer
- Lost a person in our community to Covid

02 Make a list of your accomplishments and success of last year.

FOR EXAMPLE

- Moved in with boyfriend
- Financial abundance despite covid
- Launched a new mentorship course
- Hired new team members
- Improved my Spanish
- Taught Body Activation at 2 dance conferences in Mexico
- Finally cleared out storage in USA



PART TWO: SUM IT UP

03

What patterns do you see over the last year of your life? Notice patterns around your emotional, mental, physical, spiritual, and financial situations. List them out in the space below.

FOR EXAMPLE

- My Relationship was a big catalyst for my personal growth this year.
- I noticed many levels of reality people chose to live in during covid. (observed the opposition and mind control/fear patterns taking hold in everyone).
- My vertigo attack pointed to old trauma wounds in need of clearing.
- When I feel unheard or disrespected, I hurt others with self-righteous anger.
- I lack patience, often try to take short cuts that don't help me in the long run.
- I'm the bottleneck in my business, I need help getting out of my way.
- Sometimes I tell the truth in unkind ways that hurt others. Others expect me to be perfect and so do I.



GET
THE
NEXT
VIDEO

Know the Self

Activating men & women to live with purpose.



AMELÍA AEON KARRIS

Master Mystic, Author, & Business Mentor

Amelia is the author of *Synchronicity, Unlock Your Divine Destiny*, and the founding director of Know The Self, where she guides truth-seekers to access their innate wisdom. Her Rebirth & Renewal Process was formed through a series of abrupt life changes throughout her life.

She has consulted for fortune 500 companies, CEO's, royals, and spiritual leaders in the US, Japan, India, and Mexico.

Over the last 27 years, she has helped thousands worldwide liberate their minds, navigate expanding realities, establish sustainable lifestyles, and live out their divine destinies.

She offers down-to-earth life mastery techniques via her transformational courses, private retreats, online workshops, radio shows, print, and online media.

Her mission is to help truth seekers & free thinkers reclaim their innate abilities and ground their soul mission.

To learn more visit her website.

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