



NEW YEAR MANDALA

A CREATIVE EXERCISE TO CLARIFY YOUR DREAMS, WISHES AND GOALS FOR A NEW YEAR

LARISSA DAVIS IS

the Soul Path Artist



WELCOME

Hello and welcome. I am Larissa Davis.

When I began my search for “what’s next?” in August 2016 I had no idea where that quest would lead me. Even more than that, I had no idea what I wanted from life.

All I knew was I wanted to know what I was meant to do...not what I should do, not what I thought others expected me to do. And to find that TRUE answer I sensed I had to look inside.

But inside was an uncharted landscape. I had not dared look there. I had heard the voice of my intuition before but I had always ignored it. I was so unfamiliar to listening to it that I was always well down the road of a course of action before I heard it screaming at me...but by then my ego was invested and I would ignore the warnings and alarm bells of my intuition.

Time and again I found that the choices made in this way were problematic, or at the least not satisfying. I was left feeling empty...like something was missing. So I began my soul quest to trust my intuition and discover my passion.

The new year offers us a reset...a chance to clear away the old habits and start anew. But like any goal, a resolution will only succeed at bringing you joy and satisfaction when it comes from a place of clarity and gratitude. It is with this intention that I share the New Year Mandala exercise.

Set aside some quiet time just for you, and sink in to the questions and activity offered. This is not a test. There is no right or wrong. There is only you coming to know yourself and what is true for you.

Namaste,

Larissa

PREPARE

Create time and space where you can ground yourself and settle in, quieting your mind and becoming still and present in the moment. You might use a simple meditation [like this](#) to begin.

REFLECTIONS & GRATITUDE FOR THE YEAR PAST

Next, take a few moments to read each of the following prompts. Close your eyes and reflect upon them before writing. Note that it is not only our accomplishments that deserve our gratitude, but our regrets and obstacles which are often even greater teachers.

WHAT TO HAVE

- The last page of this PDF printed out, or a piece of paper to recreate it on
- A pen or pencil and markers, colored pencils, or crayons
- 30 uninterrupted minutes
- A comfortable, quiet place to sit

[WATCH NOW](#)
[Free New Year](#)
[Mandala Webinar](#)

List three accomplishments

List three regrets

List three obstacles you encountered

WISHES FOR THE YEAR AHEAD

Now turn your attention to the new year. Every goal, every intention, every intention begins with a desire, a wish for something more, something better. As you read through each prompt be sure to close your eyes and imagine. Your imagination is your secret weapon in achieving your goals and dreams. So let yourself drift on these questions. Let yourself feel them. Explore your inner landscape of hopes, dreams and desires like a long lost friend or lover, cherishing every nuance.

What are three wishes you have for yourself?

What are three wishes you have for your loved ones?

What are three wishes you have for the earth?

INTENTIONS FOR THE NEW YEAR

An intention is a declaration. Whereas a wish is the seed, the starting point, a wish will not grown into a manifestation without a statement of intention. Not every wish can or should be an intention. Look at your lists on the previous pages and choose which will for your intention for the new year. If you find that there is a similar, underlying truth beneath your wishes, can you craft that truth into an intention?

What wishes will you turn into intentions for the year ahead? Use the powerful words “I intend...” or “I will...” to create your intention statement for the new year. There is a lot of space to write below, but you are looking for one overarching intention here, not a bunch of separate ones.

CREATE YOUR MANDALA

Now for the fun part...creating your mandala.

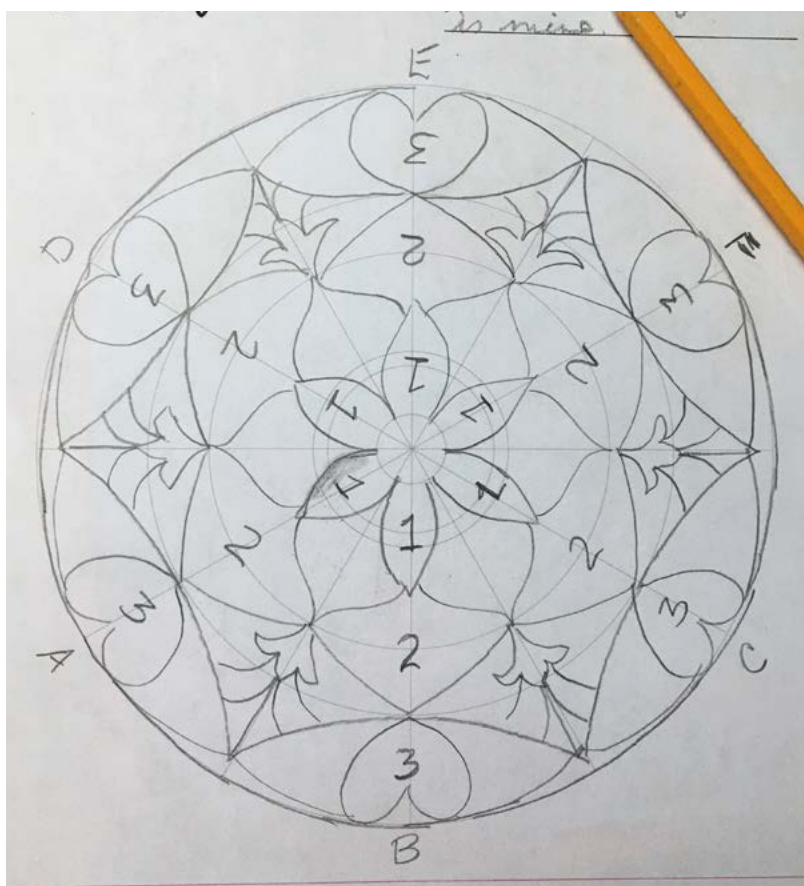
1. Create a 3-tiered (1, 2 and 3 in the example) and 6-pointed (A-F in the example) mandala. I encourage you to follow your own creative ideas on how to create the shapes for your mandala.
2. After you have created the mandala shapes, write in your gratitudes and wishes as follows:

The three bottom points (A, B, C) are for your gratitudes from the previous year. Each set of points (1, 2, 3) are for the three accomplishments, three obstacles, and three regrets.

The top three points (D, E, F) are for your wishes for the new year. Place your wishes for yourself in one set of points (D 1-3), your wishes for your loved ones in another (E 1-3) and for the earth in another (F 1-3).

3. Fill in your mandala with colors, shapes and designs. As you color each section, read and remember the items you write there. If it is a gratitude, recall it, feel gratitude for it. If it is a wish, imagine it, feel the energy of it in your body as you create, color, and play.

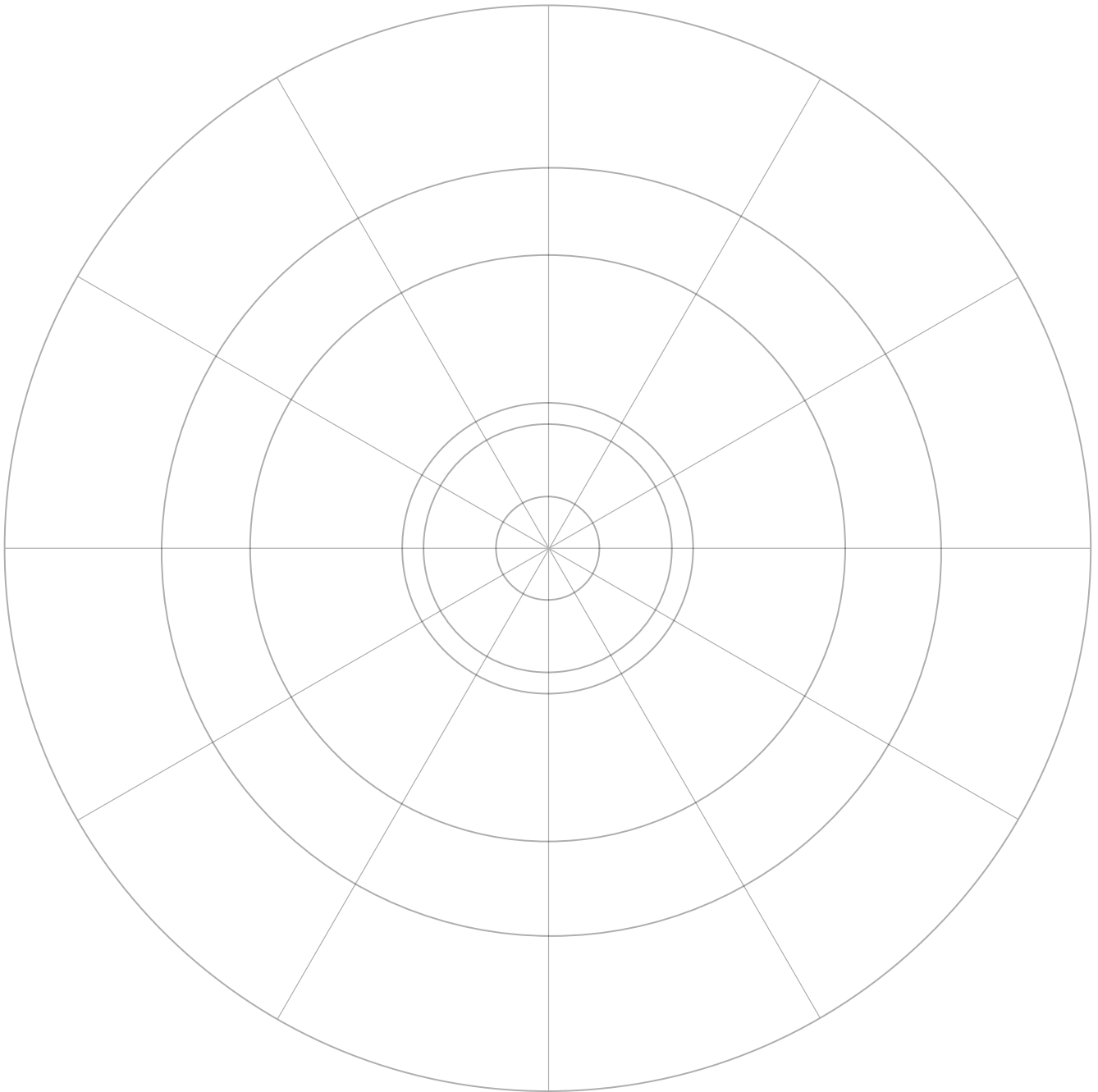
NOTE: The most important part of this activity is connecting with your feelings, memories, and dreams on an emotional level. This is the space where real intentions, goals, and resolution spring from, and how they succeed. That is the invitation.



©Larissa Davis Creative, LLC 2020

My New Year Mandala

MY INTENTION FOR
THE NEW YEAR



©Larissa Davis Creative, LLC 2020

SHARE YOUR INSIGHTS AND MANDALA

I would love to see your mandala and hear your wishes and intention for the new year. You can share your results with me and the others in the Soul Path Tribe on **The Soul Path Network Facebook Group** where you will find a community of women devoted to personal and spiritual growth through creativity.

I look forward to seeing you there,

Larissa

LARISSA DAVIS IS
the Soul Path Artist

©Larissa Davis Creative, LLC 2020