



Haiku \*Feliz-Happy 2017\*

Decidir seguir.  
Sanando mi interior,  
brotar con color.

--

Decide to keep on.  
Healing with love my inner,  
to bloom with colour.

Ana Aurora C.G.  
Facebook: @acercaterapia  
Image:Liz Tran

This year to close 2016 and celebrate the entry of 2017, I share some exercises and rituals to harness the energy of renewal and facilitate the emotional processes to move forward in the path that you choose for yourself.

**Adjusting my look + To choose + To wish** are the chosen names for three simple simple exercises that you can find below.

**Adjusting the look.** The first exercise is to adjust my subjective perception of what impacted my life and memory during the year. In addition to balance, the important thing is the reflection that comes directly or I do after looking at the two listed.

**To choose.** This exercise will help you to focus your attention during 2017. Make a nice poster that will serve as an advertisement to your brain and facilitate start up all your resources, to foster how you want to live this year, according to your priorities now.

**To wish.** This I explain with a metaphor. When I take the first cake or cookie out of a new package it's like, "Hey, how crispy!" I got used to those in the open package, which were good, but I forgot they could be richer, fresher. Give yourself the opportunity to live life from that freshness.

Pleasure for me to continue sharing the path of well-being and a life with more awareness, here and more actively in social networks to which I invite you to join and participate: [Facebook](#) [Google+](#)

Haiku \*Happy 2017\*

Decide to keep on.  
Healing with love my inner,  
to bloom with colour.

## 1-Adjusting the look. Gifts and obstacles.

\* What were the gifts and obstacles of this 2016?

GIFTS	OBSTACLES
*They can be fleeting moments, people, personal-professional achievements, a walk, a hug ...	*Behind each obstacle, spend time looking for learning.
-	-
-	-
...	....

\*After finishing the two listings: reflection:

\*What are the seeds that I want to plant in 2017?

What is the most important thing at this moment in my life? Where do I want to put my time?

\*How will I take care of those seeds?

New habits and reserved time in my agenda.

**Ritual** to accompany: plant the seeds on paper in a new plant, as a symbol of what you want to see flourish in your life, that you will care and you will see how grows from now.

## 2-To Choose. Exercise to focus my attention in 2017. Trim and leave it in sight

What do I choose to do? .....

What do I choose to become? .....

What do I choose to have? .....

What do I want to happen? .....

How am I going to think and to feel? .....

How do I choose to share myself: to help other people ...? .....

How will I enjoy and have fun? .....

\*Adaptation of the questions of Adam Sicinski. Link: <http://blog.iqmatrix.com/better-questions>

## 3-To wish. Exercise to reconnect or intensify the connection with your desires.

Put the wish-label on a boat or box and leave it in a space where you usually spend time at home. And next to the boat of desires a pen and papers already trimmed, ready to receive your desires.

Give yourself the opportunity to ask yourself every day what you want and see what happens!