



2024 - 2025 Transition

©Flags for a New World

Acknowledging the Journey.

Reflecting on 2024

- **What moments defined your year?**

Think of the experiences that shaped you—big or small. Which memories stand out as turning points? How did they shift your perspective or path?

- **Where did you expand the most?**

Consider the areas of your life—relationships, work, personal growth—where you stretched beyond your comfort zone. What lessons did this expansion leave behind?

- **What parts of you softened, healed, or opened up?**

Reflect on moments of vulnerability or healing. How did these experiences shape the way you connect with yourself and others?

- **What fears or beliefs are you ready to leave behind?**

What no longer serves you as you step into a new chapter? Name the limiting stories or patterns you feel ready to release.

Imagining New Beginnings.

Calling in 2025

- **What is one principle you want to guide you in 2025?**

Let this word reflect the energy or intention you wish to carry forward.
How does this principle align with your deepest hopes for the year ahead?

- **How can you show up with more courage and love next year?**

Think of ways to express more authenticity, creativity, or compassion.
What small actions can create a ripple effect in your life and community?

- **What new beginning feels ready to emerge?**

Is there a project, relationship, or personal transformation quietly calling you? What are the first steps to invite this new beginning?

- **What do you want to create, nurture, or discover in 2025?**

Dream freely. What sparks excitement, curiosity, or a sense of purpose?
How can you bring more of that into your daily life?

Anchoring in Gratitude and Love.

Closing Ritual.

🌱 Take a moment to create a visual or written “flag” that represents your journey through 2024. Let it be messy, colorful, symbolic—let it carry the essence of everything you lived this year.

Then you can offer it to the fire to let it transform and compost to create an opening for what is to come.

THEN...

🌱 Create a “flag” for 2025 – on paper, fabric, or in your journal. Let it symbolize the energy you want to invite. Keep it somewhere visible as a reminder.

The flags are not just symbols—they are your compass HOME.

May we all find our joy. Much love and a big hug,

Aurora