



2021 RESOLUTION WORKBOOK

**BREATHE
INTO THE
NEW YEAR**

**A CELEBRATION OF LETTING GO OF
THE PAST TO
MAKE ROOM FOR THE NEW
BY: ROSIE ACOSTA**


**RADICALLY
LOVED**

The amazing human holding this book is:

{ your name here }


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Congratulations on taking your first step to create a radically loved life for **2021**. We will set new year's resolutions, goals, and dreams to create an amazing new year. Remember, the power to create resides within you. We have the power to create what we want, and together we will make **SH*T HAPPEN**. Make **2021** the year of you.

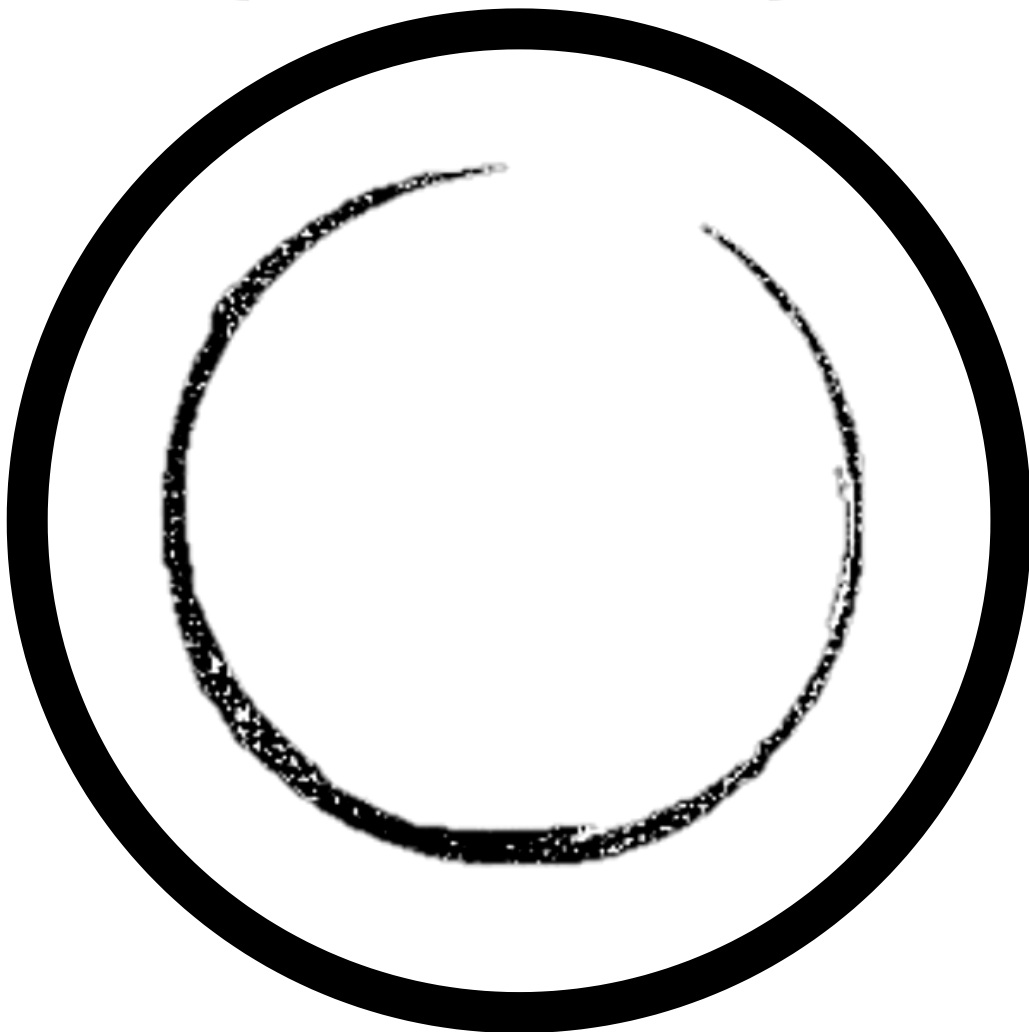
Success, love, and happiness are waiting.



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Full Circle

Remembering **2020**



Write down three things you learned in **2020**

Write down three goals that you accomplished in **2020**



Write down something you learned about yourself
in **2020**

Write down something in **2020** that led you to...



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What do you need to write/rant/draw about to get
off your mind moving into

let it go here **2021**

**Trust that life is giving you exactly what
you need to practice in.**

What came into your life that you are happy/
excited/ grateful for in **2020**

let it go here

gratitude

Step one

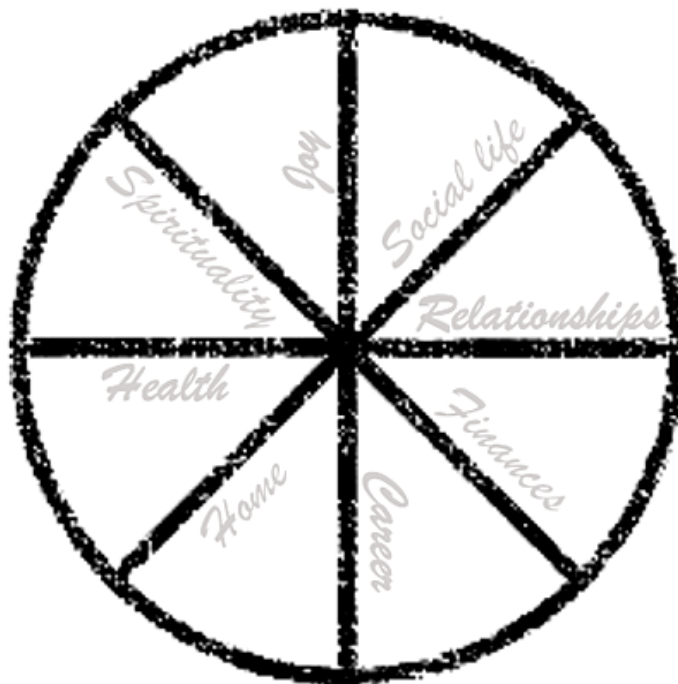
Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate dissatisfaction or on the periphery to indicate satisfaction.

Step two

Connect the dots to see your patterns

Step three

Identify imbalances to determine where to spend more time and energy to create balance.



radically dream

manifesting **2021**

are you ready?

it's time to live

the life you want.

time to create an incredible
world for yourself this year.

your world, your life

first comes the thought,

then the action,

like magic

are you ready?



What do you want to feel more of in **2021**

What do you aim to accomplish in **2021**

What new things do you want to try this year?

What small things can you do with time or money
to change the world this year?

This year, I give myself permission to:

This year, I am finally going to:

word of the year!

Sometimes it's not enough just to
make up your theme for the year.
You need to make a word of the year.

Think of *one* word...

what would bring you more *love*,
success, and *happiness* into your
life.

Write your word in the magic box
and say it out loud three
times...*really mean it.*



Books I want to read:

Places I want to see:

create a life you love



goal talk

Let's talk about goals.

Here is a space where you can
arrange your thoughts and manifest
it all.

one month

six months

twelve months

you did it

You are ready to take control of
your beautiful and wild life.

May we invite **2021** with open arms.



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about rosie acosta
Creator of *radically loved*.

Rosie Acosta is a world-renowned Yoga and Meditation Teacher, Yoga Teacher Trainer, and Holistic Health Coach. She is also the founder of *Radically Loved: Yoga, Health + Wellness*, and host of the top-rate iTunes podcast, *Radically Loved*.

Why you should listen:

As a product of inner-city LA, gangs, drug-use and violence permeated Acosta's youth. She overcame the prospect of prison through yoga and meditation and is extremely effective at using these tools in order to help others access their potential and overcome adversity. It is her driving belief that we are all born with limitless potential, that we all have a place in this world, and that it is our journey to be Radically Curious, Radically Inspired, and Radically Loved.

Acosta has a diverse client list ranging from Olympic, NFL and NBA athletes to at-risk youth and Afghanistan veterans. She is a featured teacher for *Yoga Journal* and *Wanderlust*, a featured speaker for SHE RECOVERS, and also has been featured in *Yoga Journal*, *FOX News Latino*, *Mantra*, *mindbodygreen*, *Well+Good*, *Evolve*, and *POPSUGAR*, among others.

What others say:

"Rosie Acosta is a distinctive and powerful spiritual teacher. She shares her own journey with candor and courage, and has walked a path that has left her with profound lessons learned. From the most heartfelt and generous place, she is now devoted to bringing those truths to others. She is the real deal."

~Tara Mohr, author of *Playing Big: Practical Wisdom for Woman Who Want to Speak up, Create & Lead*



Learn more at radicallyloved.com

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