



envision 2019

WORKBOOK

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Introduction

ENVISION 2019

DEAR ENVISIONER,

When I shared the Envision 2018 workbook last year, I got a lot of great feedback about it, a couple of emails even moved me to tears. It surprises me sometimes that something so simple could help so much, and I am honored to have been able to be a part of that.

So I decided to keep it going this year with Envision 2019.

If you have done the Envision 2018 workbook, you'll find that I have kept almost everything exactly the same, since it seems to have worked pretty well the first time, except for some minor design changes. The only difference would be the information about 2019 in numerology as the Universal Year of 3.

I have added more information about what you can expect for 2019 as the Universal Year of 3, how to find your Personal Year Number in relation to 2019, and some tips on how to navigate the year based on the Universal and Personal Year Numbers.

I hope, regardless of whether this is your first or second time with the Envision workbook, that you will find it helpful.

All my love,

~Hazellie

Introduction

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INTRODUCTION TO ENVISION 2018 EDITION

As it is with most of my projects, this workbook started out as an exercise I created for myself. It was initially just a series of questions I asked myself in order to get some clarity about my goals for the year 2018, and quickly morphed into a workbook I wanted to share in the hopes that it might help others too. I had to keep reminding myself to keep it simple because I tend to get carried away sometimes, but I wanted it to be comprehensive enough that we will gain the clarity we need, and simple enough so that we don't get stuck on too many exercises.

Everyone has different needs, and I realize this workbook isn't perfect for everyone. There are probably other similar workbooks out there, but this was what I needed for myself, and I hope that it will help you too, even if just a little.

You are welcome to use the workbook in any way that you feel will help you best. You can go through it cover to cover, or skip around the sections without following a set sequence, or even skip whole sections if you feel they're unnecessary to you. The most important thing is that you are able to get some value out of this workbook, and that means using it in any capacity that works for you.

This workbook is for you. This year is your year. Envision the life you want, and make it happen.

2018 Review

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At the end of every year, I like to review how the year went. All the good and bad, how I've grown, my achievements, my favorite memories, mistakes I've made and learned from...

It gives me a good overview.

It doesn't even matter if I didn't achieve my goals; reviewing my year always helps me see that even if things didn't go as planned, even if I made tons of mistakes, there is always something I can learn.

It also helps me to recognize my accomplishments, and to acknowledge and celebrate them. It is important to celebrate our growth, to embrace both the good and bad experiences that contributed to it.

And there are always some good memories to take with us.

"I am who I am today because of the choices I made yesterday."

~ELEANOR ROOSEVELT

2018 Review

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WHAT WERE MY PROUDEST ACCOMPLISHMENTS IN 2018?

WHAT WERE THE BIGGEST CHANGES IN MY LIFE FROM JANUARY TO DECEMBER 2018?

WHAT CHALLENGES DID I FACE IN 2018 AND WHAT DID I LEARN FROM THEM?

WHAT DID I LET GO OF IN 2018?

2018 Review

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WHAT HABITS AND PLANS WORKED FOR ME IN 2018? WHAT DID NOT?

WHAT WERE THE MOST IMPORTANT THINGS I LEARNED IN 2018?

WHAT WERE MY FAVORITE MEMORIES OF 2018? WHAT MADE ME HAPPY?

WHAT AM I MOST GRATEFUL FOR IN 2018?

Letting Go

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Write about anything that stood out for you in 2018. Any significant events, new discoveries, happy moments, painful moments, things you would do differently, or anything in general you feel the need to address. Write what would help you feel complete with 2018 and ready to move forward with 2019.

Looking Forward

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Now that we've let go of the past, let's look forward. A new year brings a fresh start, and we are comforted by the knowledge that no matter what has happened in the past, there is always new hope for the future.

First, we dream.

It doesn't matter how impossible our dreams seem, it is only important that we dream. Big dreams, small dreams, dreams that may or may not seem silly to anyone else but are precious to you. Remember that everyone wants different things, and your ideas of success doesn't have to be the same as anyone else's. It is your life. These are your dreams.

Then, we plan.

The first step in envisioning is knowing what you really want. The exercises in this workbook help to ask the questions that will give you more insight to your true desires. Don't worry if you don't have all the answers yet. Put them aside for another time, it may be that they are just not priorities for you this year. Work on the ones you feel are important to you.

Finally, we create.

Make it happen, my loves.

**"IT IS GOOD TO DREAM!
AFTER I DREAM, I ENVISION,
AND AFTER I ENVISION, I CREATE!"**

LAUREL BURCH

Looking Forward

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What are you looking forward to in 2019? How will this year be different? What will you do differently? Free-write your hopes and expectations for 2019.

Looking Forward

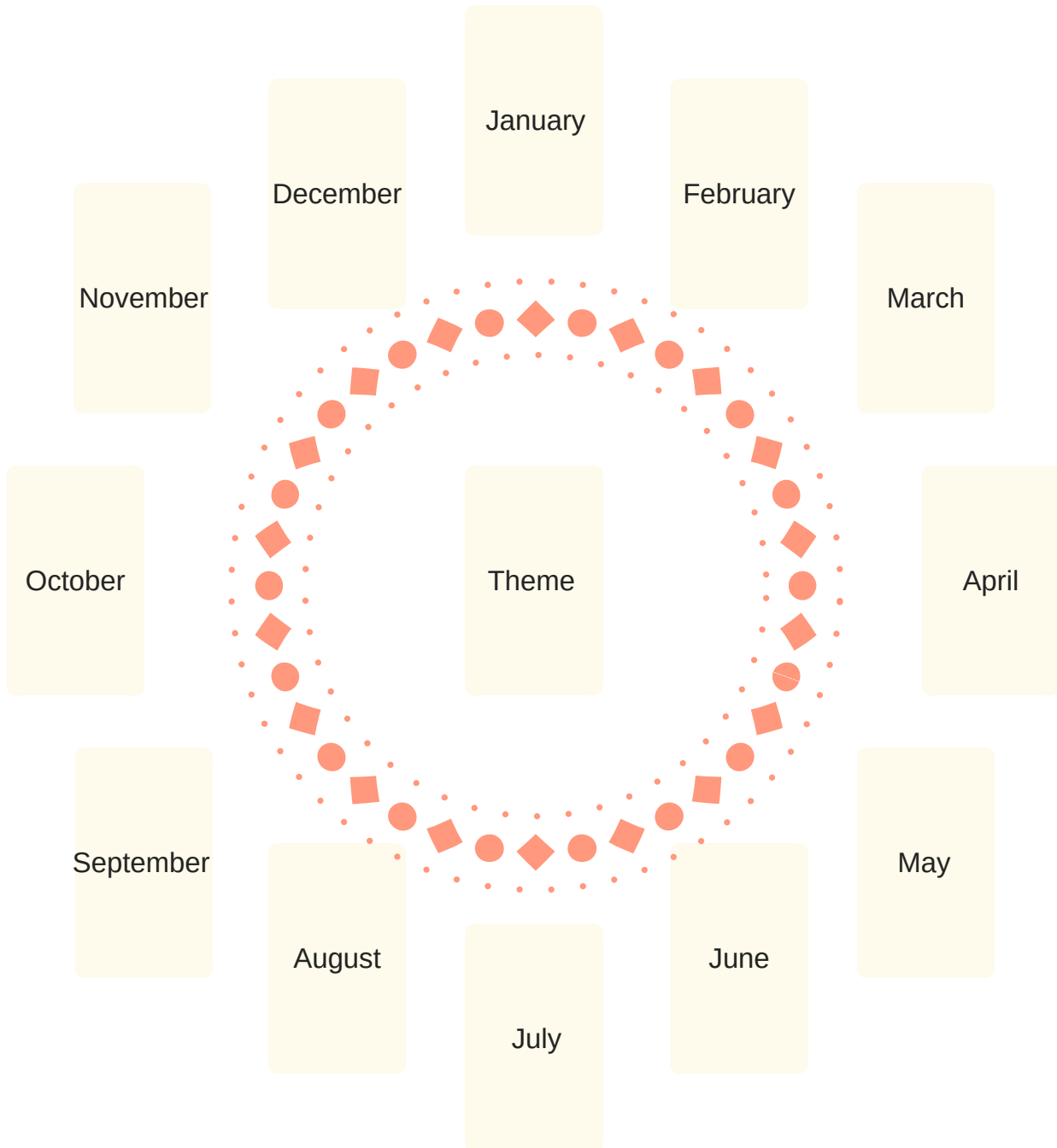
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List all the things you would love to do in 2019, no matter how whimsical, impossible, difficult, expensive, silly, frivolous, or boring they may seem. Just write them all down here now and worry about how to make them happen later.

2019 Forecast

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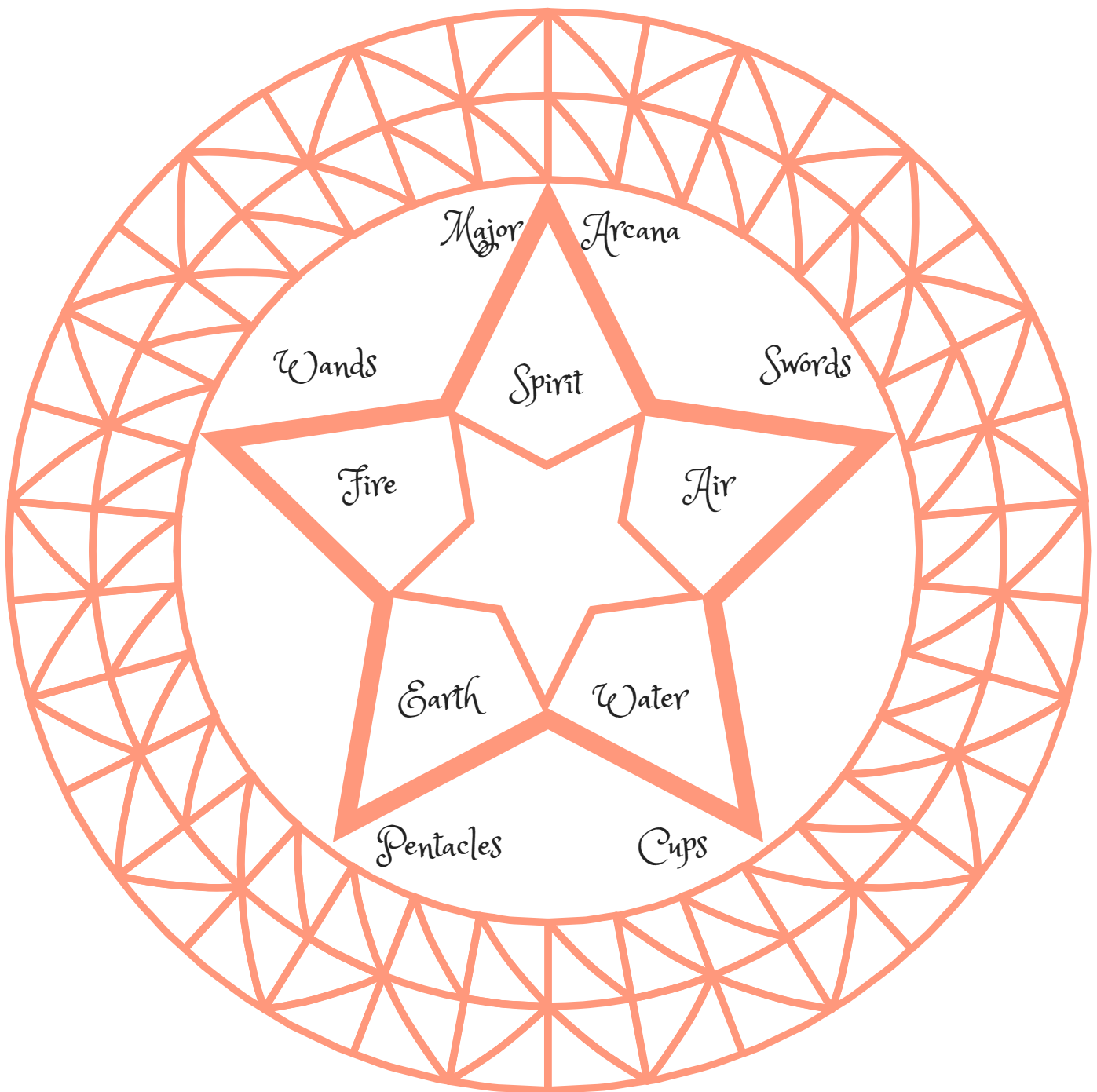
This is a variation of the Wheel of the Year tarot spread that I often use on my website. This version uses one card per position, but you can pull up to four cards per month, depending on how much detail and clarity you'd like to have.



Elemental Balance

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From the Wheel of the Year reading, calculate how many cards you have in each Suit and the Major Arcana, and color into the spaces below to provide a visual representation of the distribution of each of the elements for 2019.



Elemental Balance

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One of the things I love about Tarot is how the Suits represent the elements and all the different aspects of our lives; family, friends, money, career, and so on. And the Major Arcana represents the bigger things, the grander scale, who we are at our core - our spirit.

None of these elements are more or less important than the others. Every single one of the elements are necessary, and while we may occasionally pay attention to one particular aspect in our lives more than the others, it feels good when we can achieve balance in the long term.

The following questions help us gain clarity with where we are in all the different aspects of our lives, and identify potential issues that we would like to change or improve upon. Take your time to mull over the questions and answer them as honestly as possible.

Some of the questions are meant to be answered with the help of the tarot's wisdom so keep your favorite tarot deck handy to help you answer the questions and gain additional insight as needed.

**"THE KEY TO KEEPING YOUR
BALANCE IS KNOWING WHEN YOU'VE
LOST IT."**

ANONYMOUS

Elemental Balance

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SPIRIT - Spiritual

WHAT IS MY SPIRITUAL BACKGROUND AND WHERE DO I CURRENTLY STAND ON MY BELIEFS?

WHAT ARE MY SPIRITUAL NEEDS? WHAT MAKES ME FEEL AT PEACE AND CONNECTED TO THE REST OF THE UNIVERSE?

HOW CAN I ENSURE THE FULFILLMENT OF MY SPIRITUAL NEEDS IN 2019? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

HOW IMPORTANT IS THE FULFILLMENT OF MY SPIRITUAL NEEDS FOR MY OVERALL WELLBEING? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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SPIRIT - Personal

HOW IMPORTANT IS PERSONAL DEVELOPMENT TO ME?

WHAT ARE MY GOALS FOR PERSONAL GROWTH IN 2019? WHAT CHANGES DO I WANT TO MAKE IN REGARDS TO MY HABITS, ATTITUDE, AND BELIEFS?

HOW SELF-AWARE AM I? DO I FIND IT EASY OR DIFFICULT TO FACE MY PERSONAL TRUTH AND ACKNOWLEDGE MY STRENGTHS AND WEAKNESSES? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

WHAT DO I NEED TO DO TO GET FROM WHERE I AM TO WHERE I WANT TO BE? WHAT POTENTIAL CHALLENGES WILL I FACE? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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FIRE - Career

WHAT ARE MY CAREER GOALS FOR 2019? WHAT WOULD A SUCCESSFUL CAREER LOOK LIKE TO ME?

WHAT ACTIONABLE PLANS CAN I TAKE TO BRING MY CAREER TO THE NEXT LEVEL? WHAT CHANGES DO I NEED TO MAKE? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

IN WHAT WAYS CAN I UPGRADE MYSELF IN TERMS OF KNOWLEDGE, SKILLS, EXPERIENCE, AND BUILDING RELATIONSHIPS IN THE WORKPLACE? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

WHAT ARE MY STRENGTHS AND WEAKNESSES? WHAT ARE THE POTENTIAL CHALLENGES AND HOW DO I OVERCOME THEM? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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FIRE - Social

AM I HAPPY WITH MY CURRENT SOCIAL LIFE? DO I HAVE ACCESS TO HEALTHY SOCIAL CIRCLES OUTSIDE OF THE WORKPLACE?

WHAT WOULD I LIKE TO GET OUT OF AND PUT INTO MY RELATIONSHIPS WITH OTHERS?

WHAT ARE SOME OF THE WAYS I CAN GET OUT OF MY COMFORT ZONE IN ORDER TO ACHIEVE MY IDEAL SOCIAL LIFE? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

WHAT BOUNDARIES MUST I SET IN ORDER TO FEEL SAFE IN SOCIAL SITUATIONS? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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WATER - Love & Family

WHAT IS MY CURRENT RELATIONSHIP STATUS? WHAT WOULD I LIKE TO IMPROVE ABOUT IT?

HOW DO I ACHIEVE SATISFACTION IN MY LOVE LIFE AND/OR INCREASE INTIMACY WITH MY SIGNIFICANT OTHER? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

IN WHAT WAYS CAN I ENCOURAGE OPEN COMMUNICATION AND TRUST AMONG MY FAMILY AND LOVED ONES? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

HOW CAN I BEST SUPPORT EACH MEMBER OF MY FAMILY? HOW WOULD I LIKE THEM TO SUPPORT ME? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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AIR - Education & Hobbies

WHAT ARE MY INTERESTS AND HOBBIES OUTSIDE OF WORK? HOW MUCH TIME DO I CURRENTLY SPEND ON THEM?

WHAT ARE MY EDUCATIONAL GOALS IN 2019? ARE THERE ANY NEW HOBBIES OR SKILLS I WANT TO PURSUE?

WHAT BENEFITS WILL I GET BY PURSUING MY INTERESTS? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

HOW CAN I MAKE MY EDUCATIONAL GOALS HAPPEN? WHAT COURSES, MENTORS, BOOKS, AND OTHER RESOURCES WOULD BE HELPFUL? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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EARTH - Finance

WHAT IS MY CURRENT INCOME AND FINANCIAL SITUATION?

WHAT ARE MY FINANCIAL GOALS FOR 2019? HOW WOULD I LIKE MY FINANCIAL SITUATION TO IMPROVE?

WHAT ARE SOME OF THE ACTIONABLE PLANS I CAN TAKE TO ACHIEVE THESE GOALS? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

WHAT ARE MY STRENGTHS/WEAKNESSES IN THIS AREA AND HOW CAN I LEVERAGE ON STRENGTHS AND OVERCOME MY WEAKNESSES? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Elemental Balance

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EARTH - Health

WHAT IS THE CURRENT STATE OF MY PHYSICAL HEALTH?

WHAT WOULD BE MY IDEAL STATE OF PHYSICAL HEALTH? HOW WOULD I LIKE TO LOOK AND FEEL PHYSICALLY?

WHAT CHANGES CAN I MAKE IN MY DIET AND/OR EXERCISE ROUTINES? IN WHAT OTHER WAYS CAN I IMPROVE MY HEALTH? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

WHAT POSSIBLE CHALLENGES WILL I FACE AND HOW CAN I OVERCOME THEM? PULL CARD(S) FOR ADDITIONAL GUIDANCE.

Focusing

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From the above exercise, choose five goals, one in each element, as your top priorities for 2019 and explain why they are most important to you.

1

2

3

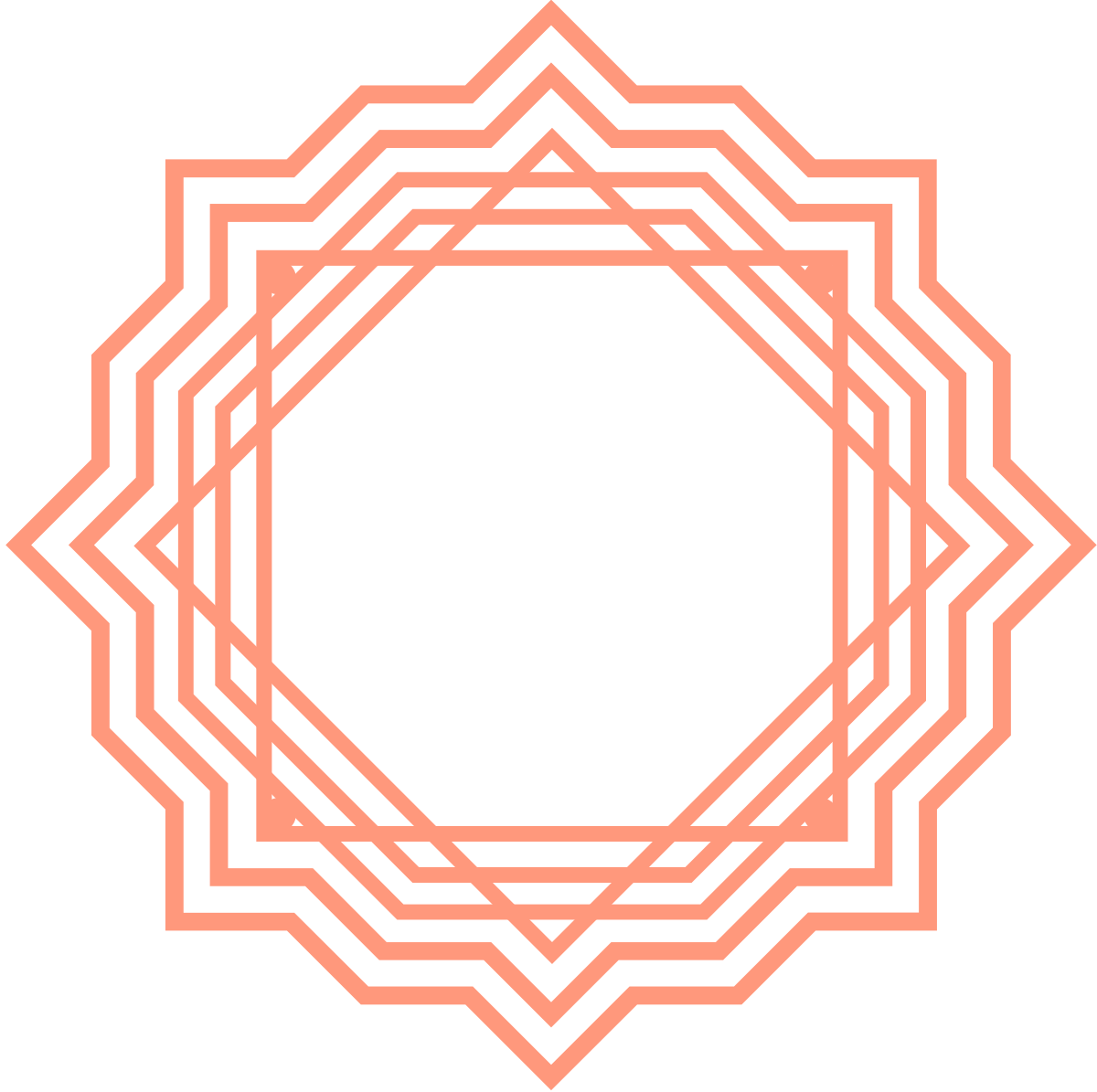
4

5

Focusing

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If you could choose only one thing, what is the one most important thing you would love to make happen this year?



**"I LIKE THINGS TO HAPPEN;
AND IF THEY DON'T HAPPEN, I LIKE TO MAKE
THEM HAPPEN."**

WINSTON CHURCHILL

Universal Year of 3

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2019 is the Universal Year of 3

Here are some of the numerological energies associated with the Number 3:



Universal Year of 3

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2019 is the Universal Year of 3

IN A UNIVERSAL YEAR OF 3

Creativity, communication, and expression will be at the forefront in a Universal Year of 3. There will be more focus on artists, writers, musicians, and performers. Recreational activities will be at a high, with more people going to concerts, plays, sporting events, and the like. This is a year when people will tend to be more outspoken and communicative, wanting to be heard and understood.

Those who are unable to express themselves creatively will feel an internal pressure that will end up causing drama if left unchecked, so you may find yourself witnessing more drama in general with the people around you.

This is a great year for:

- writing that book you've been wanting to write
- starting that podcast
- taking lessons in art, music, drama, or some other creative craft
- speaking up and expressing your truth
- expanding your business and/or your family
- making friends and participating in social events
- breaking free from societal norms and expectations
- creating new social innovations
- starting a new creative community

The energies of the Universal Year Number applies on a global scale and influences most of what will happen in that particular year. You will find that 2019 will bring much of the above themes into your life.

If you have specific goals in relation to the above themes, the dominant energies of 2019 will be very favorable in helping you to achieve them.

Your Personal Year

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Your Personal Year Number in 2019

Your Personal Year Number is specific to you and is calculated by adding your birth day and month numbers to the current year number.

Your Personal Year Number energies effect you personally, and tells you what you can do – the actions you can take, to get the most out of the year.

Both the Universal Year Number and your Personal Year Number are important in helping you strategize and plan ahead, as your Personal Year Number is influenced by the Universal Year Number's energies at any given time.

FIND YOUR PERSONAL YEAR NUMBER

Your Personal Year Number is calculated by adding the sum of your birth day, birth month, and the current year in consideration.

For example, if your birthday is September 25, and the year is 2019:

$$9 + 25 + 2019 = 2053$$

Reduce it until you get a single digit number.

$$2053 = 2 + 0 + 5 + 3 = 10 = 1+0 = 1$$

Your Personal Year Number for 2019 is 1.

Your Personal Year

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Your Personal Year Number in 2019

IN 2019, IF YOUR PERSONAL YEAR NUMBER IS:

1

Step up and lead the way for new creative ideas. This year is the time for you to make things happen. Take the opportunities presented to you and don't be afraid to break boundaries.

2

Surround yourself and connect with like-minded creative people. Find a community that speaks to you, or start one yourself. Collective inspiration and support will bring you and your community far.

3

Don't hold yourself back this year. Express yourself honestly and authentically in your creative pursuits. Whether it's through music, art, writing, or other avenues, communicate your truth passionately.

4

Create a structure and/or a routine for getting your creative work done. Some planning and time management will help you achieve your goals for the year. Find a teacher or a mentor you admire to guide you.

5

Experimentation is the key to your creative success this year. Try everything at least once. Get out of your comfort zone. Do things you've never done before and you will grow by leaps and bounds.

6

Focus on nurturing yourself and your creative projects. Don't get discouraged by setbacks or mistakes. Be gentle with yourself and allow your goals to develop with some love, care, and time.

7

Your creativity will be fueled by introspection and contemplation. Make time for self-care and quiet meditation. Spend time out in nature. Let the Universe feed your wildest imagination.

8

Movement is important for you this year. Keep taking action towards your creative endeavors, even if you're unsure where you are going. Your path will reveal itself to you each time you move forward.

9

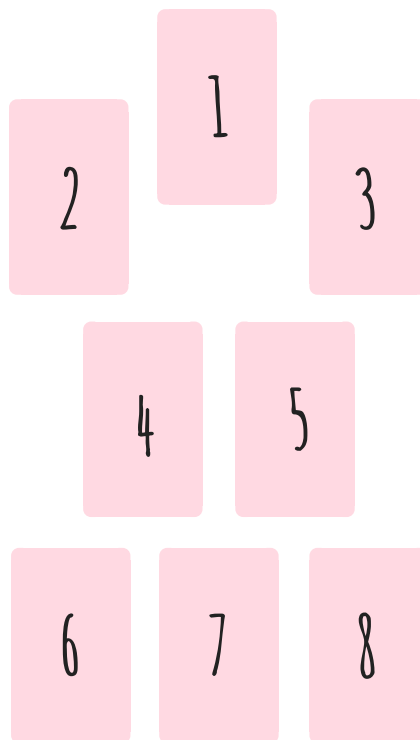
Focus on completing your creative projects. This year is the time to work on those half-finished projects and goals you've been putting off. Prioritize the ones most important to you.

Planning Your Year

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Use the Planning Your Year Tarot Spread below to gain more clarity and insight for how you can achieve your goals in 2019.

PLANNING YOUR YEAR TAROT SPREAD



1. How can I make my goals happen for me this year?
2. Which card most represents the year that I will have?
3. What energies should I focus on this year?
4. What should I watch out for?
5. What is the most important thing I can do to ensure success?
6. What is the most important thing I can do for myself?
7. What is the most important lesson to learn?
8. When in doubt, do this:

** If you would like to learn more about how to plan your year with the Universal and Personal Year Numbers, you might be interested in my course [Charting Your Future with Tarot and Numerology on Teachable](#).*

Thank You

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Thank you so much for taking the time to envision your 2019 with me. I hope this humble workbook has helped you envision the year you want for yourself in 2019.

I wish you all the wonderful things in the world.

I wish you a magical life filled with joy.



**Now GO FORTH, and
CREATE the year you
ENVISIONED.**



My Courses

If you found this workbook helpful, you might also be interested in some of my other courses featured below. More courses are currently being developed so visit MynasMoon.com for more information or to sign up for my newsletter for updates and more.



The *Moon Magic Releasing Course* is an 11-day journaling course for releasing all the negativity and fears that have been holding us back, and that we do not want in our lives anymore, followed up with affirming the things we do want more of in our lives. This is a powerful course that will help you to let go of all the negativities of the past and say goodbye to 2017 on a deeper level, so that you may move forward towards 2018 with more confidence and happiness.

This course consists of three parts:

Day 1: Welcome and prayer/ritual of intention.

Days 2 to 8: 7 days of releasing fears and negativity exercises.

Days 9 to 11: 3 days of affirmation and preparation for a fresh start focusing on what we want more of.

Visit mynasmoon.teachable.com for more information and to sign up for the course.

Praise

“I just finished your Moon Magic Releasing course and wanted to let you know how much I loved it!!!! I am usually not all that good about doing something specific every day but I got hooked on your course right away and couldn’t wait to see your daily email in my inbox. It has brought about some profound moments for me and I feel like a huge weight has been lifted off my shoulders. I needed this so very much. Thank you, thank you, thank you, I am so grateful that I found you. Love & light & all that is good coming your way! xx” – Bine Pe

My Courses



In *Charting Your Future with Tarot & Numerology*, we will be focusing specifically on looking at the Universal Year Numbers and your Personal Year Numbers, the influence they have in your lives, and what you can do about them. We will be looking in depth into the meanings of those numbers, their tarot correspondences and meanings.

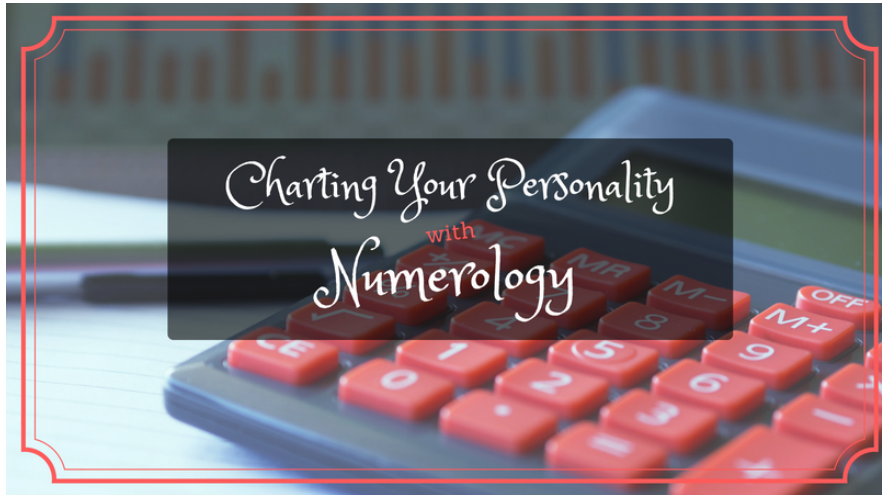
You'll be able to look back at significant events in your life and see how the energies of those numbers manifested for you previously, and you'll also be able to chart your future based on these numbers. This course will help you envision and plan your future with more clarity and focus with the help of the numerological energies. You will also be able to uncover your life cycles and themes, discover strengths and weaknesses, and take charge of your own life.

Visit mynasmoon.teachable.com for more information and to sign up for the course.

Praise

"I recently completed your course in the Tarot Summer School and I just had to send you an email to tell you how much I enjoyed it! You provided such great information in an easy to understand format! I'm finding that many of my major life events and life changes corresponded quite accurately with the Universal Year Numbers combined with my Personal Year Numbers. Very eye opening! Thank you!! The information is already helping me understand the Tarot cards more and is also helping me understand how numerology has such a profound effect on our lives. Again, just so interesting! Thank you again for taking the time to research and put this class together. I just loved it!" – Dawn Hessler

My Courses



Numbers have energies, and many of us define ourselves by our names and birthdays. So it shouldn't come as a surprise that the numbers in our birthdays, and even our names - once you realize they can be calculated too - would give us a glimpse into our personalities and who we are as people.

In my newest course, *Charting Your Personality with Numerology*, we will be learning how to calculate a personal numerology chart, the meanings and energies of the numbers, the energy interactions between the numbers, and more!

The more you understand how the energies of the numbers influence your life, the more proactive you can be in learning how to use and work with those energies, instead of fighting and working against them.

My aim for this course is to share this information in the hopes that it will help you learn to use the numbers for your benefit and for the benefit of those whom you share it with.

Visit mynasmoon.teachable.com for more information and to sign up for the course.