



2022
THE YEAR OF
BECOMING
journal

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2022: THE YEAR OF BECOMING

As we head into 2022, a new hope rises within, and we see our path to transformation more clearly.

The upcoming year will bring:

- Wisdom and insight, working hand in hand.
- Heartfelt decisions.
- Better balance of body, mind, and spirit.
- Unexpected and sometimes counter-intuitive solutions.
- Forgiveness on many levels.

This journal provides thought-provoking questions to meditate and answer, helping you to gain insight and answers.

Remember to check back throughout the year to see the progress you've made, as well as how your perspective may have changed.

If you would like to book a reading, visit
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2022: An overview:

Throughout this year, we will be gaining clarity on life's path. This will come through using our insight and wisdom together, rather than separately. This brings solutions to challenges, though in unexpected ways.

We will make more choices from the heart, and find more balance in life.

Be open to opportunities and answers that come up in unexpected ways.

Ponder the questions below and answer with your heart.

1. What do I want to accomplish this year? _____

2. How can I bring more balance into my life? _____

3. What do I need to help me move forward? _____

4. What am I not paying enough attention to? _____

Additional thoughts: _____

1st Quarter:

Finding your path, strengths, challenges, and patterns.

What is my truth?

What am I searching for?

What are my goals?

1st Quarter:

Finding your path, strengths, challenges, and patterns.

What are my strengths?

What are my challenges?

What lifts me up?

1st Quarter:

Finding your path, strengths, challenges, and patterns.

What patterns am I seeing in my life that need changing?

Additional thoughts:

2nd Quarter:

Patience and determination with challenges.

What am I afraid of?

What are the positive things about moving ahead?

What are the challenges with moving ahead?

2nd Quarter:

Patience and determination with challenges.

What is holding me back?

What is my wildest dream (if nothing could hold me back)?

What do I focus on right now?

2nd Quarter:

Patience and determination with challenges.

What do I want to focus on?

Additional thoughts:

3rd Quarter:

Leadership calls. It's time to step up.

What is my superpower?

How can I encourage others?

How do I step into my roll as a leader?

3rd Quarter:

Leadership calls. It's time to step up.

What are my limitations (real or imaginary)?

What strengths do I bring to the world?

Who am I?

3rd Quarter:

Leadership calls. It's time to step up.

How do I embody my authenticity?

Additional thoughts

4th Quarter:
Transformation happens within.

How do I set good boundaries?

Where should my focus be right now?

Who do I let into my life?

4th Quarter:
Transformation happens within.

What is my divine nature?

Where do I need to bring in more balance?

What do I need to release?

4th Quarter:

Transformation happens within.

What do I need to forgive myself for?

Additional thoughts



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as a companion to the
2022: *The Year of Becoming*
(World Edition) Blog