

# NEW YEAR RESOLUTIONS

SPIRITIST SOCIETY OF SAN DIEGO  
YOUTH AND KIDS PROGRAM





**This year I  
will**

- **try this...**
- **get  
better at  
this...**



# Self-Care New Year's Resolutions

 Unfollow creators or pages that bring you down.	Create routines in your life that focus on what you need.	Take deep breaths, laugh, and meditate more often.
Focus on adding more of something or doing less of something.	Commit  to at least one act of self-care each day.	Declutter your life in physical and emotional ways.
Do something that's good for your mental health every day. 	Surround yourself with a loving and accepting community.	 Focus on making rest a priority in your life.

**“Just like a new year gives us a fresh start, life also gives us new chances to learn.”**



# Reincarnation

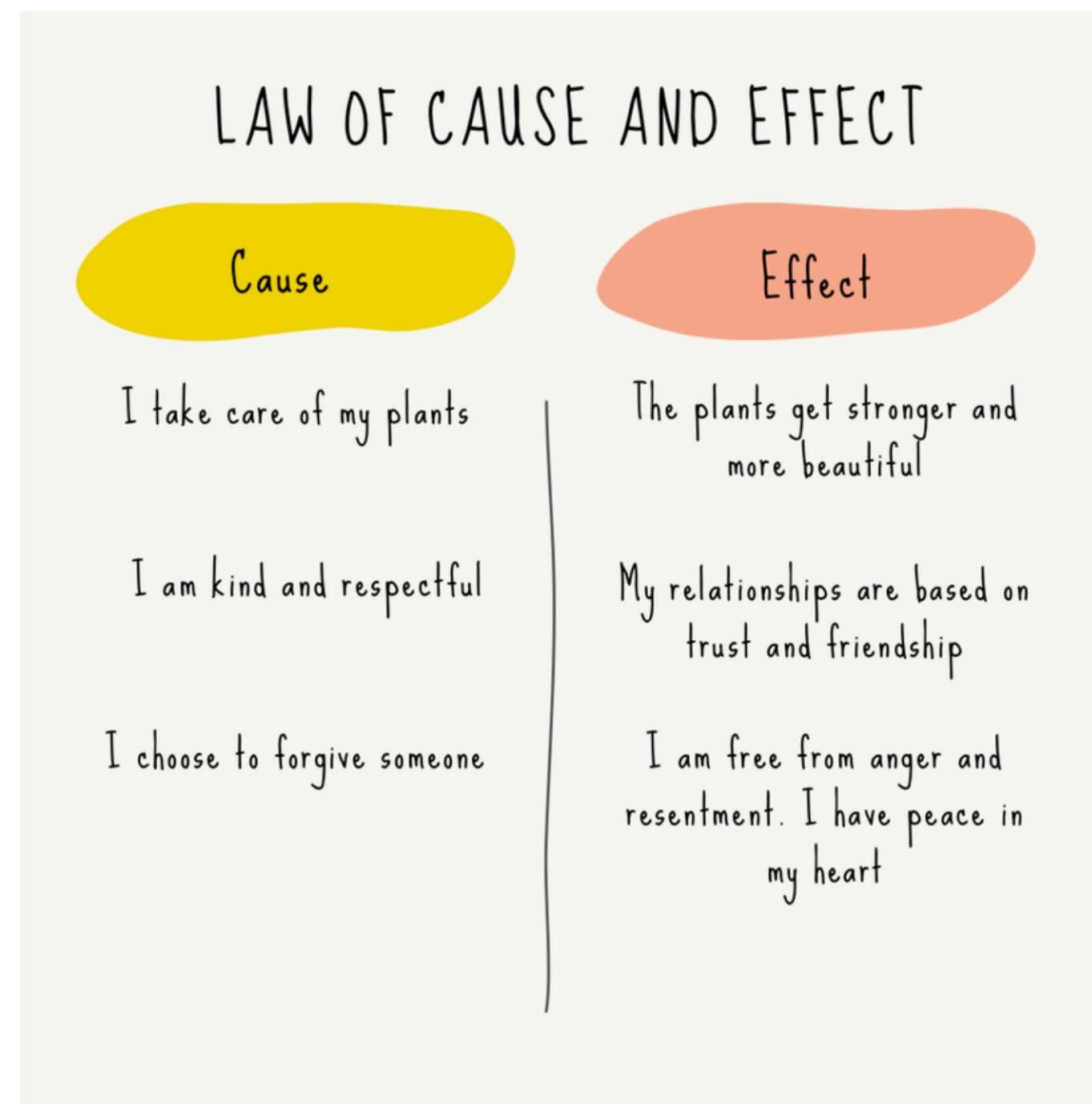
God gives us new opportunities,  
fresh starts to learn from our mistakes,  
repair them and grow closer to His  
Love



Is this helping me to grow as  
a spirit game



REINCARNATION IS TIGHTLY COUPLED WITH LAW OF CAUSE AND EFFECT. OUR CHOICES HAVE CONSEQUENCES, GOOD OR BAD



# Life opportunities game

What if someone needs to  
(CARD)

What would be a good  
learning opportunity?



**“We are learning spirits. Divine  
Justice is love in action.”**

