

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.”**

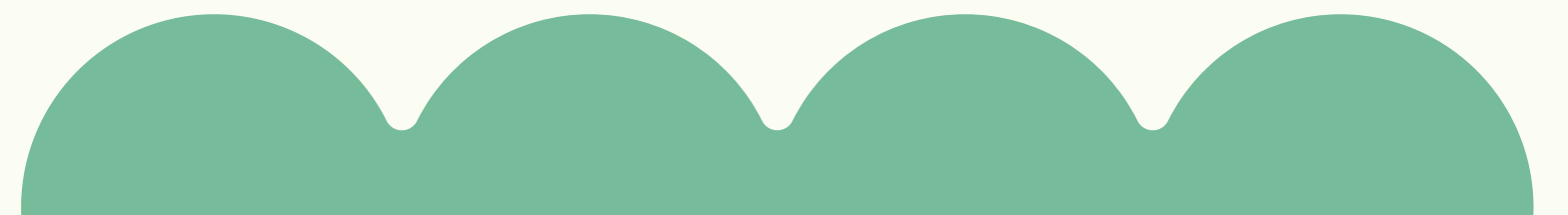


Reincarnation

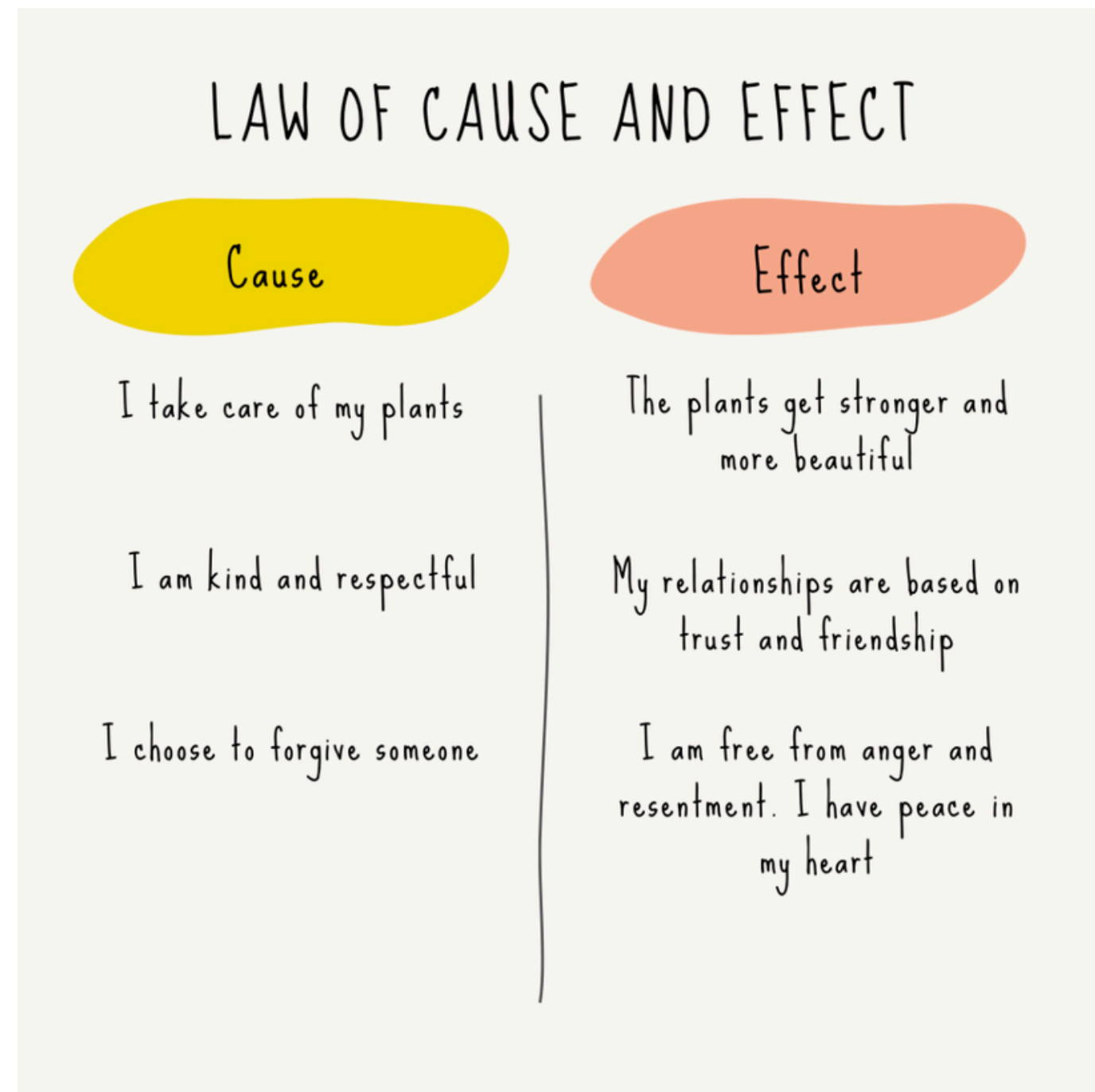
God gives us new opportunities,
fresh starts to learn from our mistakes,
repair them and grow closer to His
Love



**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.”**

