

# CLEAR ON YESTERDAY.

Grab a pen, your calendar, and planner, and take a moment to remember the last year - *always, always with love*. Go through your calendar month by month and take notes in this space on what was a yes, what was a no, the highlights, and the big lessons learned. Use as much extra paper as you desire.

What aligned with my heart:

What didn't:

What stretched me most sincerely:

What didn't:

What worked:

What didn't:

What I want to do again:

What I don't:

The highlights of the last year were...

The lessons of the last year were...

What would you like to go back and tell yourself this time last year?

## About Leslie Ralph



Hi, I'm Leslie Ralph, and *compassion* is my passion. Over the last 15 years, I've immersed myself in all things healing - from positive psychology to spiritual development, and everything in between. **In my work as a psychologist, my writing, and my art, I help sensitive spirits fill their hearts with peace and love themselves for *life*.**

When I started, I just wanted to fix myself. I thought of myself as too quiet, too serious, too sensitive, too soft, too hyper, too needy. (Why couldn't I just be *normal*?)

**Today, I know there's something in me worth nurturing. Just like I know there's something in *you*.**

And I've learned through experience that it's never, ever about being perfect. It's about the small decisions that give you a shift. (Soon, you're watching your life transform.)

That's why I'm sharing this excerpt from my Clarity program with you. It grew from my years of experience as a psychologist, and it's one of the things I do *in my own life* to encourage myself, get back to the present, and move forward from a positive place.

Want to go deeper?

Check out some of my favorite articles:

[If nothing else, remember that today, you are alive.](#)

[The value of experiencing \(and other things my body taught me\).](#)

[Words for finding your way.](#)

[Articles from around the web.](#)

Read one of my books:

[There, I Might Find Peace](#)

[For Your Beautiful Heart](#)

[How to Have Your Back](#)

[Self-Love Day by Day](#)

Or enroll in one of my programs:

[Clarity](#)

[A Class for Courage](#)