



*Spirit  
Social*

**New Year New Spirit Adventures**

# A Quiet Companion for the Year Ahead



Thank you for being part of Spirit Social.

This planner is a small gift — a way of saying thank you for walking this path with me, and for choosing a slower, more thoughtful way of working with Spirit.

You don't need to use this every day.

You don't need to complete every page.

There's nothing here to perfect or prove.

Think of this as a quiet companion for the year ahead — somewhere to pause, listen, and notice what's already present.

Spirit don't rush.

They don't demand.

And they don't measure your worth by how much you do.

As this new year begins, my hope is that these pages support you in:

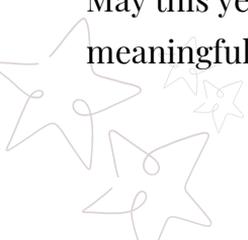
- trusting your own awareness
- recognising guidance as it arises
- moving forward gently, at your own pace

Thank you for being here.

Thank you for your presence, your openness, and your willingness to listen.

May this year feel steady, supported, and quietly meaningful.

Hannah x



# An Invitation, Not an Instruction



An Invitation, Not an Instruction

This planner isn't meant to be followed in order.

There's no right pace.

No ideal routine.

No expectation that you'll use every page.

You might return to one section often and skip others entirely.

You might use this weekly for a while, then forget about it, then come back again.

That's not inconsistency — that's relationship.

Use these pages when:

- you want to pause
- you feel reflective
- you sense Spirit nearby
- or you simply want somewhere to place what you're noticing

Some people will write a lot.

Some will write very little.

Both are equally valid.

If you're ever unsure what to do, start here:

- notice how you feel
- ask Spirit to join you
- write what comes without editing

You don't need certainty for this to be meaningful.

Let this planner meet you where you are — not where you think you should be.

# Honouring What Has Shifted



Before looking forward, it can be helpful to pause and acknowledge what's ending.

Not to judge it.

Not to analyse it.

Simply to recognise what has changed.

The year you're leaving may have brought clarity, challenge, growth, or quiet realignment.

Some things may have fallen away naturally.

Others may still be in the process of loosening.

You don't need to name everything.

You don't need to understand it all.

Take a breath.

Let yourself notice what feels complete — or close to it.

## **Reflection**

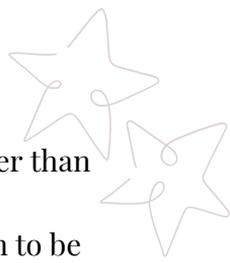
What feels finished or ready to be released?

What did this year teach me about myself?

What am I no longer willing to carry forward?



# The Year We're Leaving



## The Energy of the Snake

Many traditions describe years through symbols rather than predictions.

You don't need to follow any system for this reflection to be meaningful.

Think of the Snake as an archetype — a way of describing the kind of change that happens quietly, from the inside out.

The Snake is often associated with:

- shedding old skins
- inner transformation
- truth coming to the surface
- endings that make space for something new

For many, this year has asked for honesty. Not the loud kind — the private kind. The sort that changes how you relate to yourself.

Some growth has been invisible.

Some endings may not have been dramatic.

But what has shifted matters.

## Reflection

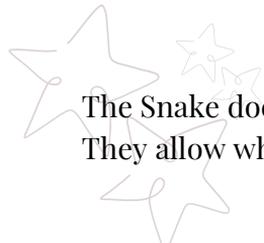
What have I outgrown this year?

What truth became clearer, even if it was uncomfortable?

What am I ready to leave behind as I move forward?

The Snake doesn't rush change.

They allow what's ready to fall away.



# The Year We're Entering



## **The Energy of the Horse**

After periods of inner change, there is often a natural desire for movement.

The Horse is commonly associated with:

- forward momentum
- freedom and choice
- embodiment
- bringing insight into lived experience

Where the Snake works quietly beneath the surface, the Horse invites life back into motion.

This doesn't mean rushing.

It doesn't mean pushing ahead without care.

It means allowing yourself to move with what you now know.

For some, this year may bring clearer decisions.

For others, a renewed sense of direction.

For many, it may simply feel like more space to breathe.

## **Reflection**

Where do I feel ready to move forward?

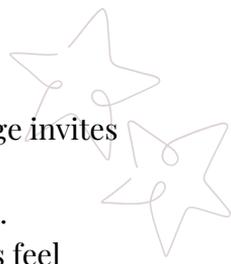
What does freedom look or feel like for me this year?

How do I want to experience momentum — gently and sustainably?

The Horse moves because they're ready.  
Not because they're being chased.



# Orientation & Alignment



Rather than setting resolutions or rigid goals, this page invites you to set a tone.

A tone isn't something you have to maintain perfectly. It's something you return to — especially when things feel unclear.

Let this be less about what you want to achieve, and more about how you want to move through the year.

You can revisit this page at any point.

## **Reflection**

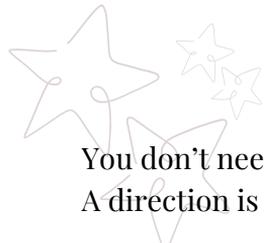
How do I want this year to feel? (Choose words, not outcomes.)

What quality or way of being do I want to return to?

What would support me in staying connected to myself this year?

If I were to ask Spirit for one guiding thread, what might I name it?

You don't need a plan for the whole year.  
A direction is enough.



# A Conversation With Spirit



Cards are one of many ways Spirit can communicate.

They don't just create guidance —they reflect what's already present when you pause long enough to listen.

This isn't about prediction or certainty.

It's about noticing themes, feelings, and quiet recognition. You don't need to interpret perfectly.

You don't need to remember every meaning.

Let the cards speak in your language.

Before You Begin

Take a moment to settle.

Notice your breath.

Notice your body.

If it feels right, you might silently invite Spirit to join you — not to give answers, but to share awareness.

Draw cards slowly.

Pause before analysing.

Let first impressions arrive.

Symbolic language often speaks before the mind catches up.



# A Five-Card Conversation With Spirit

This layout is designed to be used when you want a little more depth — perhaps at the start of the year, a new season, or when something feels ready to shift.

There's no need to search for certainty.

Let this be a conversation, not a test.

## **Card 1 Where I Am Now**

The energy,  
theme, or state  
I'm currently  
moving through.

## **Card 2 — What's Asking for My Attention**

What wants to be  
acknowledged,  
understood, or  
gently faced.

## **Card 3 — What's Supporting Me**

Seen or unseen  
support available  
to me right now.

## **Card 4 — What's Ready to Move Forward**

An area of life,  
way of being, or  
inner shift that's  
ready for motion.

## **Card 5 — How to Walk Forward**

Guidance for  
moving ahead  
with steadiness  
and care.

Before You Interpret

Pause after laying the cards out.

Notice:

- what draws your eye
- what feels familiar
- what brings a sense of relief or recognition

Meaning often arrives through feeling first.

# Reflections From the Conversation



Date:

Cards Drawn (1-5):

First Impressions (Before interpretation – images, feelings, sensations, words)

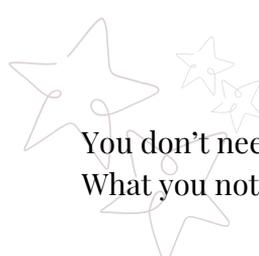
What Felt Supportive or Reassuring?

What's Becoming Clear?

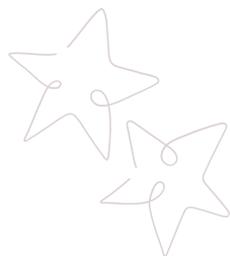
What I'm Taking With Me

You don't need certainty for this to matter.

What you notice is already part of the conversation.



# Words from Spirit



## Receiving, Not Repeating

The words Spirit offer are rarely dramatic.

They often arrive quietly — as a phrase that settles you, a sentence that repeats, or a reminder that feels steady rather than exciting.

These aren't affirmations you need to force yourself to believe. They're words you receive, not words you perform.

## How the Words Often Come

You might notice these words:

- during meditation or prayer
- while journaling or writing
- in the middle of ordinary moments
- as a phrase that repeats without effort
- as something that feels calming rather than impressive

They may arrive fully formed, or as a few simple words. They may come once, or return again and again.

## How to Work With Them

You don't need to search.

If it feels helpful, you can:

- pause and become still
- soften your attention
- quietly invite Spirit to join you
- notice the first phrase, image, or feeling that arises

Write what comes exactly as you receive it, without correcting, improving, or questioning it.

If nothing arrives, that's not a failure.

Presence itself is communication.

Trust simplicity.

Spirit rarely shout.

What settles you is often what's meant for you.

# Words from Spirit



## Recording What Comes Through

Date / Moment:

Where I was when this arrived:

The words exactly as received

How they made me feel

When I notice these words repeating

If nothing comes, that's okay.  
Listening itself is connection.



# Carrying This Forward



There's nothing here to complete.

Some pages may be full.

Some may remain blank.

Both tell the truth.

Working with Spirit isn't about constant guidance.

It's about recognising when you're already accompanied.

As this year unfolds, you may return to these pages often — or you may carry what you noticed without writing anything at all.

Both are forms of listening.

Thank you for sharing this space.

Thank you for your willingness to pause, notice, and trust your own awareness.

May what you've received continue to meet you quietly, in the moments you least expect.

Hannah x

