

## **22 Questions: A Moving On Ritual by Shiloh Sophia**

1. What is it I am committed to starting?
2. What is it I am committed to finishing?
3. Who is it I am excited about being?
4. Who is it in me I am excited about letting go?
5. Where is it I will spend my time?
6. Where is it I will spend less of my time?
7. Who will I reach out to and connect with?
8. Who will I surrender and let go?
9. What is it I feel really good about?
10. What is it I need to forgive myself for?
11. What abundance am I going to bring forth?
12. What excess am I going to release?
13. How will I shine my light in the world?
14. How will I stop hiding my light?
15. How will I strengthen my relationship with Spirit?
16. What excuses will I no longer use?
17. What is it my soul longs to express?
18. What is no longer serving my soul?
19. How will I care for my body?
20. How will I no longer treat myself?
21. What was the theme for my 2010?
22. What will the theme be for my 2011?

*Let yourself be silently drawn  
By the stronger pull of what  
You truly love  
Rumi*