

Year Orbit 2022

YOUR WELLNESS JOURNEY FROM '22 TO '23

Karishma Udit Chhatrapati

AMPLIFY '22!

SWEEP '22!

SCOPE '23!



2022

2023



This journal has been created for you, because I care for your wellness!

I hope this journal help you Sweep the low points and Amplify the high points of 2022, as you Scope 2032.

If you feel that this journal helps you to establish a sound relationship with The 8 Dimensions of Wellness, then please do share it with family, friends and colleagues.

I need your help to help many, many people out there seeking to bring balance and harmony amongst The 8 Dimensions of Wellness.

Please do share your feedback at karishmachhatrapati@gmail.com.

Thank You

I am so grateful to you for choosing Year Orbit 2022, to reflect upon the year gone by, and set the momentum of your transit around the sun in the 365 days of 2023.

I am so grateful to you for choosing to let go of all the pain, hardships and challenges of 2022, by gaining wisdom from the lessons.

I am so grateful to you for choosing to offer your gratitude for all the beauty that 2022 brought you.

I am so grateful to you for choosing to welcome 2023 with pledges to each of the 8 dimensions of wellness.

I am grateful to you for choosing your wellness above all, so that you have a wonderful, blessed, eventful 2023 that presents its own lessons.

I am grateful to you for choosing Year Orbit 2023 as your Pole Star guiding you to knowing, accepting, loving, honouring and respecting your wonderful self.

I am grateful to you for being you!

Respect & Gratitude

Karishma Udit Chhatrapati

Emotional Wellness Expert | Psychotherapist | Life Purpose Coach | Author | Inspirational Speaker

Year Orbit 2022

Have you ever sat back to enjoy the greatness of your being?

Have you ever sat back to celebrate your courage to be part of this amazing Universe?

Have you ever sat back to observe the stillness of your being?

Have you ever sat back to honour your power to steer through challenges?

Have you ever sat back and...

Life on this journey never ceases to amaze me. In a day, as the earth rotates on its axis, we rotate with it, without even realizing it. We have no awareness of the gentleness of this steady rotation on our own axis. In a year, as the earth revolves around the sun, we don't realise that we too complete a 365 degree revolution around the sun. We have no awareness of the calmness of this constant movement around the sun.

This is because we drown ourselves in emotions that take us away from the core of the being. We are either worrying about something, or biting our nails anxiously, paralysing ourselves fearfully; we are constantly fighting our way through stormy emotions that are triggered. The battle to exist, takes us away from experiencing the miracles of living.

Year Orbit 2022 is designed to help you empty yourself, and count your blessings, as you step into a new year to begin the 365 days orbiting around the sun. Hope dawns when all the noise is silenced. To begin on a fresh page, you need to put the full stop at the end of the last word of the last page. Through this unique journal, you sweep and amplify 2022, and scope into 2023 from the perspective of the 8 dimensions of wellness.

Why should you Year Orbit 2022? If you are given a bucket filled with dirty water, and I asked you to return it to me with clean water, you would have to empty it out, scrub it clean and then fill it with fresh water. You cannot, just empty it out, and refill it! It would be less dirty, but dirty all the same. So, to begin your new year, and stick to your resolutions you need to empty all the emotional baggage, cleanse your consciousness with gratitude and fill in resolutions for a new year to come.

How should you Year Orbit 2022? You can complete the entire journal in 8 days, addressing every dimension of wellness – Sweep 2022, Amplify 2022 and Scope 2023; or you could complete it over a span of 24 days. That is your choice, as there is no right, or wrong way. However, there is a huge reward: Knowledge that unfurls courage to step into 2023, renew, rejuvenated and refreshed, mentally and emotionally.

What should you Year Orbit 2023? While journaling don't put too much effort contemplating on what and how much you need to write. What you need to do, is pour it all out. The prompts are triggers to allow the thoughts to flow. You can download the Year Orbit 2022 and print it out, or you can save it, and refer to it, and type out your thoughts on your phone, word document, wherever.

Year Orbit 2022 is divided into 3 sections:

Sweep 2022: This section is all about reflection your physical wellness

Amplify 2022: This section is all about gratitude and celebration

Scope 2023: In this section you set goals for 2023.

So, lets get going, before your 365-days revolution 2022 revolution around the sun ends to begin a new orbit!

Physical Wellness:

Sweep 2022:

The physical challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these physical challenges by

Amplify 2022:

I love my physical body because

I am grateful to my physical body for

I celebrate my body because

Scope 2023:

The 3 goals I set for my physical wellness are

- 1.)

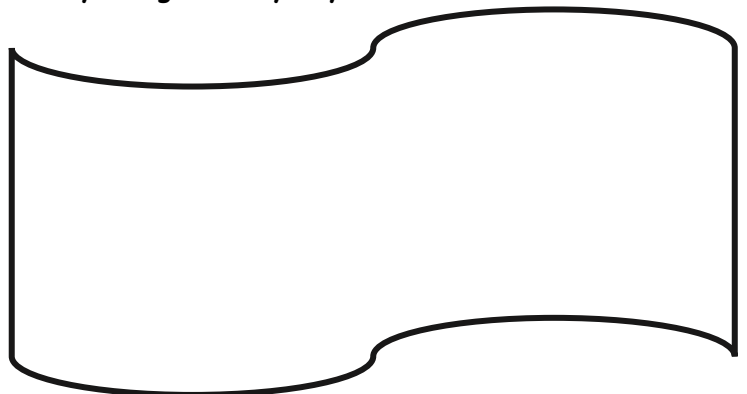
- 2.)

- 3.)

I set these goals because

I set out to achieve these goals by

My Pledge for my Physical Wellness



Emotional Wellness:

Sweep 2022:

The emotional challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these emotional challenges by

Amplify 2022:

I love my emotional body because

I am grateful to my emotional body for

I celebrate my emotions because

Scope 2023:

The 3 goals I set for my emotional wellness are

- 1.)

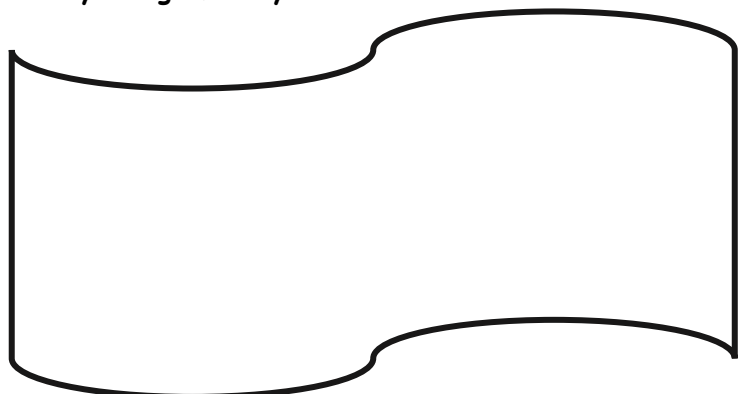
- 2.)

- 3.)

I set these goals because

I set out to achieve these goals by

My Pledge for my Emotional Wellness



Intellectual Wellness:

Sweep 2022:

The intellectual challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these intellectual challenges by

Amplify 2022:

I love my intellectual body because

I am grateful to my intellect for

I celebrate my intellect because

Scope 2023:

The 3 goals I set for my intellectual wellness are

- 1.)

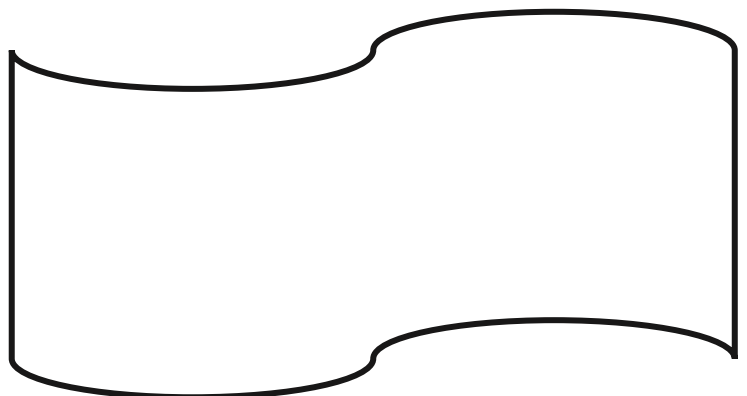
- 2.)

- 3.)

I set these goals because

I set out to achieve these goals by

My Pledge for my Intellectual Wellness



Social Wellness:

Sweep 2022:

The social challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these social challenges by

Amplify 2022:

I love my social life because

I am grateful to my social life for

I celebrate my social life because

Scope 2023:

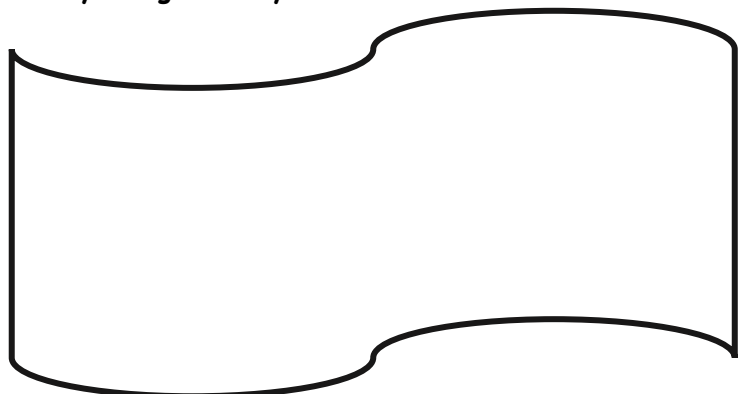
The 3 goals I set for my social wellness are

- 1.) _____
- 2.) _____
- 3.) _____

I set these goals because

I set out to achieve these goals by

My Pledge for my Social Wellness



Career Wellness:

Sweep 2022:

The career challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these career challenges by

Amplify 2022:

I love my career because

I am grateful to my career for

I celebrate my career because

Scope 2023:

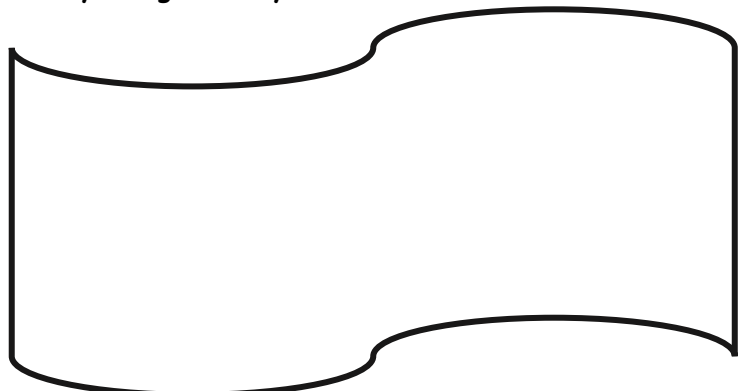
The 3 goals I set for my career wellness are

- 1.) _____
- 2.) _____
- 3.) _____

I set these goals because

I set out to achieve these goals by

My Pledge for my Career Wellness



Financial Wellness:

Sweep 2022:

The financial challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these financial challenges by

Amplify 2022:

I love my finances because

I am grateful to my finances for

I celebrate my finances because

Scope 2023:

The 3 goals I set for my financial wellness are

- 1.)

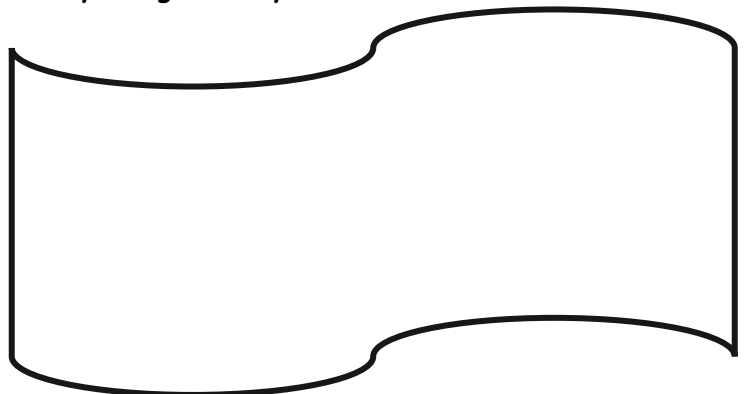
- 2.)

- 3.)

I set these goals because

I set out to achieve these goals by

My Pledge for my Financial Wellness



Environmental Wellness:

Sweep 2022:

The environmental challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these environmental challenges by

Amplify 2022:

I love my environment because

I am grateful to my environment for

I celebrate my environment because

Scope 2023:

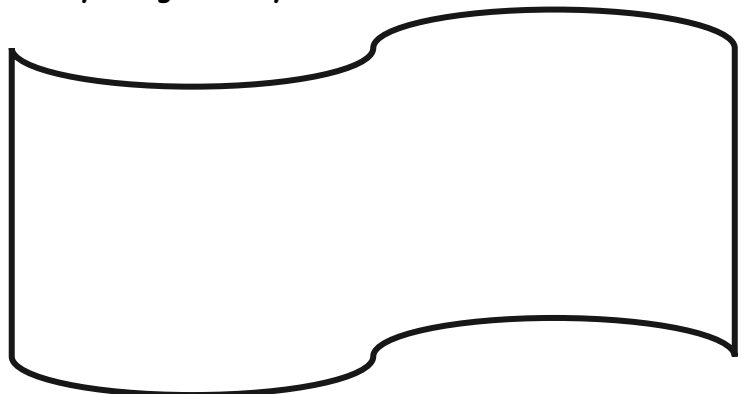
The 3 goals I set for my environmental wellness are

- 1.) _____
- 2.) _____
- 3.) _____

I set these goals because

I set out to achieve these goals by

My Pledge for my Environmental Wellness



Spiritual Wellness:

Sweep 2022:

The spiritual challenges I faced in 2022

I overcame these challenges by

If had a choice, I could have avoided these spiritual challenges by

Amplify 2022:

I love my spiritual life because

I am grateful to my spiritual life for

I celebrate my spiritual life because

Scope 2023:

The 3 goals I set for my spiritual wellness are

- 1.)

- 2.)

- 3.)

I set these goals because

I set out to achieve these goals by

My Pledge for my Spiritual Wellness

