

THE ASTROTWINS'

# Cosmic Closure

*worksheet*

## 1. *Choose a goal*

What were you working on this past quarter?

## 2. *Assess*

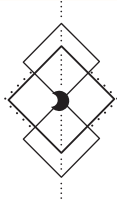
- Is it still a vibrational match?
- What happened in Q1 (just the facts)
- Your Goal Gap (where you are vs. where you hoped to be)

## 3. *The 3R's*

- "I am releasing..."
- "I am recommitting to..."
- "I am reclaiming..."

## 4. *Reflect*

- Additional discoveries: what did you learn?
- Things to try: be specific and actionable



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## *Goal/Focus Area*

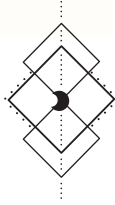
What were you working on this past quarter?

## *Assess*

Is it still a vibrational match? (Y/N)

What happened in Q1 (just the facts)?

Your Goal Gap (where you are vs. where you hoped to be)



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## *The 3R's*

### **"I am releasing..."**

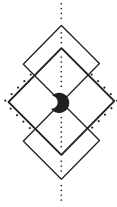
What can you let go of? (It could be a disempowering or limiting belief, a way you're beating yourself up, a struggle-filled or self-defeating situation.)

### **"I am recommitting to..."**

What can you recommit to that's important and empowering to you? What didn't you accomplish that you still want to try for in Q2? (Remember, leave the "shoulds" out of it).

### **"I am reclaiming..."**

What cherished value or part of yourself got lost in the struggle? How could you bring it back? Think of a small action, a "microdose" that's manageable and measurable.



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## *Reflect*

**Additional discoveries: what did you learn?**

**Things to try (specific and actionable):**