

# Seven Steps for Releasing the Year

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## Step 1: Disappointments and Difficulties

1. What do you feel most disappointed about regarding this year?
2. What is the most difficult thing you had to do this year?
3. What decisions, attitudes, and beliefs do you have about the year?
4. How are these decisions affecting your life?
5. What else stood out for you from this video that is helping you release this year?