### Breath Prayers for Renewal: A Year-End Guide to Mindful Living

BREATHE OUT THE OLD, BREATHE IN THE NEW

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## Welcome to a Moment of Renewal

Your breath is a powerful guide, leading you toward balance and peace. As the year comes to a close, use this guide to reflect, release, and prepare for a new beginning.

These breath prayers are simple, meditative phrases paired with your natural rhythm of breathing. Let them anchor you in mindfulness as you transition into 2025 with clarity and purpose.





# Breath Prayers for Your Heart

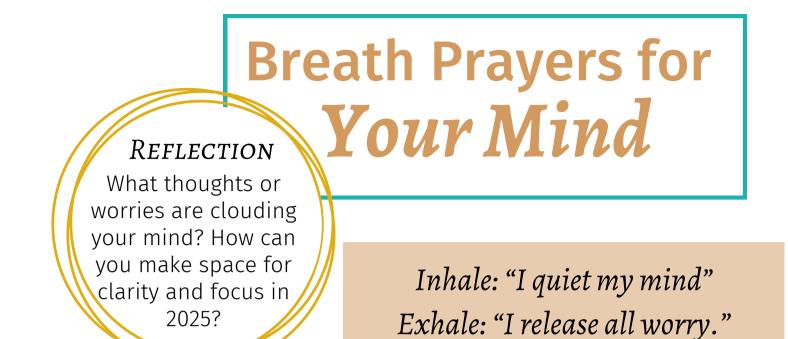
Inhale: "I release the past" Exhale: "I welcome the future."

Inhale: "Compassion fills me" Exhale: "I release judgment."

Inhale: "I am loved" Exhale: "I share love freely."

> **REFLECTION** What emotions or memories are you ready to release as the year ends? How can you invite love and compassion into your heart for the new year?





Inhale: "I focus on what matters" Exhale: "I let go of distractions."

> Inhale: "Clarity is mine" Exhale: "I trust my thoughts."



# Breath Prayers for Your Body

#### Reflection

How has your body supported you this year? What small practices can you adopt to care for your physical well-being in the new year?

Inhale: "I breathe in strength" Exhale: "I release tension."

Inhale: "I honor my body" Exhale: "I feel at ease."

Inhale: "I am grounded" Exhale: "I am safe."



# Breath Prayers for Your Soul

Inhale: "I trust the journey" Exhale: "I release fear."

Inhale: "My soul is light" Exhale: "I shine brightly."

Inhale: "I am still" Exhale: "I am enough."

#### Reflection

What fears or doubts have you carried this year? How can you use your breath to trust your journey and embrace your inner light?



## Journaling Prompts for Reflection and Renewal

Your breath connects your body, mind, and soul, guiding you toward balance and clarity.

Use these prompts to deepen your connection to the breath prayers and set meaningful intentions for the new year.

- What is one thing you are ready to release with your exhale? How does it feel to let it go?
- What intention, quality, or opportunity do you want to invite into your life for 2025? Imagine breathing it in fully.
- When you reflect on your favorite breath prayer, how does it shift your thoughts or emotions?
- How can mindful breathing help you navigate moments of stress or uncertainty in the new year?
- What does renewal mean to you? How can you support this process with intentional breathing?



# Breath Into Your Best Year Yet

Breath prayers are a beautiful way to cultivate mindfulness and balance, but deeper transformation happens when you fully embrace your worth.

The 'You Are Worth It' program is designed to guide you through reflection, renewal, and intentional growth, helping you close this year with clarity and start 2025 with confidence and purpose

> Join the **'You Are Worth It: Ending 2025 Strong'** program, running from December 17-30, and take the next step toward creating the life you deserve.

#### **CLICK HERE TO LEARN MORE TODAY**

