

The Conscious Completion Habit

A Simple Tool to Support Your Intentional and Empowered Life

What is conscious completion?

- A profound act of self respect and self love
- The empowering action of intentional “letting go”
- Awareness of what in your experience requires completion, to better create a thriving present and future
- The practice of conscious awareness of your agreements and promises to your self and others

Why is the completion habit valuable?

- Frees up the creative genius within
- Supports the power of living in the now
- Increases mental, emotional and physical energy
- Reduces stress and the feeling of overwhelm
- Improves the connections in all your relationships
- Enhances the consciousness that allows more synchronistic events
- Neutralizes the unconscious saboteur of guilt that undermines our life and joy

*I can't believe what a difference this tool has made in my life!
Thank you Jennavieve for helping me to live in much greater peace.
It seems too simple to be so powerful, but WOW, this thing really works.
— SK, Executive Assistant*

How do you do conscious completions?

- Write them down, speak them out, or pray them out! It doesn't matter how you do your completions— *just do it!*
- For highly emotional completions or the process of completing a long cycle in your life, it can be helpful to write the completion down in detail and then burn or shred it

When are conscious completions useful?

- Every single day! All the time! In almost any circumstance!
- When ending a phone call or conversation that has high risk or impact
- When ending anything such a relationship, or a job, or a place of residence
- When you realize something you started no longer serves your highest good
- The end of each season, each year, each decade, the end of a cycle or phase of life

Whenever you are about to start something new, stop and take the time to look at what needs to be completed. A solid, inspired and prosperous beginning follows on the footsteps of clear and conscious completions.

Jennavieve “JJ” Joshua

Facilitating Intentional and Inspired Living

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The End of the Year Completion Habit

Completing the year in a sacred space can be profoundly healing and freeing. It is important to do the year end completion “your way,” in a way that is deeply meaningful and authentic for you. Some helpful tips and questions for year an effective year-end completion are:

- ✓ What do I need to complete to feel at peace with_____?
- ✓ What requires completion in your relationship to yourself?
- ✓ What requires completion in your professional relationships?
- ✓ What requires completion in your personal relationships?
- ✓ What requires completion regarding your finances and relationship to money?
- ✓ What requires completion with regard to a habit or belief system?
- ✓ What requires completion regarding your health habits?
- ✓ What requires completion regarding your work and service in the world?
- ✓ What requires completion regarding projects at home or with organizations?
- ✓ What requires completion to enhance your spiritual life?

It can be helpful to start your completion declaration with the following phrase: “I complete with_____, across all time, all space, all levels, and all dimensions. I call this complete and good enough!”

It is important to understand the difference between complete and finished. For example, if you had set a goal to finish clearing out all your email by the end of the year, but circumstances prevented that from being finished, you can call that goal or project complete regardless of how much you actually finished. This approach will bring greater peace and less guilt!

The End of the Day Completion Habit

The great teachers throughout the ages have always shared that we really only have one day. In our whole lives, we really only have this one day in which to live our lives. In honor of this day that you have lived, complete it consciously, acknowledge it. Be grateful for all of it, even what might have caused pain, loss or stress. Let this day be at peace in your subconscious where it is stored in the form of memories, emotions and chemical imprints. Let this day be at peace in your mind by calling it complete. The following phrase spoken out loud or silently as you are drifting off to sleep will honor your day beautifully and help you live in deeper peace.

**I call this day and all of its events COMPLETE!
I claim all my creations to be GOOD!
I Am Good Enough. Everything I did was good enough.
I declare this day COMPLETE across all time,
all space, all levels and all dimensions!
Thank you Universe for all the gifts of this day!**

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