

# Clean Your Inner Closets with Conscious Completions

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## Welcome to Conscious Completions

- The What
- The Why
- The How
- The When

➤ *And how to apply Conscious Completions during pandemic times....*



## Conscious Completions are . . .

- A mindfulness tool that can take 5 minutes or less
- A spoken decree to spark change
- A reset button for our lives
- A mighty life-hack
- A powerful action of self-love



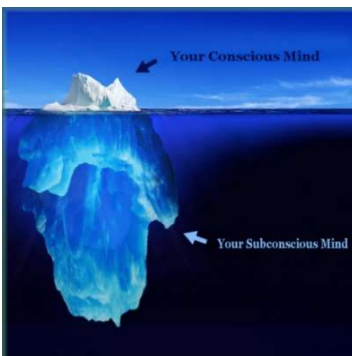
## Two Functional Principles Make Conscious Completions Work

- Everything happened in the ONLY way it could have.
- I did the best I could with what I knew and with the resources I had available to me at the time. And so did everyone else!
- These are the foundational truths that are the power behind this mindfulness tool.



## Benefits of Conscious Completion

- Lightens your subconscious load
- Teaches you how to live in the now
- Trains you to let go faster and easier
- Increases the intentionality and purpose of your precious life
- Supports greater physical, emotional, mental and spiritual health
- Makes you the captain of your own ship
- Increases creativity and resourcefulness
- Fun, easy, and feels good



## Mindfulness Practices Teach Us to Live in the Power of the Present

*"Nothing has happened in the past;  
it happened in the **Now**.  
Nothing will ever happen in the future;  
it will happen in the **Now**."*

-Eckhart Tolle

# Clean Your Inner Closets with Conscious Completions

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## How to Do Conscious Completions

*Attitude is everything!*

Form or style is not nearly as important as your attitude.

**Resolute—Focused—Willing**

## Two Ways to Do Conscious Completions



	Present Tense	Past Tense
Simple No Frills 5 minutes or less	This Day or This Week	Older than One Week
Deluxe Ceremonial Customized for your needs	This Day or This Week	Older than One Week



## Simple No Frills Conscious Completion

- Choose an event you want to call complete
- *"The universe rewards clarity."*
- Stand up using the Wonder Woman power posture
- Speak out loud your declaration of completion in a calm centered, authoritative voice, then clap 3 times

- Hold the Wonder Woman pose for 2 minutes with a smile on your face and gratitude in your heart

## How To Power-Pack Your Change Efforts

To effect lasting change and healing, it is important to engage all four levels of our existence whenever possible; physical, emotional, mental and spiritual (PEMS). When activating the Conscious Completion habit, we are using all four at one time! It just works!

- ✓ The physical level is activated by clapping, the sound and vibration of your voice, and the power posture.
- ✓ The emotional and mental levels are activated with your resolute attitude, and mental focus.
- ✓ The spiritual level is automatically activated by the truth statements included in the conscious completion decree and boosted by your emotional willingness.

*"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!" — Sherri K.*

## Simple No Frills Daily Conscious Completion Script



- ▶ *Choose what you are completing (be very clear)*
- ▶ *Stand up in the Wonder Woman power posture*
- ▶ *Speak this decree in a calm, centered, authoritative voice*

"I choose to consciously complete this day...*or whatever.*"

"I stand in my own power. I now call all the events of this day, *or whatever*, complete and good enough!"

"I call back my physical, emotional, mental and spiritual energies from all of the events of this day."

"I did the best I could with what I knew and with the resources I had available to me at the time. And so did everyone else. Everything happened in the only way it could have."

- ▶ *Clap 3 times*

*Hold the wonder woman pose for 2+ minutes with a smile on your face and in an attitude of gratitude.*

**I call this complete and good enough!"**

- ▶ *Clap 3 times Done!*

**Remember, Attitude Is Everything!**  
**Resolute—Focused—Willing**



**You Did It!**

- ✓ You have lightened your subconscious load.
- ✓ You are no longer leaking energy to the past.



## Deluxe Ceremonial Conscious Completion

- Needed for major life changes
- Use the same script as Simple No Frills + your own additions
- With your own ceremonial design
- Examples: Add some elements of wind, fire, water, earth and music to your deluxe conscious completion ceremonies
- Some conscious completions need the layering approach—once may not be enough.

## When to Do Conscious Completions

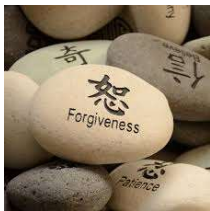


- Any time you want to and/or think it's a good idea
- ***Every day at the end of your day***
- The end of your work week
- End of the school year or the season
- Twice a day at mid-day and the end of day
- End of meetings, healing sessions, writing or creative projects, relationships
- Bigger life events that may need ceremony and layering over time



## Integrate the Conscious Completion Habit

- Studies have shown it takes 66 to 254 days to move a new discipline into an automatic habit (automaticity).
- Research from University of College of London 2009
- Use habit stacking—tie it to a physical habit you **ALREADY** have dialed in like brushing your teeth



## The super-power within the core of Conscious Completion

- Forgiveness sets us free
- “All major traditions carry basically the same message; that love, compassion and forgiveness are the important things. They should be part of our daily lives.” — Dalai Lama



## Using Conscious Completion in a Pandemic

- Let go of resentment toward how the USA is dealing with Covid-19
- Be mindful of your worry thoughts—replace them quickly
- Perform a daily completion ceremony for unmet expectations, grief and sadness
- Stay focused on what you *can* control
- Surrender to what is, as it is



## Questions for Self-Reflection

- What has the Covid-19 experience gifted me?
- What have I let go of that I do not want to pick back up?
- What have I started doing that I want to continue doing?
- How can I support myself to stay strong and go the distance?
- How can I apply forgiveness to my Covid-19 experience?



## Inspirations

*"When you become comfortable with uncertainty, infinite possibilities open up in your life."* – Eckhart Tolle

*"When fear gets the best of me. I surrender to love."* – Anonymous



## All References Mentioned

- For the science behind and the benefits of the Wonder Woman power posture; Google search for [Amy Cuddy](#), Ted Talk
- Book- *Atomic Habits* by James Clear
- Book- *The Little Book of Letting Go* by Hugh Prather
- Visit my website under [Resources](#) for a PDF on Forgiveness
- [Bright Line Eating](#) is the program I used to heal my food life
- For a visual reminder to do your Conscious Completions daily, see next page⇒⇒⇒



*Blessings on Your  
Conscious Completions Journey!*

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