



HONOURING 2023

Tess Mallett

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An invitation to...



Reflect, honour and celebrate
your growth this year.



what a year...

I feel so humbled and blessed that I have the privilege to walk with you in your journey of self discovery.

I honour your courage, willingness, sincerity and trust in the process.

I admire your commitment to developing Self Intelligence so that your relationship with life and those you love can be experienced with greater ease, love, openness, freedom and peace.

This booklet, which is my gift to you, contains invitations for enquiry, acknowledgment and reflection.

I invite you to take some time to grab a cuppa, get comfy and reflect on the massive growth that has transpired this year through our work together and how it has enriched your life, relationships etc.

Don't let the Ego voice of "I don't have time" or "I'll do it later" or "I'm not good at these kind of things" get in the way of a really powerful process.

Thank you from the bottom of my heart.

In love and service,



A close-up photograph of a hand holding a cluster of orange flowers. The hand is positioned at the bottom, with fingers gently cupping the base of the flowers. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft, out-of-focus green, suggesting a garden or natural setting. The lighting is warm and natural, highlighting the textures of the petals and the skin of the hand.

Peaks & Pits

Reflect on your highs and lows of the year

Peaks & Pits

What have been your highs and lows this year and what have you learnt from these experiences? Acknowledge 'how' you showed up and the lessons you have learnt.

Peaks

Pits

What I've learnt

What I've learnt

Skills & Habits

Honouring transformation



Growing Skills & Habits

Reflect on how you have grown and matured in the following skills this year and what you want to develop more of moving forward.

Skills & Habits	Reflection
Trigger & Enquiry Processes	
Self Recognition/ Meditation	
Understanding Ego	
Awareness Practices	
Radical Honesty	
Undefended Listening	
Advanced Communication	
Relationship Awareness	

Skills & Habits	Reflection
Overcoming Psychological Fear	
Overcoming Judgement	
Boundaries	
Naturalness & Intuition	
Discernment	
Not taking life personally	
Overcoming addictions, distractions etc	
Addressing the practicalities of life	



"See what happens to life when you remember it's a gift, you are not separate from it and you're a guest here."

A young woman with curly hair is looking upwards through a dense cluster of bright yellow flowers. The scene is bathed in soft, natural light, creating a warm and vibrant atmosphere. The woman's face is partially obscured by the flowers, and her expression is one of joy and wonder. The background is a soft-focus green, suggesting a lush outdoor setting.

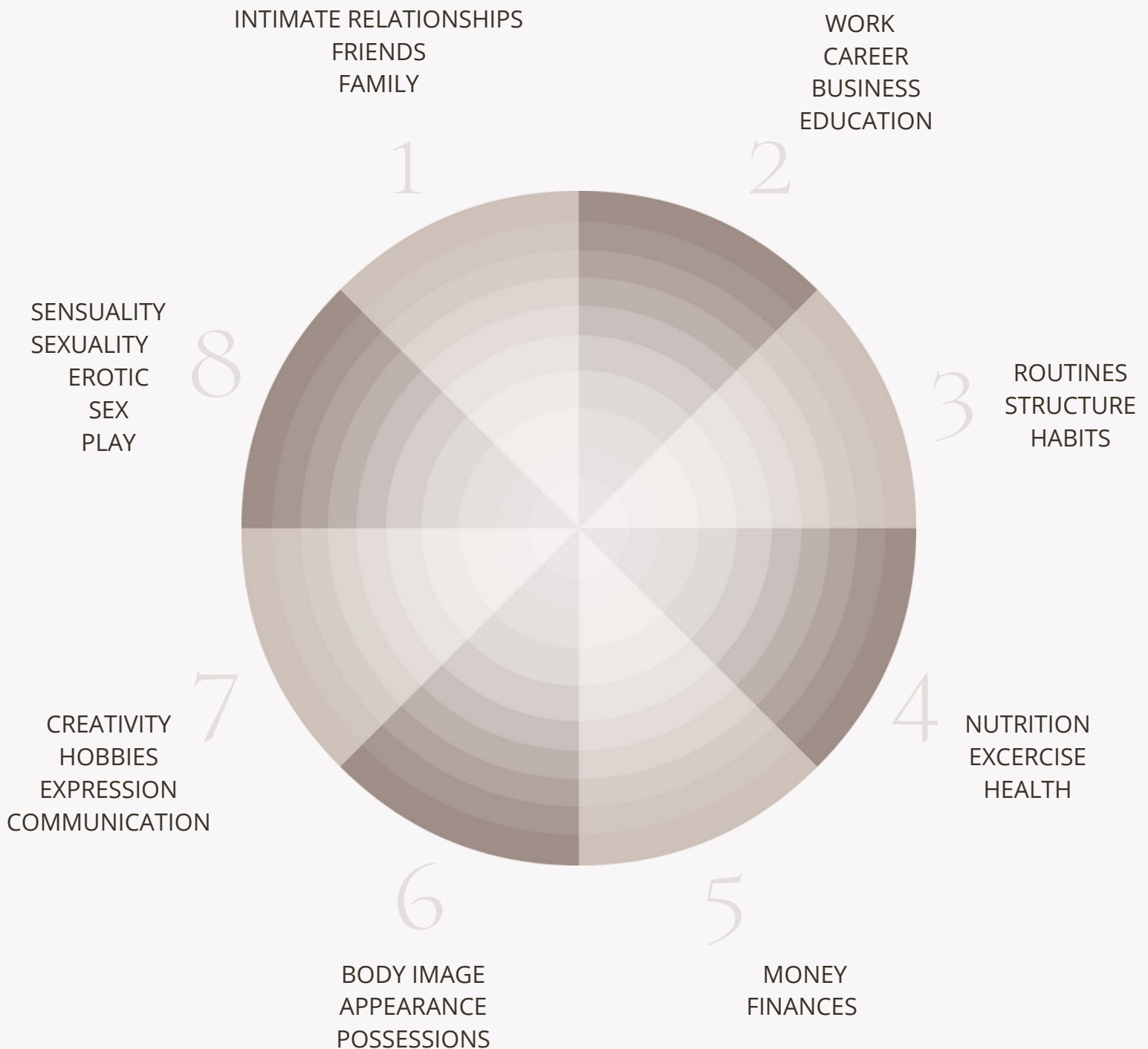
Areas of life

Celebrate the growth

Wheel of Life

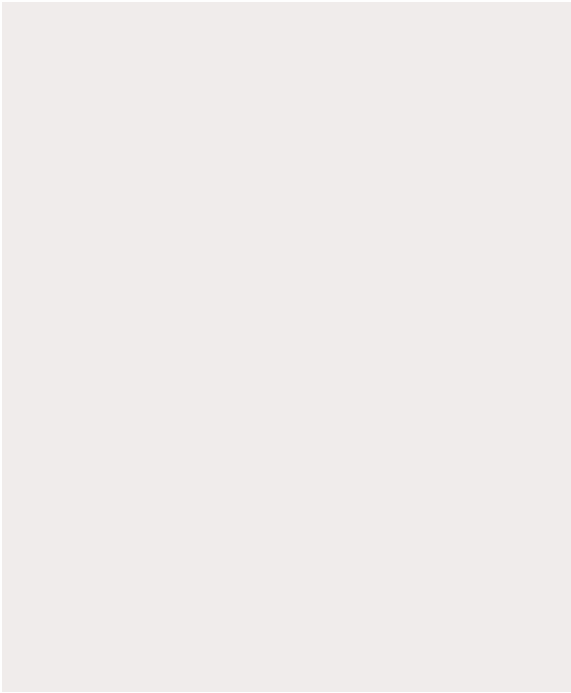
Write a list of the shifts, changes and transformations that you have witnessed in the different areas of your life this year.

Remember the simple, small, everyday shifts are symbolically HUGE and just as important as the 'bigger stuff'.

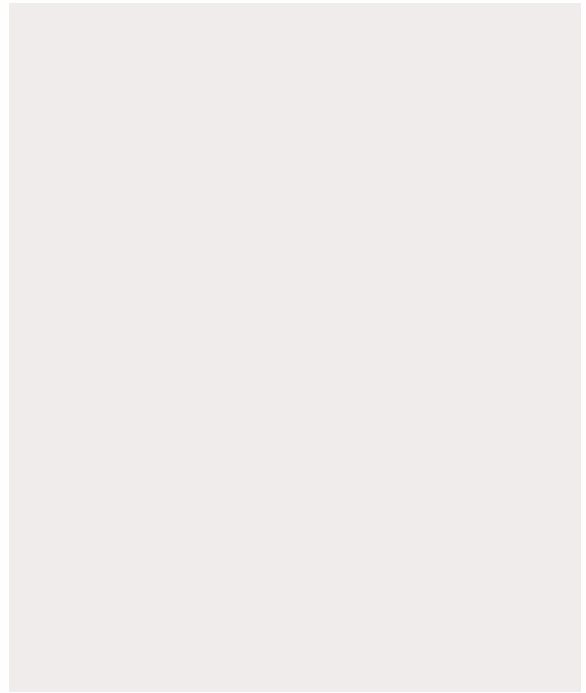


Wheel of Life Reflection

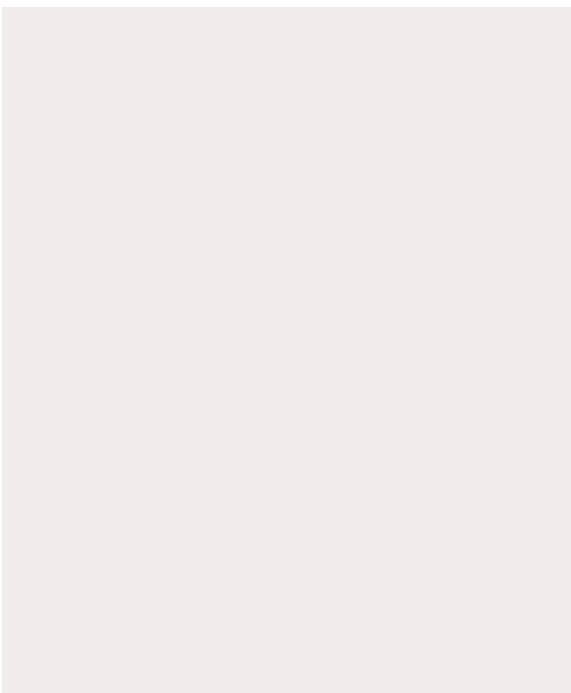
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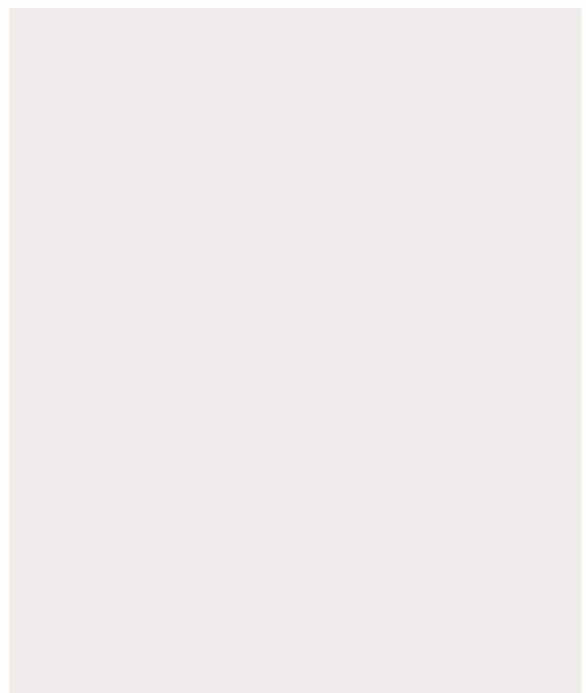
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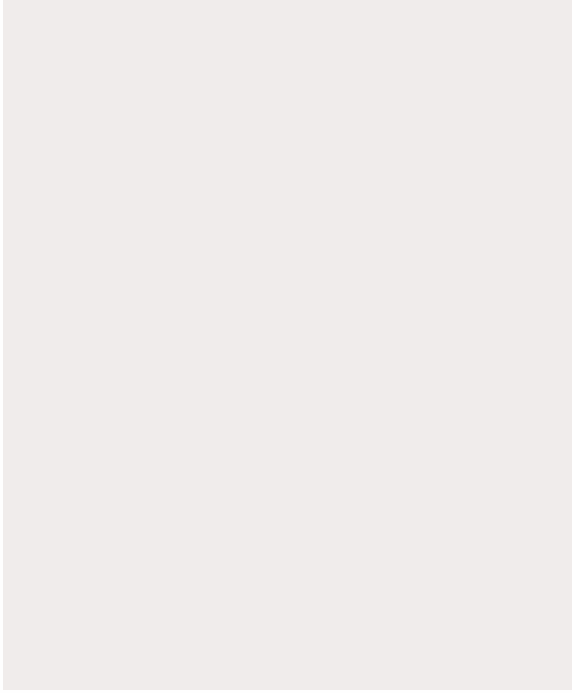


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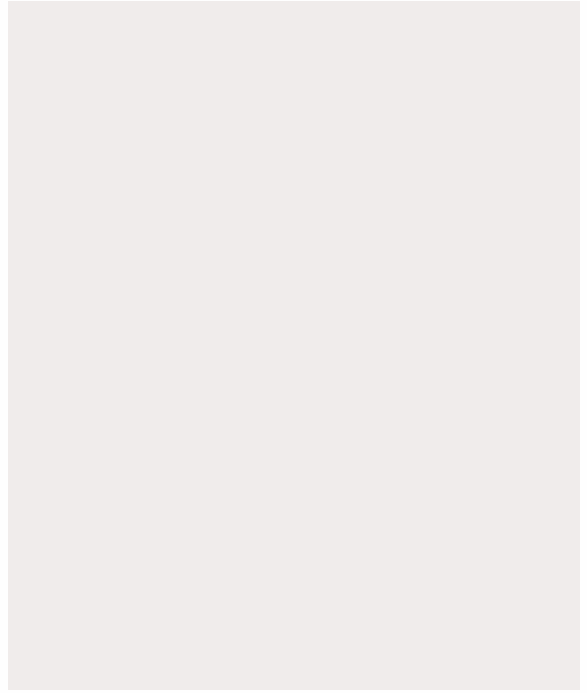


Wheel of Life Reflection

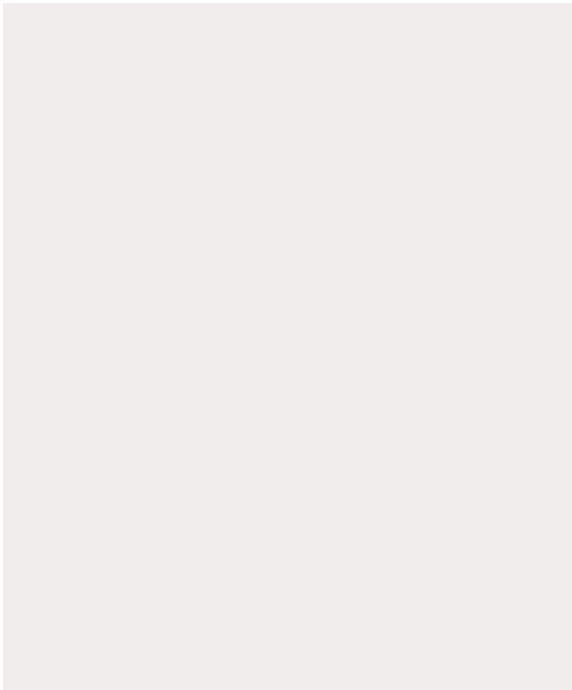
5.



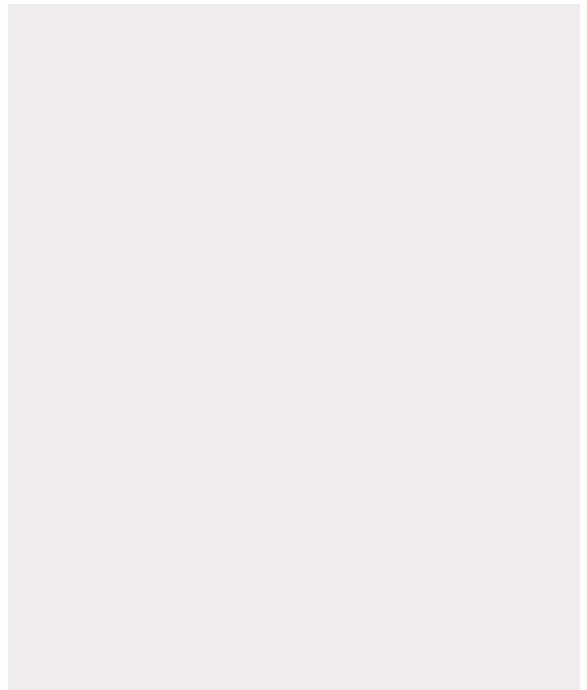
6.



7.



8.





True happiness isn't when
reality aligns with what
you want.

It is the sincere
acceptance of reality,
as it is,
beyond good or bad,
right & wrong.

~Tess Mallett



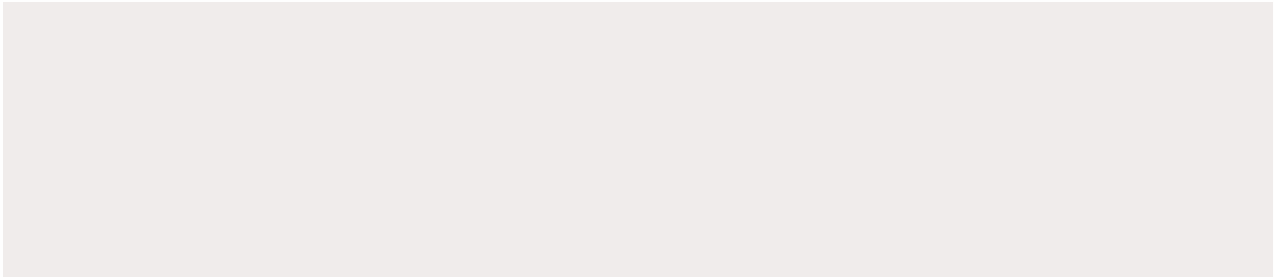


Reflection Questions

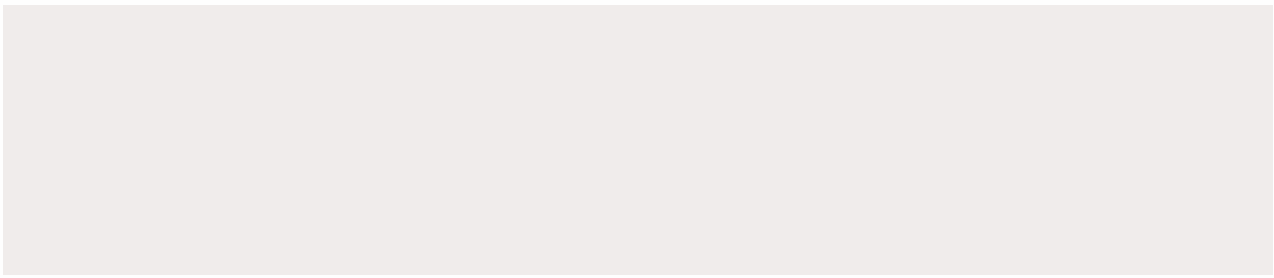
A gift for yourself

The Power of Enquiry

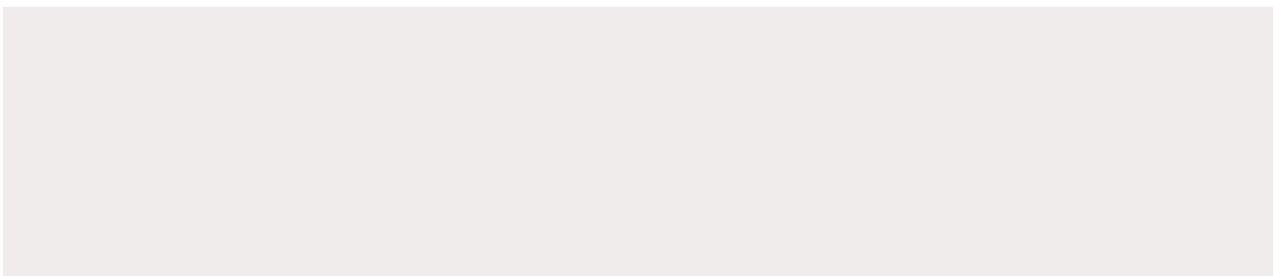
1. What **limiting beliefs** have you gone beyond and are no longer as attached to?



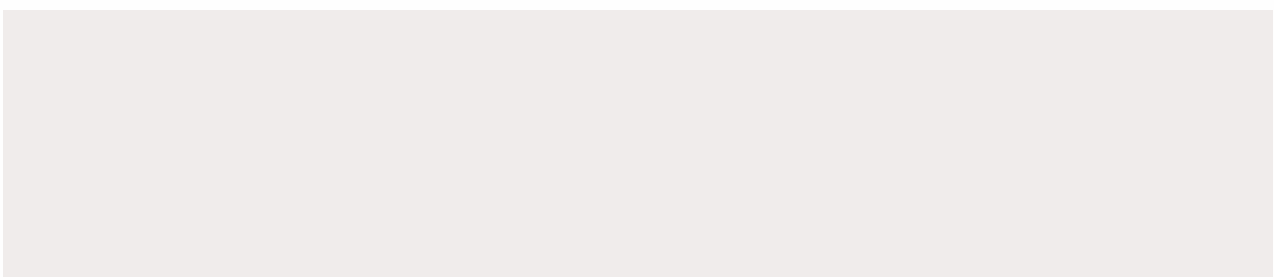
2. Have you noticed your '**recovery time**' getting quicker when experiencing being triggered? Give examples.



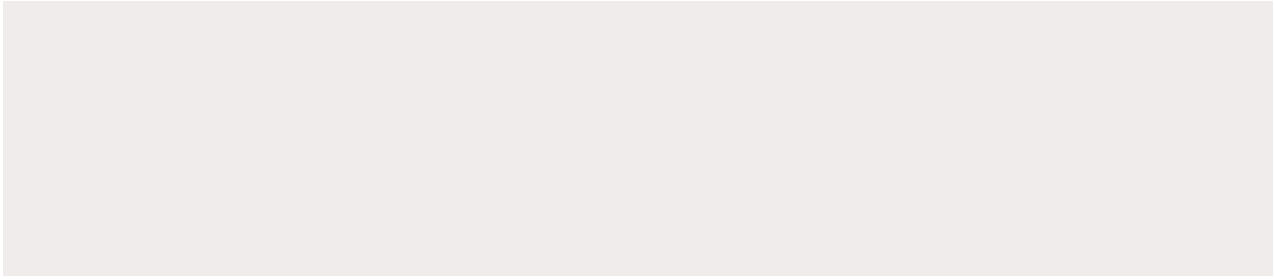
3. What have you become less **identified** with this year that has alleviated suffering?



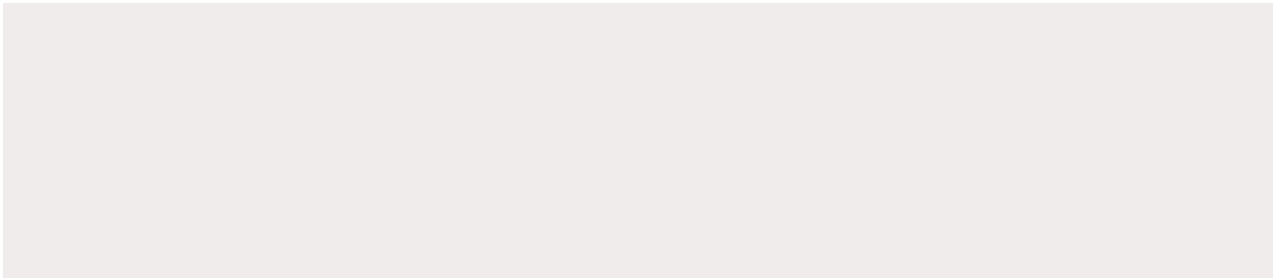
4. How has not taking things as '**personally**' improved your relationships? What have you noticed?



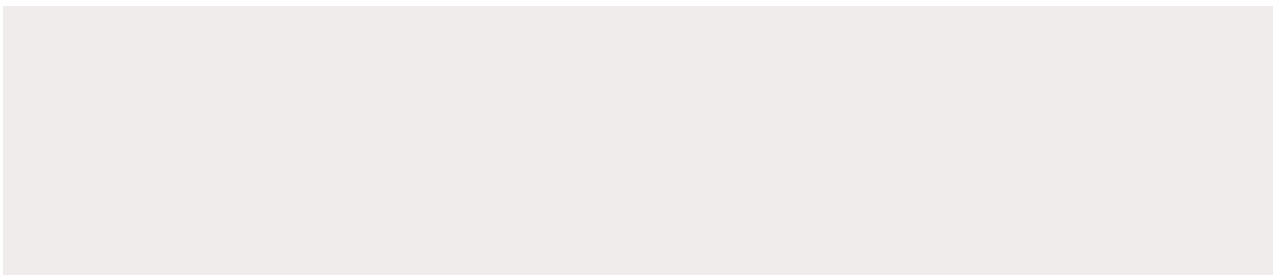
5. What have you noticed improve when you get out of someone's **psychological business**?



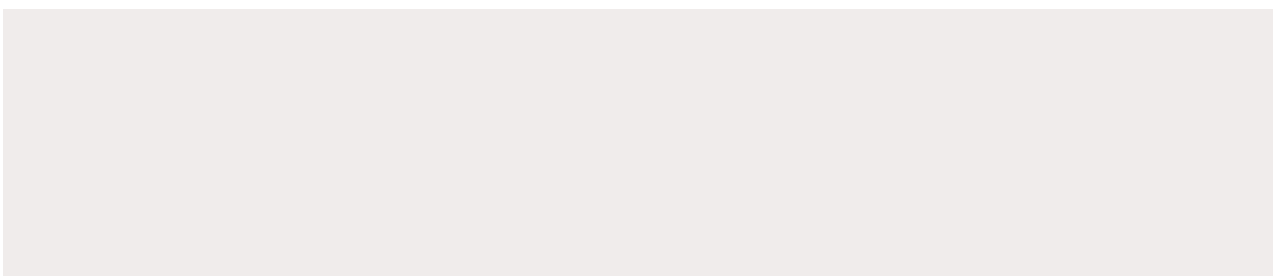
6. What **Ego behaviours** and **reactions** have you watched lessen this year?



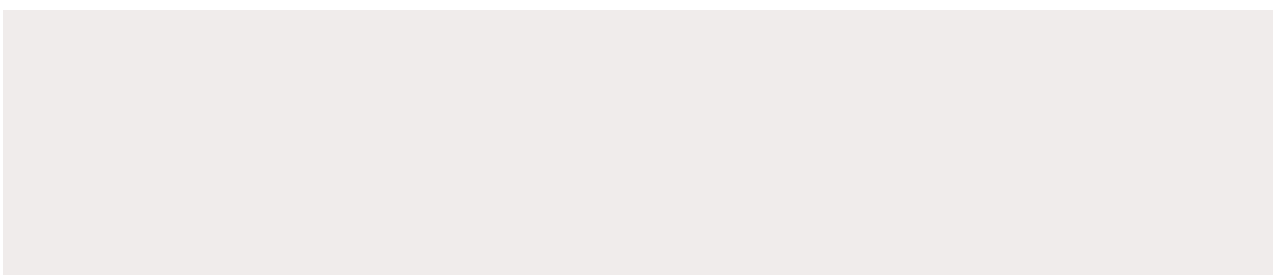
7. What has been the byproduct of asking **questions** over making **assumptions** and dropping **expectations**?



8. What benefits have you noticed from doing **Self Recognition Meditation practices** where you recognise who you are as 'awareness'?



9. How has your life benefited from **taking action** from a place of 'acceptance and greater ease' over 'judgement and psychological fear' (resisting reality)?



10. What have been the benefits of practising **radical honesty** and **undefended listening** this year?

11. Summarise 2022 in **3 words**?

12. What are you **grateful** for this year?

13. What has **deepened and expanded** in your life in 2023?

14. **Fears** I am continuing to overcome:

15. **Judgements** that have dissolved towards self and others:

16. The connection, **love** and intimacy that has grown:

17. How have you been **brave** and **courageous** this year?

Blank response area for question 17.

18. What major lessons have you learnt about the power of **vulnerability** and **softening** to the moment?

Blank response area for question 18.

19. Where have you chosen **love over fear** this year? How does this enrich and transform your relationships?

Blank response area for question 19.

20. What are you most **appreciative** of in your life? **What** and **who** would you like to **honour**?

Blank response area for question 20.



"Grieve out the life you imagined and share you heart from here"

The gift of heart

Give of yourself



Give of yourself

Putting your 'insides outside' through reflective writing is a potent invitation for healing, connection and love. I invite you to **give of yourself** by doing 1, 2 or all exercises below. This can be a gift for a loved one or you could share this activity with your loved ones this festive season and do it all together.

WRITE AN APOLOGY



Apology medicine cracks open the heart and brings you back to a state of radical honesty, integrity and respect. This apology is not to '*right or wrong*' anyone's behaviour or point blame. It is a sharing of where *you* have taken responsibility for meeting life or the other with Ego (judgment, fear, blame, defensiveness, assumptions etc). This may be an apology to yourself or to someone else (that may or may not be shared with the other person) This is an invitation for true forgiveness - 'giving over' thoughts believed in and projections.

LETTER TO SELF



Sit a while and see what comes through with the intention of writing a letter to yourself. I often find a natural stream of consciousness comes through when you drop the expectations around what it should look like. Stay open and see what comes through your heart. Acknowledgement and forgiveness are some themes I see arise with this invitation.

SEND A LOVE POEM OR LOVE LETTER



Share your love with what feels natural to you! Giving the gift of heart is the best gift of all. Share your love, honouring and appreciation for those you love. The truth is, you are not entitled to these relationships and there is no guarantee you are going to wake up tomorrow, so **SHARE it BOLDLY!** Let this be an ongoing invitation.



Relationship Transformation

Live in love.

Relationship drama...

is one of the major (if not 'the major') triggers we experience. There are many unconscious patterns based on expectations, assumptions, entitlement, control and psychological fear that perpetuate drama and cause disconnection.

When people take full responsibility for their triggers, judgement, fears, projections and disrespectful behaviour there is expansive potential for love to blossom (beyond the conditions of mind).

The next few pages have an example of a relationship pledge. You can have a look at this for guidance and inspiration for the following activity (see what you resonate with and make your own).

Have fun writing down your own "I am willing to....." statements and be bold in 'walking your talk' moving forward.



Relationship Pledge

I am willing to...

- 1 Ask questions, stay open and curious over making assumptions.
- 2 Self Enquire around the meaning and judgments I project on situations.
- 3 Become aware of when I take things personally that cause patterns of mistrust, blame and conflict.
- 4 Let go of the image in my head of how I think my partner 'should' show up. Grieve out the 'life story' I have imagined to get love and approval so I no longer unconsciously control my partner to live up to my personal/relationship narratives.
- 5 Unravel out of the expectations and entitlement patterns that block genuine appreciation, joy and expressing love.

I am willing to...

6 Drop my defences in arguments (the war) and come to you undefended in my listening and an openness to ask questions for clarity and understanding.

7 Be radically honest with myself and others as our foundation of relating rather than trying to find stability in beliefs and assumptions.

8 Give of myself (and receive in my giving) rather than waiting, hoping or expecting. (It's all about being invitational baby)

9 Breathe and relax when I'm triggered which can break unconscious patterns and behaviour leaving room for more respectful communication and 'off script' responses.

10 Get support in how to deal with & transform personal triggers, judgements, psychological fear and communication conflict in relationships.

Relationship Pledge

I am willing to...

1

2

3

4

5

I am willing to...

6

7

8

9

10



Going beyond...



Welcome
2024

Find your Anchoring Words

What are your anchoring words for 2023?

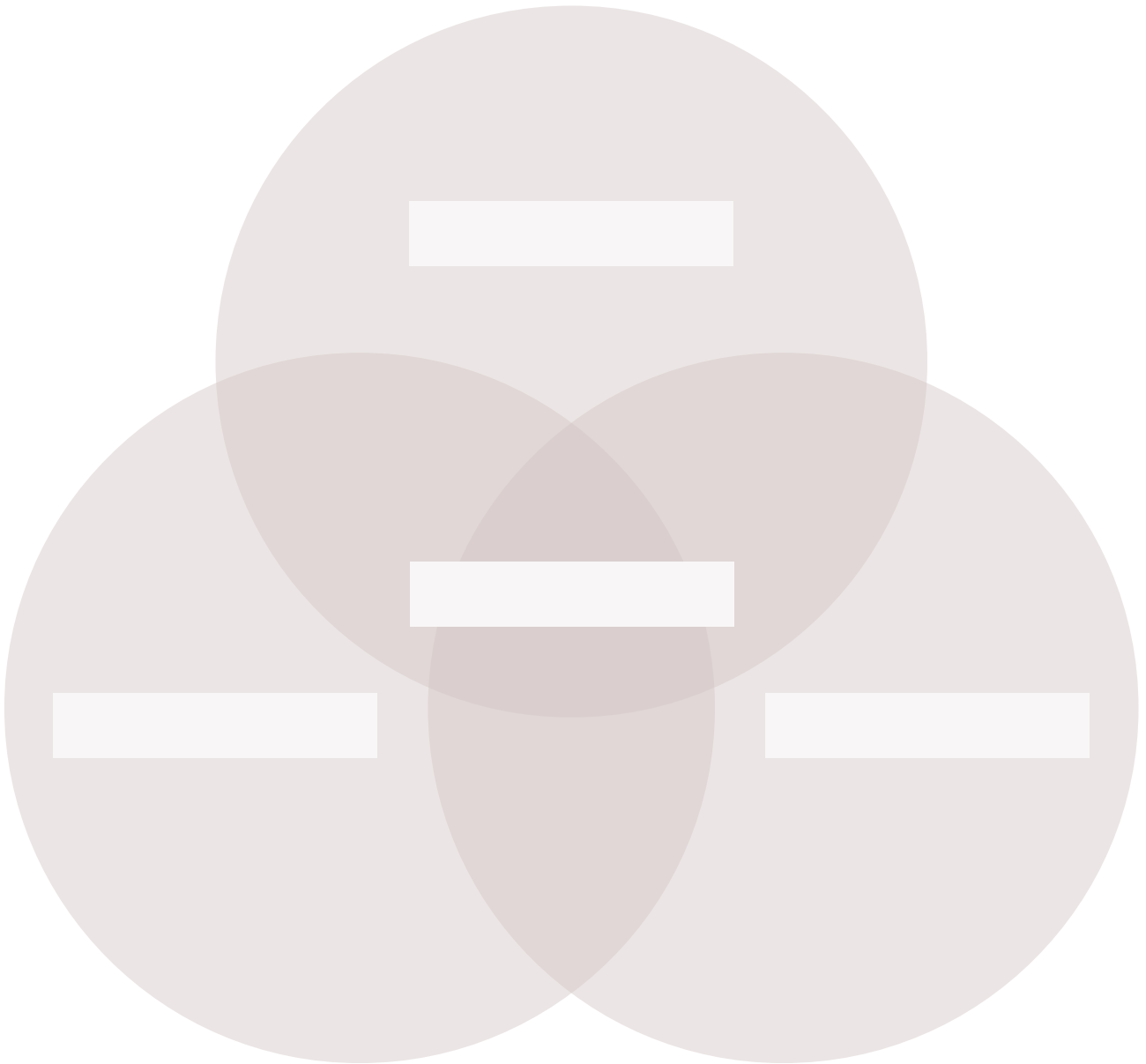
See what values in the list below resonate with you (or come up with your own).

Abundance	Concentration	Equality
Acceptance	Confidence	Excellence
Accomplishment	Connection	Experience
Accountability	Consciousness	Exploration
Accuracy	Consistency	Expressive
Achievement	Contentment	Expand
Adaptability	Contribution	Expansion
Adventure	Conviction	Effervescent
Alertness	Cooperation	Fairness
Altruism	Courage	Family
Ambition	Courtesy	Fearless
Amusement	Creation	Feelings
Assertiveness	Creativity	Ferocious
Attentive	Credibility	Focus
Awareness	Curiosity	Fortitude
Awe	Decisive	Freedom
Balance	Decisiveness	Friendship
Beauty	Delight	Fun
Boldness	Devotion	Flow
Bravery	Dedication	Generosity
Brilliance	Dependability	Gentle
Calm	Determination	Genius
Content	Development	Giving
Capable	Devotion	Goodness
Careful	Dignity	Grace
Certainty	Divine	Gratitude
Challenge	Divinity	Greatness
Change	Discipline	Growth
Cleanliness	Discovery	Glow
Clear	Dynamic	God
Clarity	Drive	Goddess
Clever	Ease	Happiness
Comfort	Effectiveness	Hard work
Commitment	Empathy	Harmony
Common sense	Empower	Health
Communication	Endurance	Heart
Community	Energy	Healing
Compassion	Enjoyment	Honesty
Competence	Enthusiasm	Honour
		Home
		Hope
		Humility

Ignite	Passion	Sincerity
Imagination	Patience	Skill
Independence	Peace	Skillfulness
Individuality	Performance	Solitude
Innovation	Persistence	Spirituality
Inquisitive	Playfulness	Spontaneous
Insightful	Potential	Stability
Inspiring	Power	Strength
Integrity	Play	Structure
Intelligence	Present	Stretch
Intensity	Presence	Success
Intuitive	Productivity	Support
Invigorate	Professionalism	Surprise
Joy	Prosperity	Surrender
Justice	Purpose	Sustainability
Kindness	Quality	Talent
Knowledge	Quintessence	Teamwork
Knowing	Radiance	Temperance
Laughing	Realistic	Thankful
Leadership	Real	Thorough
Learning	Recognition	Thoughtful
Liberty	Recreation	Tranquillity
Listening	Respect	Transparency
Logic	Responsibility	Trust
Love	Restore	Trustworthy
Loyalty	Reverence	Truth
Luminous	Rigour	Travel
Magic	Risk	Transformation
Mastery	Rebirth	Undefended
Maturity	Satisfaction	Understanding
Meaning	Sacred	Uniqueness
Moderation	Security	Unity
Motivation	Self-reliance	Unconditional
Music	Sensitivity	Vulnerability
Movement	Sex	Victory
Nourish	Sensuality	Vigour
New	Sexuality	Vision
Now	Serenity	Vitality
Openness	Service	Wealth
Optimism	Sharing	Welcoming
Order	Significance	Wow
Organization	Silence	Weird
Originality	Simplicity	Wisdom
Oneness	Sublime	Wonder

Anchoring Words

Write the 4 words you resonated with to be a guiding light for the year ahead.



The higher level of mind beyond the unrelenting river of thoughts is where we have the ability to direct the voice in our head.

No different to saying 'Breathe, relax, breathe, relax' in your mind when you are experiencing being triggered, you can anchor yourself back to the present moment using different 'anchoring words'.

They can also keep you grounded in your vision and focused on aligning relative choices with your values.

2024

What are the top 8 experiences you are wanting to create invitations for next year?
Be specific and practical.

O1

O2

O3

O4

2023

05

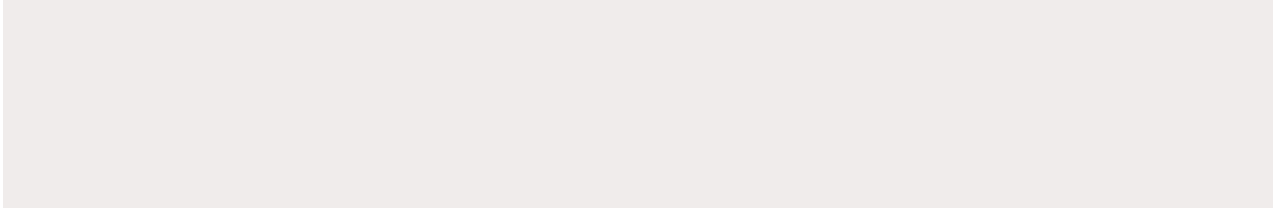
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07

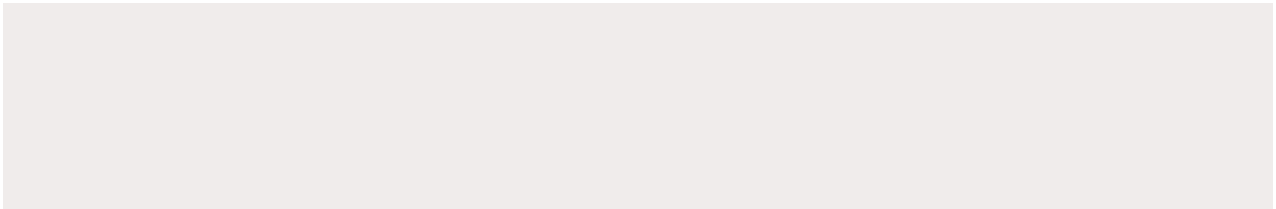
08

Reflection Questions

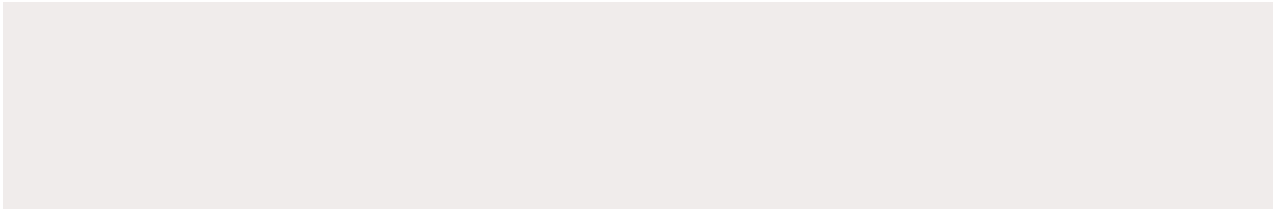
1. What **limiting beliefs** are you willing to enquire and release this year that are no longer serving you?



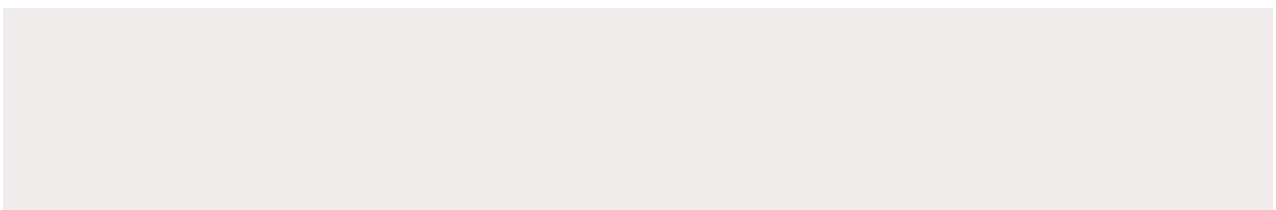
2. What **interests/ passions** would you like to explore more of this year?



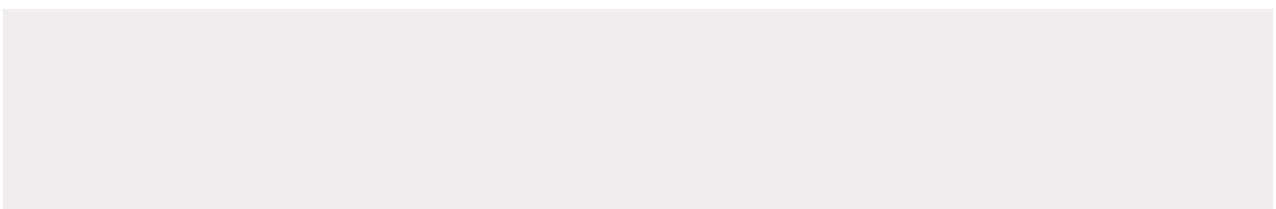
3. What **practical changes** would you like to implement in any area/s of your life that would bring more joy, lightness and ease?



4. How can you bring more spontaneity, play and connection into your **relationships** this year?



5. What things do you want to be saying **yes's** to rather than **no's** to this year and/or visa versa?

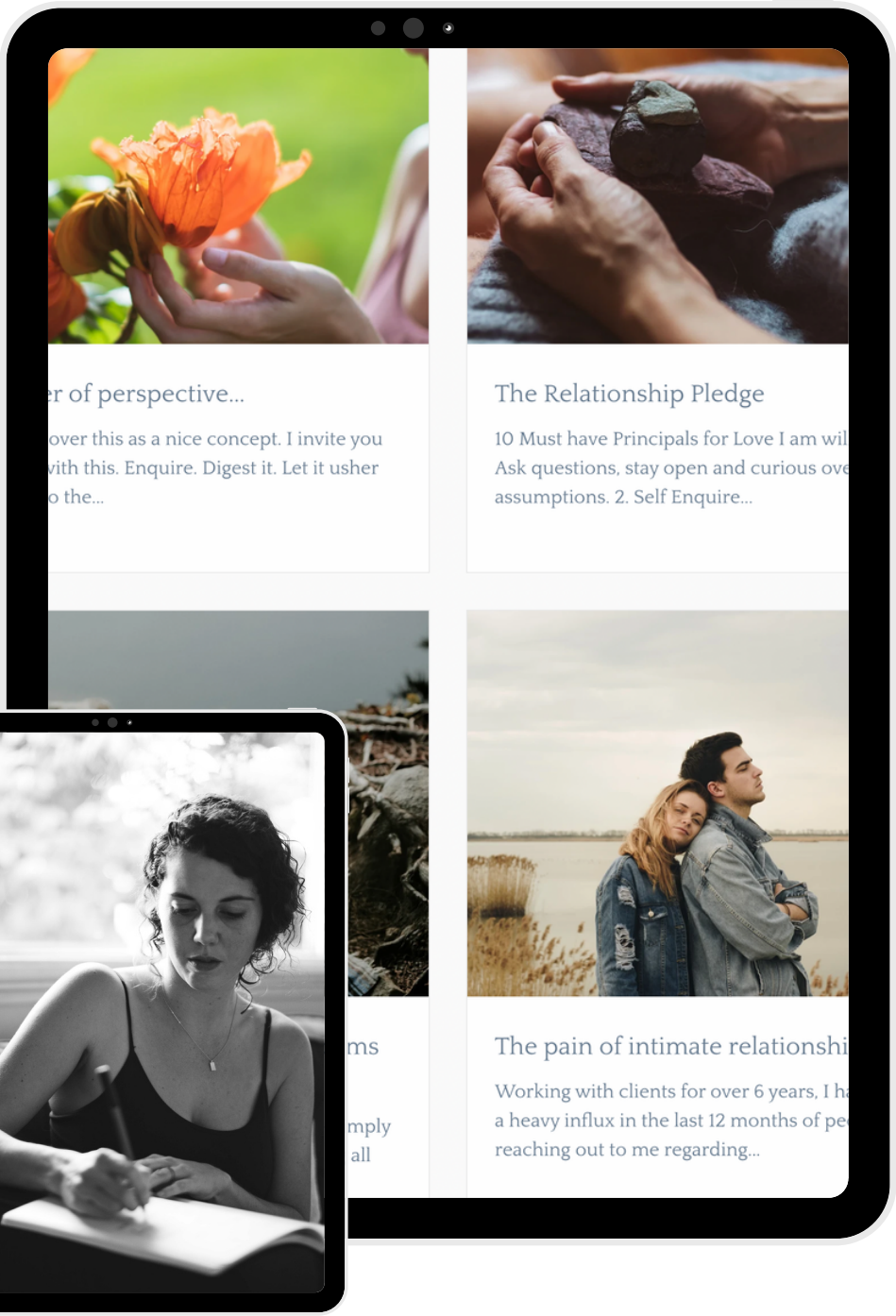




Resources

Keep expanding

RESOURCES



Blog & Poetry

[Read more](#)

[Read more](#)

01

Self Intelligence Community

<https://selfintelligence.com/self-intelligence-community/>

02

Mooji

<https://mooji.org/>

03

Byron Katie

<https://thework.com/>

04

Michael Singer

<https://resources.soundstrue.com/michael-singer-podcast/>

05

David Whyte

<https://davidwhyte.com/>

06

My favourite resources

<https://www.tessmallett.com.au/resources-inspiring-books>

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

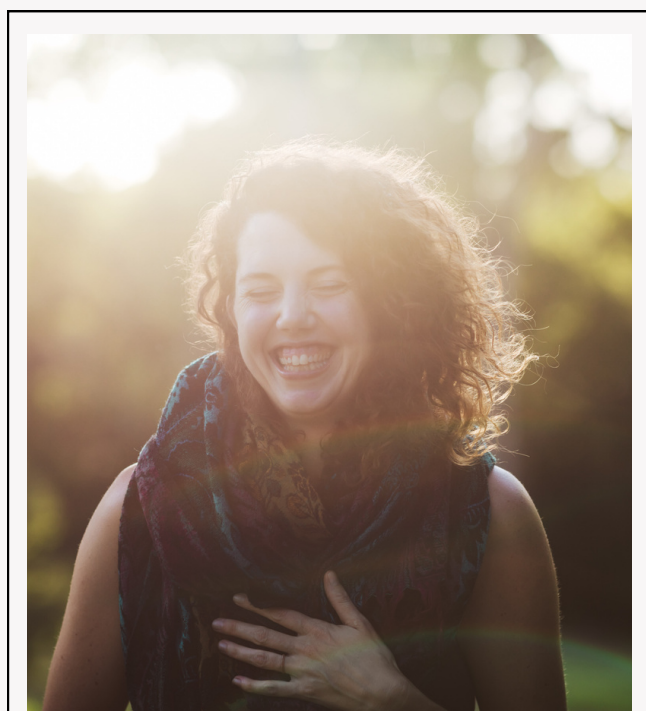
DAILY PLANNER

MORNING

AFTERNOON

EVENING

FEEDBACK & TESTIMONIALS



An Invitation for you

Feedback

Your feedback is important to me, so please feel free to send me an email with any feedback that you have regarding our sessions. You may have things that you want more of - e.g education tools etc.

Email: connect@tessmallett.com.au

Testimonial

As a small business, word of mouth and testimonials is how I am able to continue to offer my work to the world. It's really supportive for people in their growth journey to hear people's first-hand experiences of the work, which can support their decision-making. I would deeply appreciate any words that you feel called to share about our continued work together.

if you would like some inspo, take a look at some previous testimonials here:
<https://www.tessmallett.com.au/what-people-are-saying-about-tess>



WITH LOVE

Thank you again to my beautiful, courageous clients who journey on this path of Self Discovery and Transformation with me - I have so much love and gratitude, you are my teachers.

I am honoured to dance with you in this life.

Have a wonderful festive season and I look forward to deepening in the work with you next year.

In love and service,

Pessy xo

