

The Conscious Completion Habit

A Simple Tool to Support Your Intentional Life

What is conscious completion?

- A profound act of self respect and self love
- The empowering action of intentional “letting go”
- Becoming more aware 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 yourself 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.*
— Sheri Krug, Executive Assistant, Mom and Overall Wonder Woman

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 very helpful to write the completion down thoroughly 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

The End of the Day Completion Habit

The Difference Between Complete and Finished

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