



BE DO HAVE

New Year's Ritual



AWAKEN YOUR VOICE. EMBODY YOUR FLOW.
LOVE WHO YOU ARE.

The background of the image is a soft, abstract watercolor wash in various shades of purple, lavender, and magenta. The colors are blended together, creating a dreamy, ethereal atmosphere. There are some darker, more saturated patches of purple, particularly towards the top and bottom edges, while the center is lighter and more airy.

"It's a new dawn. It's a new
day. It's a new life for me...
And I'm feeling good."

– Nina Simone

Welcome to your Space to Reflect and Dream in 2026

As 2025 comes to a close, this ritual invites you to pause, reflect, and dream. It offers a gentle space to look back on the past year and set clear, meaningful intentions for 2026.

This is not something to rush.
This is a moment to listen, remember, and choose.
Let this be your New Year initiation.

This is a fillable PDF you can save to your desktop and return to throughout the year, adding to it as you go, like a compass guiding you home.

The Be-Do-Have Model

This model guides your 2026 journey—helping you clarify who you want to be, the actions you'll take, and the life you want to create, so you can move forward with intention.

How to Use This Workbook

Set an intention and create a calming space. Then, for each page, set a 15-minute timer and write freely through the BE · DO · HAVE sections:

- BE: I AM — who you are becoming
- DO: I DO — actions you are taking
- HAVE: I HAVE — what you experience as a result

Repeat this process for 3, 6, and 12 months.

Gentle Reminders

Keep it simple. Don't overthink it.
Write in the present tense, choosing 3–5 statements per section.
Stay open, curious, and kind to yourself.
Dream freely and honour every insight.

This journey is the destination—allow yourself to enjoy it.

BE

Who I Am in 2026

We begin with BE, because who you believe yourself to be shapes what you create.

These I AM statements help support core belief shifts and create a grounded foundation for the year ahead. Write in the present tense and keep it simple. Notice how the words feel in your body.

These are examples and starting points—use, adapt, or replace them as you wish.

I AM healing.

I am allowed to heal in my own time and rhythm, guided by my body.

I AM enough.

Nothing about me needs fixing.

I AM worthy.

I am deserving without effort or proof.

I AM connected to my body.

I listen and respond with care.

I AM free to express myself.

My voice and creativity are safe.

Gentle reminder: These statements are anchors, not something to perfect. Return to them often.

DO

How I Support Who I Am Becoming

The DO is about small, intentional actions that support the person you are choosing to be. These are not rules or obligations—they are gentle practices that help your beliefs become lived experiences.

Choose actions that feel supportive, sustainable, and aligned with your life right now.

I DO practices that support my nervous system and embodiment.

Example: I spend 10–20 minutes with breath, sound, or gentle movement.

I DO regular check-ins with myself.

Example: I pause to sense what I'm feeling and respond with care.

I DO creative practices that allow expression and release.

Example: I sing, hum, write, or create without an outcome.

I DO things that honour my capacity and wellbeing.

Example: I rest, nourish, and set boundaries in response to my energy.

Gentle reminder: Consistency matters more than perfection. Small, supportive actions add up over time.

HAVE

What I Experience as a Result

The HAVE reflects what naturally unfolds when you align who you are with how you act. These are not goals to chase, but experiences to notice and receive.

Write in the present tense. Focus on how you want life to feel.

I HAVE a deeper sense of inner peace.

Example: I notice my inner states with curiosity and compassion.

I HAVE confidence in expressing myself.

Example: I share honestly when safety and readiness are present.

I HAVE clarity and flow in my work and creativity.

Example: My systems feel supportive rather than demanding.

I HAVE a sense of financial steadiness through my creativity.

Example: I allow value and support to meet my work.

Gentle reminder: The HAVE is not something to force—it's something to allow as you stay aligned with your BE and DO.

Here's to a year of magic, growth, flow and expression!

With Love & Gratitude,
XOXO

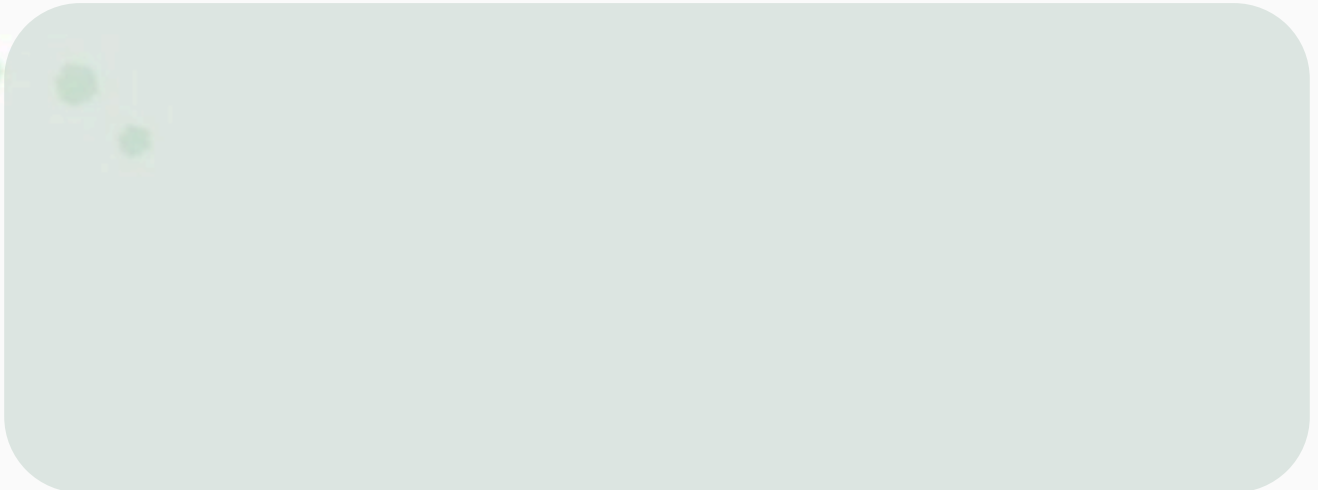
Francie

Reflect and Celebrate 2025

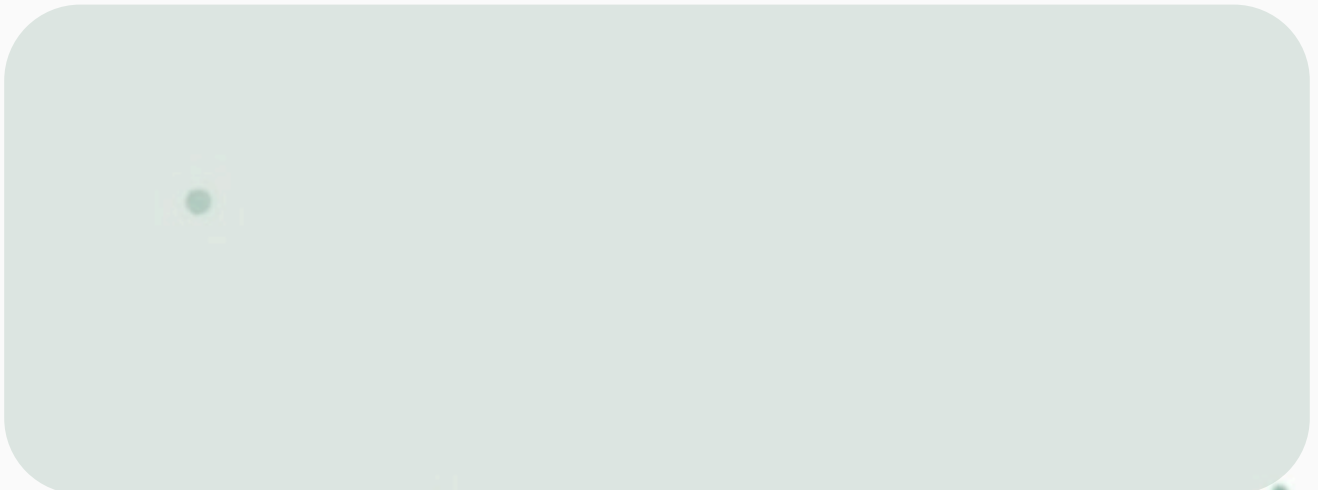
What were 3 big celebrations, wins or completions of 2025?



What were 3 big challenges, teachers or growths in 2025?



What are three things I am grateful for from 2025?



3 Months

What is beginning to take root?

BE



DO



HAVE



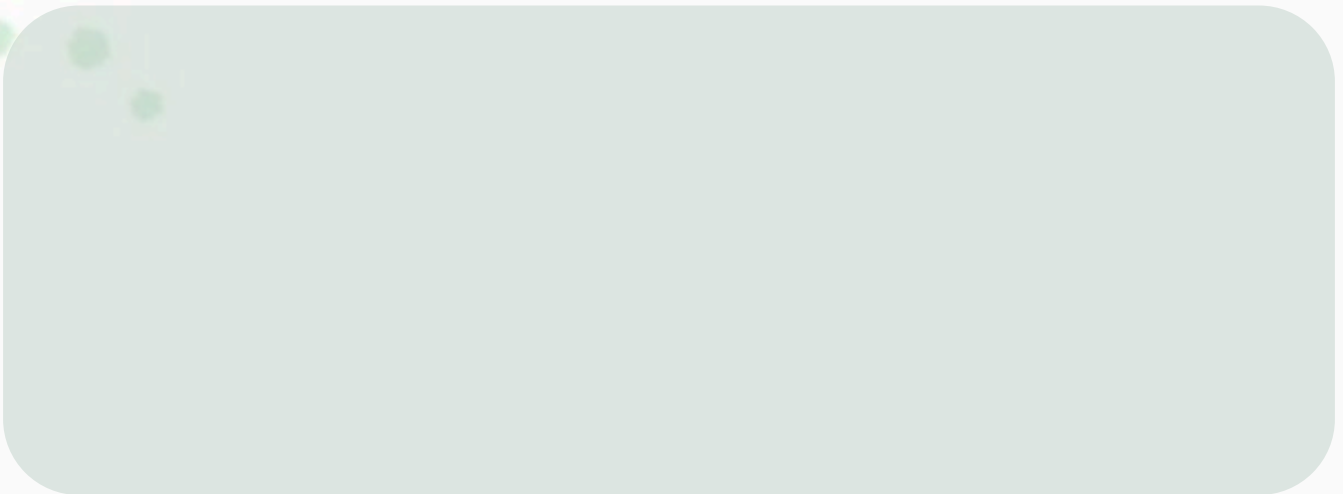
6 Months

What is integrating and strengthening?

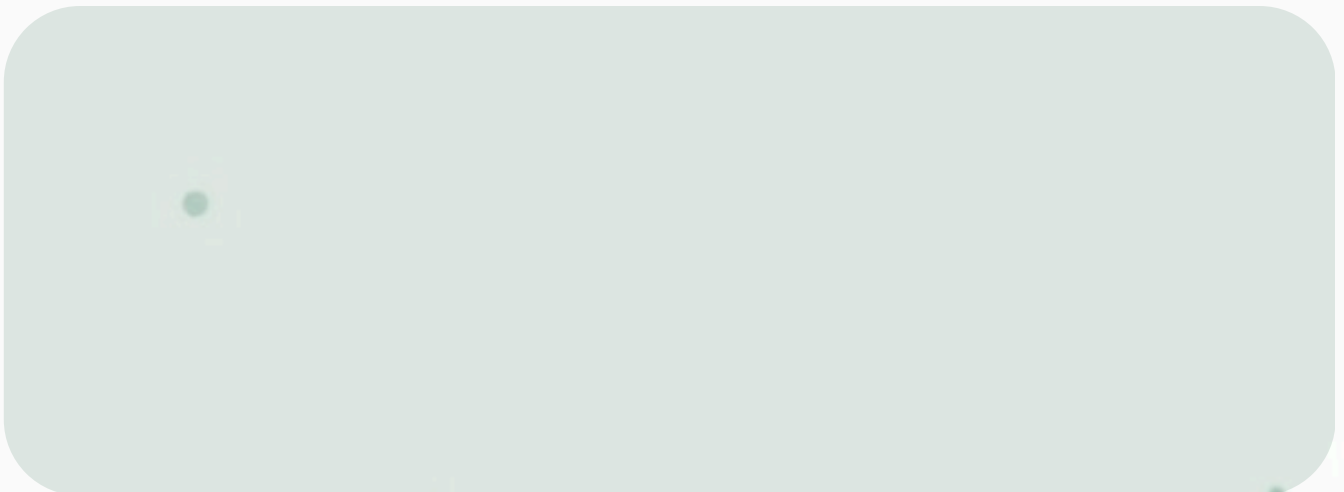
BE



DO



HAVE



12 Months

Who am I becoming?

BE



DO



HAVE



Ready to Go Deeper?

if something has opened inside you, you don't have to walk this path alone.



RETREATS IN PARADISE

Private & Group Retreats in Bali & Thailand

Join me for private retreats in Bali or my signature group retreat in Koh Phangan, Thailand—immersive experiences to slow down, reconnect, and embody your voice through music, movement, rest, and ritual.

1:1 VOICE & MENTORSHIP

Personal Support for Your Evolution

For those seeking deeper, personalised guidance, I offer 1:1 sessions rooted in vocal awakening, embodiment, and conscious inquiry. These sessions support you in reconnecting with your voice, your truth, and your natural flow.

HEARTSONGS SONGBOOK

Songbook & Vocal Activation Guide

Sing, Play, and Share 150+ HeartSongs, mantras, and medicine songs with simple chords and an accompanying audio library—created for song carriers, circle singers, and vocal healing.

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What People Are Saying...

“Thanks for sharing your voice, your authenticity. **Your creativity has evolved mine**, I’m feeling even more free to express myself. Keep sharing you and all you got to offer. Happy you brought so many moments of joy, music, dance, drawing and laughter, it added so much value.

- Melanie

“Thank you. **I got vision and inspired by you** and your voice a lot, Thank you so much for your energy and beautiful voice”.

-May Cao

Thank you so much for creating a **space that feels safe and encourages us to share** and get out of that “scary comfort zone”.

-Anna K



Thank you Francie. I just thought about you today and how inspiring you were for me with your music, **Thank you for helping me open my voice and inspire me musically.**

-Lukas S.

Not enough words to thank you for being a part of this journey of mine, bringing in so much Joy, **laughter, wisdom, music & Love.** I absolutely love your being & I'm honored, grateful to have met this beautiful soul of yours, hoping our paths. will meet again & maybe make some music or magic together.

-Alia

Thank-you!

I'm excited to connect with you more in 2026!

Thank you for taking the time to reflect, dream, and align with your intentions through this Be Do Have ritual. Each step you've taken is an act of creation, honouring your path and your potential.

May this year meet you as you truly are.

May your voice lead you home.

May your life become the song you came here to sing.



Let's Connect:

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Check out my music,

Francie La Flow, on [Spotify](#),
[SoundCloud](#), or [Apple Music](#)!