



# ARE YOU READY

TO CELEBRATE YOUR OWN  
JOURNEY AND COMMIT TO  
**BECOMING ONE**  
WITH YOURSELF FOR  
365 DAYS?

## Becoming One

365

with Connie Rotella

**A Daily Devotional Journal**

Based on the Amazon bestselling book

## **BECOMING ONE**

A JOURNEY OF SELF-DISCOVERY AND  
RECONNECTION FROM WITHIN

# Becoming One

Are you ready to commit to  
**BECOMING ONE**  
with yourself for 365 days?

Yes, I, (name), am ready to commit with myself for the next 365 days.  
(This is a contract with yourself ~ sign it, date it and re-write the sentence).

I, \_\_\_\_\_

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

**In one word, describe how you want this year to be for yourself?**

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This is your year! You will reconnect within and discover more of yourself through your inner voice. Listen and you will find wonders.

**Let us begin our journey together...**

Here are the three questions that you will need to answer.  
You can complete these three sentences with the guidance of your inner voice.  
What is it telling you and what would you like to commit to in your daily routine in finding passion, love and life in what you do?

*Get excited about all that you will become this year!*

**What will be different for you this year?**

**READY! ANSWER...**

**I want:**

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## **1. Why**

### **Why do you want this for yourself?**

I had a story and a message to share with everyone. It was a loud inner voice whispering to me for the last 3 years. It is also a gift to my son who inspired me to find that inner voice and find the whys to my life.

## **2. When**

### **When do you want this to come to life?**

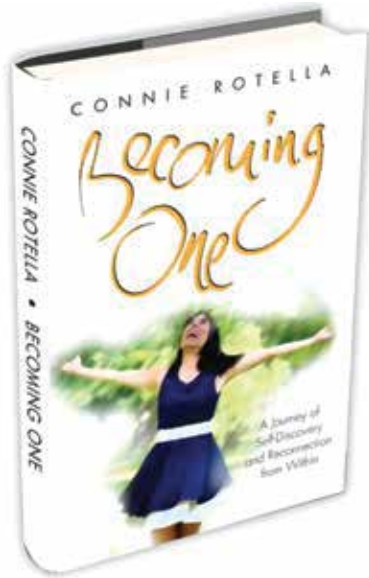
Give yourself a date to commit too and make it real

In Becoming One, my goal was to have it in your hands in time for my 40th birthday, so I committed to making it happen by writing every day for 90 days.

## **3. How?**

### **How will you make this happen for yourself?**

I found a mentor to guide me for the first three months of my writing process before I went ahead and found a publishing team to publish my book.



Here are the  
**16 CHAPTERS**  
that you will find in  
**BECOMING ONE**

If you have a copy of my book, make sure to highlight what you connect with in your life so you can write about how it makes you feel and why you are drawn to that sentence or part of the book. What came out of that and why? Take notes in the book while reading and if you don't have my book yet, keep reading here.

The emotions you are feeling are probably the same as mine or different or you probably haven't figured it out just yet. And that's ok. That is why it's called our journey and our life experiences.

In the following exercises, I suggest you take the time you need to complete every part and look deep within yourself and answer them truthfully so you can discover that inner voice and work towards your future self in the next year. Stay focused on the journey that you want to build for yourself.

**You are important!**

**Let us celebrate you.**

**Together we will find a new circle of friends or opportunities that will arise.**

**The best is yet to come.**

**Shine my friends; you owe it to yourself to Become One.**

Now follow these steps and have fun with it. This is not a job, or homework. This is time spent with you on discovering what you lost or left behind; to grow more into that passion you love so much. You can start a new hobby or try a new career choice. Everything is possible, just reconnect with yourself from within and see what happens.

# 1

## RECONNECTING WITH MYSELF

Very simple, breathe in and note down what reconnecting with yourself means to you. Write or draw a first draft of becoming one with yourself and reconnecting to that inner voice.

Let that voice lead the way and then read yourself and complete your message with an open heart.

**What does your first draft of your Becoming One look, feel and sound like?**

# 2

## DO WHAT YOU LOVE TO DO

Find what it is you love to do and commit to it every day. Start with five minutes a day and then increase the time. If you already found it and doing what you love to do, I am sure there is something more you would like to add or improve in your skills or daily habits. Find what that is, and make it happen for yourself. Open a new door, and see what hides on the other side. Go ahead - try it!

**What do you love to do?**

**What would you like to add in what you already like to do ?**

**How can you improve yourself, your skills?**

After these first two chapters of writing about where you are at and what you will like to add in your life. It is time to become one with that inner voice. Let it guide you, even if you are scared of it. Trust in that voice, trust in yourself. Go ahead and make plans of becoming this better version of yourself. Include all your daily thinking, intentions and notes to making that possible.

**What does becoming a better version of you look like?**

**Ideas of daily routines in becoming one with yourself:**

**Make a schedule and plan a system that works for you**

**Early Morning:**

**Mid-Morning:**

**Afternoon:**

**Mid-Afternoon:**

**Supper time:**

**Evening:**

**Before going to bed:**

Meditation, visualisation, breathing, sleeping (getting good rest is important for the body and mind and feeding your body good nutrients to maintain a well-balanced lifestyle needs to be planned out for a successful long term becoming one with yourself)

**What are your Intentions during this next year?**

# 4

## MY JOURNEY

Start creating your journey. Make it fun, adventurous, amazing, and exciting. Love the journey with all the ups and downs.

**How can you better yourself now and grow deeper in your life experiences, relationships, work patterns and career choices. Write it all down and create more examples that touch your life.**



# 5

## MISTAKES - ARE THEY REALLY FAILURES?

**Which mistake is still defining who you are? Is it still bugging you that you can't let go?**

It's time to deliberately leave that mistake in the past.

**What mistake or failure in your life contributed to you feeling this way?**

**What did you learn from it?**

**What pain did it cause you?**

**Was that mistake or failure a turning point in your life?**

Go ahead and write about it, let it all out and Become One with that moment. You will have to face it all and go through all the emotions so you can finally heal from it. Let's make peace with it so we can move on. Take your time. Cry, scream, smile whatever emotion it is, let it vibrate within you so you can process it and say thank you to it and let it go. Fly away; it's there for a reason.

# 6

## FINDING PEACE WITHIN AND A CALLING TO LIFE

Now that you've made peace with something from the past, forgive yourself for holding on to it. Write down what you want from life. Then scream it out wherever you are. Walk around and just focus and think about it. Visualize it, see it, smell it, feel it. Just think of it all the time until it becomes real. It can be writing a book, or getting the job or contract you want, or moving to that special place in your heart. Go for it, spend the next few hours feeling it and understanding it better. Then ask yourself, is this really what I want? Is this the me I want to become? Is this what will make me happy?

**What do you want to attract in your life?**

Finally, listen to that inner voice. Let it lead you. Learn more about what you are discovering of yourself. Research, find a mentor or teacher. Create that space to make it come to life.

Learn when to speak and when to listen. What is listening? How can we learn to do this well so when we speak the words come out right. Taking time to listen is a gift we have in order to be able to learn. Make it feel special that when you can hear what someone has to say, you can actually really feel it, learn and grow from. Give yourself the attention you need by listening to yourself instead of running from it. Commit to listening better to yourself now. Give value to that part of your life that can give you a bigger understanding of your journey.

**What does listening mean to you?**

**What is your inner voice telling you?**

Busy is not a word you want to use in your vocabulary from now on. We are all busy, so stop that now. That is the reason you are not moving forward. Yes, you can make everything you've written down in this journal real. Yes, the impossible is possible. Yes, you are the one that will make it happen by working extremely hard for that happiness, or job/career or the future self you want to become. Stop the chattering happening in your head. Stop making excuses. Fear and change is good, repeat it with me. **Fear and change is good.**

Breathe in, meditate now. This work we are doing together does not take an hour; it is a journey that we need to find and connect to. Overcome everything that is in the way right now. Remember you are choosing this path, so don't blame others. Make choices, good ones. There is no right and wrong, so focus on your path.

I'm giving you time here to close your eyes and see what monster is not letting you do what you want to do.

**What obstacle is in your way?**

Stay still and watch what your mind creates then feel what your heart is really telling you. Have fun with this exercise. Only you would know all your answers, connect to that voice within. Find it. Oh yes, it's there. Take the time you need and do it well.

5  
4  
3  
2  
1

**Close your eyes and go:**

I love this part don't you? Follow that path you just created for yourself.

**What is it?**

**Why is this important to you ?**

**Where can you find it?**

**When can you begin?**

**How can you gain control of all these wonderful experiences you want to create for yourself?**

Once you answer all of these questions, make it happen.

Go on make your schedule on a document and follow through.

If you need to go back a few chapters go ahead, remember your mapping your future self. So do it right -take your time and feel it with your inner voice.

Connect to that special place within.

I often ask myself, “am I living the life I want”?

This is the time you need to figure out what you have done before, where you are at now and where you would like to be. Always focus on the NOW and see where that brings you.

**Tell me a little story about your life now:**

The year ahead— These next 365 days, commit to becoming one with that inner voice and follow in the path of your future self. Draw a picture of your future self, write a note to your future self; create a slogan for your future self.

My slogan is: **Let the journey continue**

**What is your slogan?**

What is that special gift that you want to share with your son, daughter, mother, father, friend, wife, husband or someone in your life. When you give a gift from the heart to that special person that brought so much into your life, you receive more good in return. Return that gesture and make that a gift to yourself.

This book was a gift to my son because he inspired me to listen to my inner voice and to remember to always play and have fun no matter your age, or situation.

Think of that person you want to give this gift to. You can make them a card or buy them an item that would mean something. Nothing big - just something to represent a gift of life. Enjoy this moment.

**What is your gift?**



**What can you do to help the next generation?**

Go out and find something and give back in a special way, you will feel great. Teach someone you think you'd like to mentor or have a conversation with; maybe a younger version of yourself and guide them or try to understand where they are at. See what can come out of this situation. You will only learn more on yourself. Go on do this exercise. They are everywhere, find someone and spend quality time in learning more.

**Who can you help?****How can help them evolve?****How do you imagine it helping you back?**

The guilty feeling is what you experience when time is taken away from all the joy, progress, commitment and engagement in your life. It can be overwhelming. Say goodbye to that guilty feeling now.

**What is causing your guilt?**

**Why is it still around you?**

**Guilt won't just disappear. How can you gain control of it next time you feel it so that you can 1) accept it and then 2) let it go.**

We all have feelings of guilt; don't hide it, let it resurface so you can move on.

Stop being distracted by everything around you and make progress in moving forward in whatever that means for you.

There is no better time than now. We are near the end of the work, so now is the time to be one with all of you and do what your inner voice led you to do in all this research on yourself. Congratulations, you did it!

**What have you learned about yourself that you didn't know before this work began?**

Honor yourself for coming this far. Be grateful for putting yourself first. Say thank you to yourself for making this commitment. It is hard work but all worth it in the end. Nothing will be handed to you, you need to work for it and you just showed that you can do it by finishing these steps that will bring you to what you truly are calling out for this year. Thank you for making it here.

**What are you grateful for in your life?**

# Becoming One

## SO MANY TO THANK

Now that we took many steps together, pick up the phone and contact that special friend, mentor, teacher or person that really helped you at some point in your life and thank them for how that made you feel. Speak to them and let them know that you never forgot that moment that created change. Maybe they can help you to the next chapter on your life. Find a new teacher if you want.

Enjoy your journey !

# NOW IS YOUR TIME TO BECOME ONE

*You are never alone...*

I chose to dance myself through life experiences. My inner self expresses herself through this passion of mine that is dance. I feel alive and happy when I move to music. I surround myself with so much love and mentors that guide and help me to always be the best that I can be. Listening to my inner voice while dancing has helped me through so many situations. Now my words keep me more connected to myself by writing. I realize there is always place to grow and learn, but it all comes from listening. Learning the craft of listening is giving me more insight and power within to be able to do everything my heart desires. Find your passion and get creative again. Discover what lies beneath your wings.

*With love, your friend*  
**Connie Rotella**



The goal of this journey together is to explore more about you and what you would like for yourself this year so that next year you are not in the same place. Knowing what is important is bigger than all the mess and chaos you create in your life.

Being happy is a choice. Putting yourself first is important. Happy you, means that everything around you will generate from your happiness. Love will conquer and the heart will lead. Simplicity will resurface and playtime becomes fun again. Responsibilities take a different shift in becoming one with yourself and making things happen. So now, how do you look at your life from a different perspective? Change your mindset, and see the bigger picture. Takes time sometimes but what else do you have to do?

## QUESTIONS THAT WILL LEAD YOU TO YOUR DESTINATION:

- 1 Do you think you can achieve all this greatness?
- 2 Do you want to give it a try?
- 3 Do you feel like you gained clarity in finding some peace within?
- 4 Did you understand that working for it can be fun not overwhelming?
- 5 Step by step all is possible. Do you think you can find that mentor or teacher to help you to the next step of your life?
- 6 How are you feeling?

- 7 Acknowledge all that you are and become one with yourself by asking why. So what do you feel in this moment and why?
- 8 Is your heart leading or your ego?
- 9 Who do you want to make proud in this journey that belongs to you?
- 10 Are you ready to begin now and not tomorrow?
- 11 What will you do?
- 12 How can you create all this?
- 13 When will it be ready for?
- 14 Will you commit for 365 days?
- 15 Why are you doing this again?
- 16 Will you have fun?
- 17 Will you write?
- 18 Will you dance, laugh and live?

Congratulations!  
*you did it!*