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*From Survival
to Sacred*

**Setting 2026 Intentions from a Regulated
Nervous System**



Table of Contents

Welcome	4
Timing: When to Use This Guide	5
Use this guide when:	5
Signs you're ready:	5
Part 1: Clearing the Old	6
Reflection Questions	6
Write them down here:	6
Release Ritual	7
Part 2: Listening to Your Regulated System	8
Somatic Check-In	8
What emerged?	9
Examples of what might emerge:	9
Part 3: From Frequency to Intention	11
Examples:	11
Your turn	12
Part 4: Aligned Actions (Not Forced Goals)	13
Example:	13
For each of your intentions:	13
Part 5: Monthly Check-Ins	19
Monthly Check-In Questions:	20
Monthly Reflection Space	21
January	21
February	22
March	23
April	24
May	25
June	26
July	27
August	28
September	29
October	30
November	31
December	32
Part 6: Sacred Anchor	33
My Primary Intention for 2026:	33
Create a Visual Representation	33
Where will you place your visual anchor?	33
Closing Ritual	34
Additional Support	36



If You Need Help Staying Aligned:	36
Join Future Offerings:	36
Resources:	36
A Final Thought	37
Notes & Reflections	38



Welcome

There's a reason most New Year's resolutions fail by February.

They're set from a nervous system in survival mode.

When you're stressed, exhausted, and running on empty, the goals you set come from:

- ☆ What you think you "should" do
- ☆ What would make you acceptable to others
- ☆ What might finally make you feel "enough"
- ☆ Fear of staying where you are

But when your nervous system is regulated—when it's experienced even a moment of safety—something shifts.

The goals you set come from:

- ☆ What genuinely lights you up
- ☆ What aligns with your authentic self
- ☆ What feels like expansion, not contraction
- ☆ Trust in your own unfolding

This guide is for setting intentions after your nervous system has reset. After it's remembered what safety feels like.

These aren't resolutions. They're sacred agreements with your future self.



Timing: When to Use This Guide

NOT immediately after the session.

Your nervous system needs time to integrate. Give it 3-7 days after watching the replay (or attending live).

Use this guide when:

- ☆ You've had time to rest and process
- ☆ You notice yourself naturally thinking about the future
- ☆ You feel curious about what wants to emerge
- ☆ You feel grounded enough to dream again

Signs you're ready:

- You can take a full, easy breath
- You're sleeping a bit better
- Old stressors feel less overwhelming
- You notice more space between stimulus and reaction
- Something in you whispers: "What if...?"



Release Ritual

When you're ready, say aloud or in your heart:

"I release these goals with gratitude for how they kept me safe. But they're not mine anymore. I let them go."

Take a deep breath.

Consider a ritual of release:

- ☆ Burn the list (safely)
- ☆ Bury it in the earth
- ☆ Tear it up and throw it away
- ☆ Dissolve it in water

Let your nervous system witness the release.



Part 2: Listening to Your Regulated System

Now, from this clearer space, listen.

Somatic Check-In

Create space for this practice:

- ☆ Find a quiet place where you won't be interrupted
- ☆ Sit or lie down comfortably
- ☆ Close your eyes
- ☆ Place your hands on your heart

Take three deep breaths.

Now ask your nervous system (not your mind):

"What do you want to experience in 2025?"

Notice what arises:

- ☆ Sensations in your body
- ☆ Images or colors
- ☆ Words or phrases
- ☆ Feelings or knowings
- ☆ Physical impulses to move

Don't force it. Don't judge it. Just listen.

Your nervous system knows.



What emerged?

Write down everything that came—even if it doesn't make logical sense yet:

Examples of what might emerge:

Single words or phrases:

- ☆ Softness
- ☆ Play
- ☆ Spaciousness
- ☆ Being seen
- ☆ Creative flow
- ☆ Community
- ☆ Wild freedom
- ☆ Deep rest
- ☆ Boundaries
- ☆ Lightness
- ☆ Connection
- ☆ Solitude
- ☆ Movement
- ☆ Voice
- ☆ Color
- ☆ Dance

Sensations:

- ☆ Warmth in chest
- ☆ Openness in throat
- ☆ Expansion in belly



- ☆ Lightness in shoulders
- ☆ Tingling in hands

Images:

- ☆ Ocean waves
- ☆ Open fields
- ☆ Forests
- ☆ Light
- ☆ Fire
- ☆ Wings

All of these are valid. These aren't goals. They're frequencies. Qualities. States of being.

Trust what came through.



Part 3: From Frequency to Intention

Take the frequencies your nervous system offered.

Now translate them into intentions.

Format: "In 2025, I intend to..."

Examples:

If your system said "Softness":

"In 2025, I intend to let myself be soft. To release the armor. To stop proving I'm strong enough and instead discover what it feels like to be held."

If your system said "Play":

"In 2025, I intend to prioritize joy without justification. To do things simply because they delight me. To remember what it feels like to be silly and free."

If your system said "Community":

"In 2025, I intend to find my people. To stop hiding. To show up as I am and trust that belonging is possible."

If your system said "Boundaries":

"In 2025, I intend to honor my limits as sacred. To say no without guilt. To protect my energy as the precious resource it is."

If your system said "Voice":

"In 2025, I intend to speak my truth even when my voice shakes. To stop editing myself for others' comfort. To trust that what I have to say matters."



Your turn

Write 3-5 intentions based on what your nervous system told you.

Intention 1:

Intention 2:

Intention 3:

Intention 4 (optional):

Intention 5 (optional):



Part 4: Aligned Actions (Not Forced Goals)

From each intention, what actions naturally want to emerge?

NOT: "I should do X to achieve Y"

BUT: "What would support this intention?"

Example:

Intention: "In 2025, I intend to prioritize rest without guilt."

Aligned Actions:

- ☆ Say no to one thing per week that drains me
- ☆ Protect my Sunday mornings as sacred rest time
- ☆ Stop apologizing for needing downtime
- ☆ Explore somatic practices that help me regulate
- ☆ Set a bedtime that honors my body's needs

Notice: These aren't rigid goals. They're supportive structures.

For each of your intentions:

Ask: *"What would support this? What small shifts would honor this intention?"*

Write 2-4 aligned actions per intention.



INTENTION 1:

Aligned actions:

1. _____
2. _____
3. _____
4. _____



INTENTION 2:

Aligned actions:

1. _____
2. _____
3. _____
4. _____



INTENTION 3:

Aligned actions:

1. _____
2. _____
3. _____
4. _____



INTENTION 4:

Aligned actions:

1. _____
2. _____
3. _____
4. _____



INTENTION 5:

Aligned actions:

1. _____
2. _____
3. _____
4. _____



Part 5: Monthly Check-Ins

Intentions aren't set-it-and-forget-it.

They evolve as you evolve.

Set a monthly date with yourself.

Choose your rhythm:

- ☆ First day of each month
- ☆ Full moon
- ☆ New moon
- ☆ First Sunday
- ☆ Last day of the month
- ☆ Your choice: _____

Mark it in your calendar now. Make it sacred.



Monthly Check-In Questions:

Honoring:

- ☆ How am I honoring my intentions?
- ☆ What aligned actions have I taken this month?
- ☆ Where have I shown up for myself?
- ☆ What small wins can I celebrate?

Shifting:

- ☆ What's shifted or changed in me?
- ☆ What feels more true now than it did last month?
- ☆ What's trying to emerge?

Releasing:

- ☆ What wants to be released or adjusted?
- ☆ What's no longer serving?
- ☆ Where am I forcing instead of flowing?

Regulating:

- ☆ Am I operating from regulation or survival?
- ☆ Where has my nervous system contracted back into old patterns?
- ☆ What support do I need to return to center?

Evolving:

- ☆ How do my intentions want to evolve?
- ☆ What wants to be added?
- ☆ What wants to be simplified?

Adjust as needed. This isn't failure. It's responsiveness.

Your 2025 intentions are living agreements, not contracts.



Part 6: Sacred Anchor

Choose one primary intention to carry through 2026.

This is your North Star. Your anchor. The one that, if you honored it, would shift everything.

My Primary Intention for 2026:

Create a Visual Representation

Choose one (or more):

- Draw it
- Create a vision board
- Find an image that captures the essence
- Write it in beautiful script
- Turn it into art
- Create a phone wallpaper
- Make it your computer background
- Frame it

Place it somewhere you'll see daily.

Let it anchor you when your nervous system starts to contract back into survival mode.

This is your reminder of what you're growing toward.

Where will you place your visual anchor?



Closing Ritual

When you've completed this guide, take a moment to honor what you've created.

Place your hands on your heart.

Say aloud or silently:

"These intentions are sacred agreements with my future self.

They come from a regulated nervous system, not a survival-mode mind.

They honor who I'm becoming, not who I was told to be.

I trust my unfolding.

I trust my nervous system to guide me.

I release the need to force, control, or prove.

In 2025, I choose alignment over achievement.

In 2025, I choose presence over perfection.

In 2025, I choose to live from regulation, not reaction.

And when I forget—because I will—I will come back to this.

Again and again.

This is the practice.

This is the path."

Take three deep breaths.



Welcome to 2025. Not as a destination, but as an unfolding.

Your nervous system knows the way.



Additional Support

If You Need Help Staying Aligned:

Individual Sessions:

Each of the eight facilitators offers individual work. If you find yourself struggling to stay regulated or honor your intentions, reach out.

Visit: www.thegraduateschamber.site/facilitators

Join Future Offerings:

We'll be offering:

- ☆ Monthly regulation circles
- ☆ Individual sessions with each practitioner

Stay connected: www.thegraduateschamber.site/signup

Resources:

- ☆ Integration Guide: For processing your nervous system reset experience
- ☆ Intention-Setting Guide: For preparing before sessions
- ☆ Contacts:
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A Final Thought

These intentions? They're not about becoming someone new.

They're about finally having the nervous system capacity to be who you've always been underneath the stress, the trauma, the survival mode.

2025 isn't about achievement.

It's about alignment.

It's about living from a regulated system instead of a hijacked one.

You've reset. Now, what wants to emerge?

Trust that. Honor that. Follow that.

Your nervous system knows the way.

With love and belief in your unfolding,

Dawn • Elizabeth • Kat • Jasmin • Marjean • Maru • Susana • Susie • Tina

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