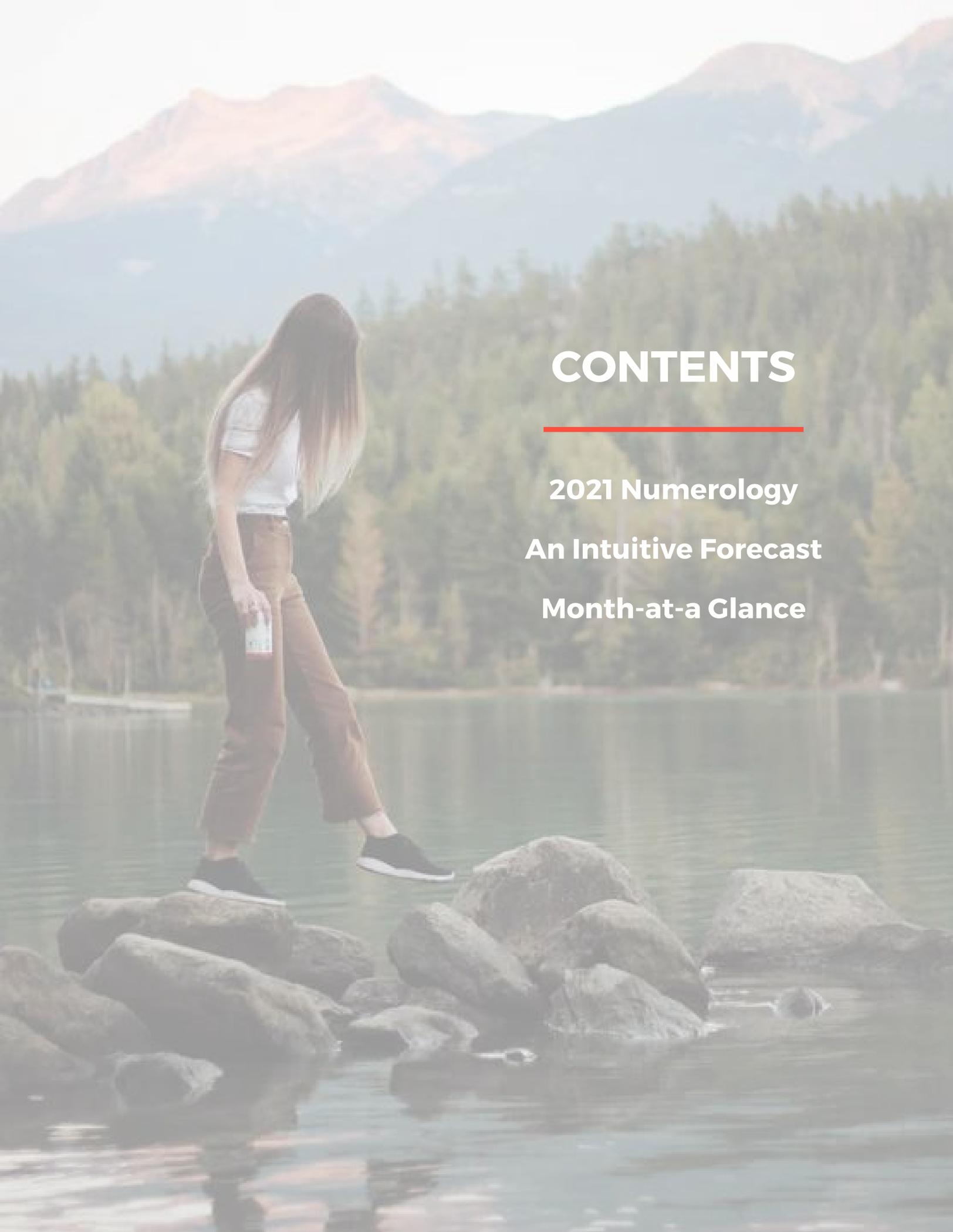
A woman with long, straight brown hair is walking across a series of large, grey rocks in a shallow lake. She is wearing a white short-sleeved shirt, brown trousers, and black sneakers. She is holding a small white bottle in her right hand. The background features a dense forest of evergreen trees and a range of mountains under a soft, hazy sky. The overall scene is peaceful and scenic.

2021: FIND YOUR FOOTING

The 2021 Energy Forecast
with Anna Francesca Celestino

A woman with long, straight, light-colored hair is walking across a series of large, dark grey rocks in a shallow lake. She is wearing a white short-sleeved shirt, brown trousers, and black sneakers with white soles. She is holding a small white bottle in her right hand. The background features a dense forest of evergreen trees and a range of mountains with some snow patches under a clear sky.

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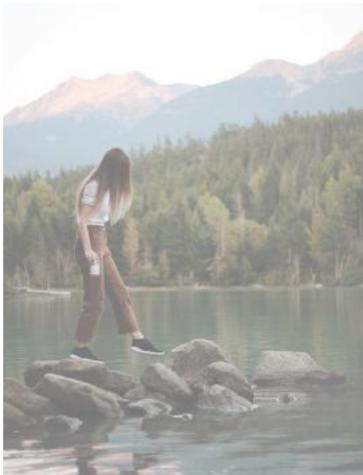


2021 NUMEROLOGY

We're coming in off of a 4 year – 2020. Four usually represents creating a foundation to build on. In this case, 2020 was a year of breaking down old foundations. Disassembling. Dismantling. 2020 stripped away a lot of what we took for granted in our day-to-day lives – worldwide – and caused us to live differently.

2021 is a 5 year. Five is all about change, transformation, travel. It's taking all of the building blocks we've laid so far and now allowing them to blossom into something more. From 2D to 3D. Or 3D to 4D. Clearly, 2021 is about beginning to put the pieces back together. BUT NOT IN THE WAY THEY WERE. We can take the *best of* from the past and leave the rest behind. What is the best of how we've lived. What new possibilities did we discover in 2020? How we dress? Work? Shop? Eat? Communicate? Cohabitate? What's the best of what you've learned and how can you carry that forward and expand on it in 2021.

We have the opportunity to continue to set ourselves on a new path – a path of wholeness, interconnectedness, sustainability. But only if we pay attention and choose our next steps intentionally.



2021 INTUITIVE FORECAST

We are no strangers now to walking into the unprecedented. We've seen our strengths and weakness in the midst of the unthinkable. We've witnessed truths and lies, transparency and deception.

Where do we go from here?

I think in many ways, many of us will be using 2021 to regain our footing. To find a new balance and to rest and restore. And I think the energy of the year will support that. But I can't help but feel that there will be a few deeper challenges we must face - individually and some collectively as well.

We may feel like we don't have the energy for it. We may feel like we can't deal with one more thing. And here's what you need to know. Life is not asking you to do anything other than get out of the way so change can happen.

What does that look like? It's simple. Follow the themes for the year.

ENDURANCE: Remember you're stronger than you think.

FORGIVENESS: Be kind to yourself and others. We're all doing the best we can.

PURSUIT: Keep yourself moving forward. Just be sure to do a refresh on your vision.

ADAPTABILITY: Be adaptable. Listen and go with the flow.

A woman with long, straight hair is walking across a series of large, dark grey rocks in a shallow lake. She is wearing a white short-sleeved shirt, brown trousers, and black sneakers with white soles. She is holding a small white bottle in her right hand. The background features a dense forest of evergreen trees and several large, rugged mountains under a clear sky. The overall scene is peaceful and scenic.

2021 THEMES

Endurance

Forgiveness

Pursuit

Adaptability



ENDURANCE

Though it may seem that endurance could be strenuous, I'd like to pitch a different take on it for 2021.

Whereas it might mean to endure, which requires willpower to "suffer through", that is not the tone for this year. In this case, endurance points us to the strength we already exhibit.

It's meant more as a reminder of your resilience. You are strong. You have endured...and you will continue to get through whatever is thrown at you. So have courage. Be brave. And carry on.



FORGIVENESS

I think it's safe to say 2020 was a tough year for most of us. It's easy to be frustrated or even angry about what's been lost, how the pandemic was handled, who won or lost elections, social injustices, and on and on.

But what does anger do to our hearts, minds and bodies? It eats away. Now, I'm not one to encourage burying your feelings. Definitely not! But it's also unhealthy to let feelings eat away at us.

So. 2021. Forgive yourself. Forgive others. We are in a cosmic transformational process. Who's to say what's right or wrong? If all the world is a stage as our dear Bard says, then how can we judge the roles others play in our cosmic drama?

Forgiveness. Forgive. Go easy on yourself and others. We're all doing the best we can.



PURSUIT

Even though it may be hard to concentrate on getting ahead in your life or your work, the energy for this year supports us continuing to pursue what we want.

With one caveat. Make sure what you seek is still what you want.

Take time to reassess your life. Reset your priorities. Before you launch off on your path for 2021, make sure what you seek is still relevant, sustainable and desirable.

The world has changed. Have you?



ADAPTABILITY

We talked about you having the strength to show up every day, being patient with yourself and others, and also reassessing your life and then pursuing what you want.

This theme of adaptability could be the most important of all. This is not about giving up on or giving in to circumstances.

It is about recognizing there is a *flow* to Life – a powerful flow – and we can either move with the current or struggle against it. And who has the energy for that?!

This year, the message is: Slow down. Listen. Feel into. Then move accordingly.





**2021
MONTH-AT-A-GLANCE**

2021

MONTH-AT-A-GLANCE

JANUARY

This month, we'll still be experiencing the turbulence from 2020. But it's normal to have some overflow as we transition from one year to the next. Stay calm. Maintain your balance.

FEBRUARY

The word that comes to me for this month is *juicy*. Meaning... things are about to get interesting. Things that have been hidden rise to the surface. And we'll find ourselves saying: It's about time!

MARCH

If you've been waiting for things to get a little easier, your wish comes true this month. It's as if all barriers have been removed and it's green lights all the way. Be sure to rest and say yes!

APRIL

We want Life to be easy, but it can't always accommodate us. Life gets complicated this month - like a tangled mess. Take one string at a time and follow it through the knots. Or wait till next month. Things will probably look better.

MONTH-AT-A-GLANCE

MAY

Now we're getting somewhere! Life is finally getting us back on track. Whereas before, we were scratching our heads asking, "How is this possible?" this month it all makes sense. We begin to understand just what's going on and, more important, why!

JUNE

Have you been wondering, "What is the meaning of life?" Have you been asking yourself, "Is it all worth it?!" This month our brains take a break from the big questions. Time to get silly. Think Silly String, Twister, hide and seek. It's time to unleash your inner child and play!

JULY

This month is a bit of a blank slate. Make it what you want. Create. Plan. Love. Travel. Anything goes. There's nothing pushing us and nothing stopping us. What you do this month is completely up to you.

AUGUST

Now it's time to get down to the business of evolving once again. Focus. Things are bubbling up on the world scene. Pay attention. There's a reason for what's happening and if you're moving with it, things will go a lot easier. Not to worry. Just pay attention.

MONTH-AT-A-GLANCE

SEPTEMBER

And what began emerging in August continues here. Life can feel overwhelming but, again, it's just the pressure of change. And that's a good thing. Be flexible. Be patient. Be mindful. Be happy.

OCTOBER

Some may be experiencing flashbacks from 2020. We may get triggered into feeling: Oh, no. Not again! You will be okay. We will be okay. It's not as bad as it seems and we're WAY better at dealing with big situations now. Remember our 2021 theme of *Endurance*. You're stronger than you think.

NOVEMBER

See? Things have already started to calm down. Where 2020 was filled with "I can't breathe" moments, this month we feel like we can breathe deeply. We feel a deeper calm than we've felt in a long time. It comes from a deep inner knowing that we're almost there. We've almost turned the corner on the shift we've sought to make.

DECEMBER

We're going to want to deck the halls this month because victory is ours. We can feel it in our bones. We're going to be okay. Though the outer world may not yet completely reflect our success, there is a calm in our hearts that tells us the world will catch up soon.

2021 AT A GLANCE

THEMES

Endurance
Forgiveness
Pursuit
Adaptable

MONTHLY BUZZWORDS

JANUARY: Balance

FEBRUARY: Juicy

MARCH: Green Light

APRIL: Tangled

MAY: Understanding

JUNE: Get Silly

JULY: Make it Up

AUGUST: Pay Attention

SEPTEMBER: Be Patient

OCTOBER: You've Got This

NOVEMBER: Breathe Deep

DECEMBER: Deck the Halls



My desire is to provide tools to help us consciously navigate our lives. I hope this 2021 Forecast supports you in making the most of the energy available to you this year.

I wish you every joy you wish for yourself.
(Think big!)



Anna

Get the monthly energy forecast direct to your email.

Sign up: annacelestino.com/forecast

(It's free!)

Or join me on social media.

INSTAGRAM and FACEBOOK @theshiftsystem

For structure, support and guidance to make the changes you want in 2021, check out **THE SHIFT SYSTEM: A 90-day group coaching program for transformational change.**

annacelestino.com/the-shift-system