

CELEBRATING 2018

What are your highlights, breakthroughs and big ah ha's from 2018 that you are celebrating? Don't be shy!

What are your valleys of disappointments from this year? Are you able to use them as tools to support your growth in 2019?

What do you want to release or let go of from the past year so that you are not tethered anymore to the negative pull of these challenges?

What deep learning about yourself do you want to acknowledge?

What were you willing to receive this past year?

What are some of the things you are most grateful for in 2008, even the areas that may have been challenging, but were your greatest teachers?

WELCOMING 2019

Where is the joy in your life that you can capture moments of on a regular basis? These joyful moments will support your inspirations and aspirations. How can you have more and more of these!!!?

If you could pick one thing that you want to accomplish in this upcoming year, what would it be?

What kind of support do you need to fulfill this accomplishment?

Do you need to get something else out of the way to move forward with making this idea a reality?

Commit to yourself to create a personal mantra, truth/focus statement, vision statement that will act as your guide, your North Star, keeping you focused and on track. What will that be?

In what ways will you be “taking better care of yourself” in 2009? Self-care is always a top priority for inner peace and outer action.

Rumi, the great Persian poet says “We are the night ocean filled with glints of light.” What area of your life is ready to shine?