



I urge you to take this time for yourself to contemplate, dream, and visualize your year. When you're ready, let yourself shift into gratitude.

Gratitude creates. Let yourself see and feel yourself living your dreams. Feel the gratitude as if you are already there!

Take your time. This is for You!!

Goals: (What are your dreams for 2019? What do you want to change? Create? Achieve? It can be one or many.)

Why: (explore why this is important to you. What will it bring you?)

How: (What is your plan? What do you need to do to reach each of your goals? Then ask yourself, "what is the one thing I can do today?" Ask yourself that every day. It may be the same "one thing" for several days, or it may change.)

What: Is there anything you need from outside yourself to reach your goal? Resources you need? (Support, money, tools, etc.)

Obstacles: What has stopped you from already achieving your goal? What is no longer serving you? What obstacles are in your way? (Identify them ...relationships, old beliefs and limitations, old labels, fears, etc.)

Release: Is there anything you need to let go of to reach your goal? (Look to the previous question to help you)

Commitment: How committed are you to reaching your goals? Use a scale of 0-10. Do it for each goal. (Be honest. You may find that your goal has changed or shifted. If it is not a high rating, look at why. Is it really that important or has it helped you identify an even more important goal?)