

It has been another year full of transitions and lessons, great joy and “awakening” challenges, opportunities and impact. Take time to appreciate the treasures that 2015 has offered you.

THEN focus on the positive to create clear intentions for 2016. Take some time to stop, BREATHE, and become fully present. Sit with a cup of tea and listen to your heart so you will hear what your soul is asking for.

If you would like to deepen your vision, raise your vibration, and create a map for your journey with a cool group of people, please join us for our event on Jan. 9th: [Awakening Your Vision 2016](#)

2015 in Review

What did I want to happen?

What actually happened?

Gratitude

What Successes am I grateful for?

What Lessons am I grateful for?

What personal qualities did I develop?

What connections did I deepen?

How did I stretch my comfort zone or amaze myself?

What will I let go of?

Celebration

How will I celebrate the lessons and the closing of another year that I am fully alive?

Creating 2016

What theme is my Soul calling for me to build the next 12 months around?

Passions

Top 3 things that are most important to me

- 1.
- 2.
- 3.

Soul Intentions for 2016

Health- What I do for my body

- 1.
- 2.
- 3.

Self Care- What I do for my soul

- 1.
- 2.
- 3.

Career- Meaningful contributions I make

- 1.
- 2.
- 3.

Financial- How I attract abundance

- 1.
- 2.
- 3.

Spirituality & Growth- Books, classes, workshops I feed my soul with

- 1.
- 2.
- 3.

Friends- The people I spend more time with

- 1.
- 2.
- 3.

Family- Relationships that are important to nurture

- 1.
- 2.
- 3.

Romance- How I share my heart

- 1.
- 2.
- 3.

Fun & Adventure- I stretch my comfort zone

- 1.
- 2.
- 3.

Physical/Material Environment- What I want

- 1.
- 2.
- 3.

Take a moment to highlight the things that will have the most impact if you did them in the next 30 days.

Next, break those down into weekly, then daily, priorities and repeat the process at the end of each month.

Now, get into action by honoring and creating your intentions every day.

An accountability partner will help you stay on track.

Who will I ask?

Wishing you your BEST year yet!

Tam

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