



Dancing into 2011

2010 has been a year of transition and lessons, great joy and sadness, opportunities and impact. Let's take a look at the nuggets that 2010 had to offer us both personally and as a community and culture, and focus on what is positive in our lives to create our intentions for 2011.

2010 in review

Goals

What did I want to happen?

What actually happened?

Gratitude

What Successes am I grateful for?

What Lessons am I grateful for?

How am I different than I was at the beginning of the year because of those successes and lessons? What personal qualities did I develop?

What connections did I deepen?

How was I daring? Ways I stretched my comfort zone or amazed myself.

What will I let go of? What has been draining my energy that I would be better off without?

Celebration

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

Creating 2011

Passions

Top 3 things I love:

- 1.
- 2.
- 3.

Theme for 2011: What will I build 2011 around?

Intentions and Goals for 2011

Top 3 Health goals

- 1.
- 2.
- 3.

Top 3 Self Care goals

- 1.
- 2.
- 3.

Top 3 Career goals

- 1.
- 2.
- 3.

Top 3 Financial goals

- 1.
- 2.
- 3.

Top 3 Spirituality and Growth goals

- 1.
- 2.
- 3.

Top 3 Friend goals

- 1.
- 2.
- 3.

Top 3 Family goals

- 1.
- 2.
- 3.

Top 3 Romance goals

- 1.
- 2.
- 3.

Top 3 Fun and Adventure goals

- 1.
- 2.
- 3.

Top 3 Physical/Material Environment goals

- 1.
- 2.
- 3.

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

Who am I becoming?

What will be different in 2011?

How will I share my talents, joy, and creativity in 2011?

What else is asking to be created?