

To a wonderful 2013!

Start:

Take some time to sit alone, with friends or clients.

Choose 3 cards. Perhaps pick randomly when the cards are face down. Don't connect with the card you picked up? Switch! No problem. Or, try face up and choose the card that best reflects your feelings about each question.

Talk about each question with the image and the topic in mind. Consider the image, the colors, the subjects and details. Consider how the topic presented itself last year and how you'd like it to be in the year ahead.

Purpose of the process:

To take a look at the year that's gone by and prepare for the year ahead of us.

1. What worked well in 2012?
Who and what did I appreciate?
What healthy choices did I make?
2. What do I want to leave behind from 2012?
Which patterns can I identify?
Any unhealthy choices?
Anything toxic in my life?
3. What is important to me in 2013?
What do I believe I deserve?
Relationships, financially, etc?
What am I willing/want to do in order to create the year I want?

After completing the process...

Be ready for these wonderful changes.
We invite you to write down and thoughts or feelings from the process.

Next, write **three actions** that will help you progress towards a magnificent year.

Try each of these actions. Make them happen!

1. Within the next 24 hours
2. During the upcoming week
3. In the upcoming month

How did it go? Let us know!

Lots of love and wishing you a wonderful year filled with endless joy and fulfillment.



1. What worked well in 2012?

2. What do I want to leave behind from 2012?

3. What is important to me in the upcoming year?