



I hope you have had a great year and are looking forward to 2016! In order to plan for the year ahead, it is important to begin with reviewing the year that has just passed. Carve out some time in your schedule to answer these questions. You can do it all at once or break it up into short amounts of time over several sittings. **The important thing is that you make the time and space to begin to consciously create the life you want to have.**

### [A Year in Review:](#)

1. What are my top 10 highlights of this year?
2. How am I different now than I was in January 2015?
3. What do I want to celebrate about 2015?
4. What do I need to let go of/forgive myself for that's hanging over me from the last 12 months?
5. What situations, hurts, anger and/or relationships do I need to let go of/forgive to make room for what I want in the new year?
6. What people/situations/circumstances am I most grateful for?
7. What are the 5 biggest lessons I learned this year?

8. How can I apply those lessons in the upcoming year?
  
9. If I had to choose one word to summarize 2015, what would it be?

## Planning for the New Year

1. How do I want to feel everyday (or as often as possible)? List 3 – 5 feelings. If you need help, I have included a list of feelings at the end to get you started thinking.
  
2. How will I know I am feeling those feelings? What will I be doing, saying, thinking and feeling when I am feeling those feeling that I am not now?
  
3. In order to feel those feeling as often as possible, what do I need to add, change, or eliminate in my daily routine this year?
  
4. What am I doing that thrills me and I absolutely love?
  
5. What am I doing that is draining the life out of me?
  
6. What people/situations/relationships/circumstances/things am I tolerating in my life?
  
7. What challenges am I facing in the year ahead?

8. What support do I need to face those challenges?
9. What are my major values and purposes for the next phase of my life?
10. How can I make more room in my schedule to do more of what brings me the most fulfillment and gratification?
11. What is something I would do this year if I weren't worried about what other people thought of me?
12. What is something I would do this year if I wasn't worried about money?
13. How can I use my greatest talents to benefit myself and many others in the year ahead?
14. Looking back at your answers, what is the theme for 2016? (Be Brave, Simplicity, Be Open, YES, Have Faith, Say NO, Exploration . . .).
15. Finish the following statement: "I want to remember 2016 as the year I . . . . ."

If you struggled with answering these questions or you want support creating your life the way you want it to be, I am happy to talk with you about how I can help.

Happy New Year!

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# Feelings

This is by no means an exhaustive list of possible feelings. I just wanted to get your creative juices flowing.

Happy	Joyful	Connected
Abundant	Affluent	Creative
Strong	Sexy	Valuable
Rich	Peaceful	Content
Ease	Adventure	Flowing
Brave	Open	Love
Empowered	Confident	Grateful
Respect	Compassion	Secure
Healthy	Whole	Congruent
Calm	Centered	Relaxed
Grace	Allow	Stable
Accomplished	Free	Independent
Deserving	Worthy	Passion
Desire	Informed	Intelligent