

2022 YEAR IN REVIEW

1. HIGHLIGHTS: What did I do, create, or experience this year that I'm REALLY proud of?
2. LESSONS: What mistakes did I make that taught me something? What lessons did I learn that I can leverage?
3. LETTING GO: What angers, resentments, hurts, regrets, etc am I ready to let go of? What stories have I been telling about myself that no longer serve me? What habits, excuses or fears are you ready to leave behind? What other "clutter" can you clear out to make room for what you WANT in 2023?



CRAFTING YOUR VISION

It's time to create a "vision" of business and your life 6 months to 1 year from now. Close your eyes. Imagine what you want your life and business to look like. Who are you serving? How many clients do you have? How does it FEEL to be in your business? What is your schedule like? Have you left your current job? What's your income? How much is in your savings account? What's your website looking and feeling like? Also how does your daily life look? How do you feel in your body, in your relationships, in your community, and day-to-day?

Start writing and describing your vision as if you are watching it play out in front of you. Write it as yourself and in present tense (ex. It is July 20th, and I am... (where you are), I feel..., I wake up without an alarm, toss off the new sheets I bought from Parachute, and walk over to my home office/ yoga room. My email is filled with emails from people wanting to work with me. I log into my PayPal account and see that my business account has just reached \$5,000..., etc).

Get really specific. Dream big. Don't be afraid to sound silly or be asking too much. You'll write it as if you are "future you" looking around at your life 6 months – 1 years from now and reflecting on what you see. There's no wrong way to do this, so have fun with it!



TIPS FOR A POWERFUL VISION

1. **GET CLEAR:** Choose at least 3-5 things you really desire to have, do, or create in the new year and **WHY** you want those things.
2. **STEP INTO YOUR VISION:** close your eyes and see yourself out in the future having already reached your goals.
3. **ACCESS THE FEELING:** feel what it feels like to be in this new reality you've created. Notice how you feel in your body, your thoughts and emotions, sensations, intuitions.
4. **NOTICE THE DETAILS:** describe or imagine as much detail as possible so that you can see it, taste it, feel it.
5. **NOTICE ANY LIMITING BELIEFS:** what limiting beliefs might need clearing up? What new skills will you have had to learn, what will you have had to let go of, etc?
6. **WRITE IT ALL OUT:** Write your vision as if you are in the future looking back at what you created. Write what you are feeling and seeing around you? What has changed? What are you no longer doing/thinking that was holding you back? What are you doing instead?



MY VISION FOR 2023

It is January 1st, 2024...