

OUT WITH THE OLD – IN WITH THE NEW!

HOW TO RELEASE THE OLD YEAR

Step 1: Reflect

Take a few moments to reflect on the past year of your life. Record at least 9 people, places, or events you are grateful for. Get specific and write about what you learned, how you've grown and how these people, places and events have impacted your life.

Step 2: Take An Inventory

Next, take a few minutes to think about your current life circumstances. What patterns, thoughts and behaviors no longer serve you? What physical objects can you let go to create more space in your life? What people or circumstances are no longer serving you?

Be honest with yourself and record your thoughts.

Step 3: Release

Now it's time to get clear on what you're ready to release. Write down at least 3 things you identified in step 2 that you are ready to release.

Don't worry about "how" the release will happen. Setting the intention that you are ready for something new in your life is enough to evoke a positive shift.

HOW TO PREPARE FOR A NEW YEAR

Step 1: Envision

To move into the future with confidence, ease and prosperity, you need to know where you want to go.

Take a few moments to envision your ideal life in 2017 and beyond.

What changes do you want to call into your life in 2017? What would you like to achieve? Where would you like to go? How do you want to feel everyday? Who do you want to surround yourself with?

Let your thoughts fly and record whatever comes to mind. Don't judge and don't worry about the "how".

Step 2: Clarity

One of the most important steps in setting goals is to gain clarity. It's far too common to set vague, unclear goals and then to look back with disappointment when your goals don't come to fruition.

With the New Year ahead, now is the time to get clear on what you truly desire. Record at least 5 clear goals and intentions for 2017.

Step 3: Take Action

Now that you're clear on what you want to achieve in 2017, the next step is to take action. List 3-5 action steps you can take to move towards the prosperity and achievements you desire.