



Starting your year off right...

I hope you had a great year and are looking forward to 2013! This document is one of the ways I review the year. In answering the following questions I look for things I learned, events I want to celebrate and insights that will help me continue to grow. Then I look ahead. I welcome the new year with deeper wisdom and clear intentions...I start to vision what I really desire.

There are no 'shoulds' about how to answer the questions or how many or when. I do know that when you honestly look inside with purposeful introspection some incredible wisdom arises... & things happen. See what occurs for you when you go through these questions.

I'm honored to have the privilege to journey with you and sincerely wish you your best year ever!!! Love, *Shannon*

1. What are some of my highlights & breakthroughs this year? (List 10-20) Be sure to take time for gratitude - how will I celebrate them?
2. What are the valleys & disappointments for this year? What do I need to let go of/forgive myself for that's hanging over from 2012?
3. What limiting/destructive patterns am I willing to end?
3. How did the year turn out in comparison to how I wanted it to be? How am I different now than I was in January 2012?
4. What deep learning about myself do I wish to acknowledge? What key learnings do I most want to take with me into 2013?



For 2013 (questions to help you set your SMART goals for the year)

1. How will I enrich my life and my family this year? How can I make my relationships richer, more fun, more intimate and more loving? Is there something key in my life that I've been putting off?

2. What financial goals do I have for 2013? What will I earn? How can I save more and invest better? What would be great expenditures for me?

3. What will I do to maintain my health? What am I committed to for fitness, for vitality and wellness?

4. Intellectually & career-wise, how will I improve this year? What will I read? What skills do I need to master this year? What risks do I need to take? What are my key actions?

5. What is something I would do this year if I wasn't worried about what other people thought of me or wasn't afraid of failing?

6. What is my Theme for the coming year? Pick one word that encapsulates the essence of what you envision for this year ("Abundance", "Transformation", "Joy", "Empowerment", etc). *PS Post this somewhere to remind yourself all year long.*



A cool exercise....

Send yourself a letter from the future.

<http://www.futureme.org> is a website that facilitates this.

Pick a date in the future - 6 months, a year, even 5 years from now - and write as if it has already occurred. Dream big....make yourself gulp...envision what you need/desire to make your life truly amazing.

"Jan 1, 2013....Dear Shannon....What a year 2013 was! You celebrated your birthday in Bali, experienced powerful healing from your cancer journey, and deepened your relationships with your children...." (you get the idea)

It is inspiring and fun to get letters/emails from yourself. I try to get quite specific and am always amazed when I get the email back how much actually happened. Envisioning works - enjoy the journey!

CARPE DIEM!!!.....Seize the Day (seize the year, seize your life!) ☺