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# Create the Life You Want



# It's time to get clear on exactly what you want

to call in. We will take a look back at the previous year; the surprises and challenges; the fun stuff and the stuff that made you a better person. After assessing the past year you can start weaving your intentions for what's to come so that you can move forward with confidence, direction and openness. There's

something incredibly powerful about writing things down. Words. Intentions. Dreams. Memories. Years can go by so fast and there is something really beautiful about stopping and pausing in order to take inventory and reflect.

Before we start unravelling the future, let's take a moment to look back over the last twelve months. Maybe there were lots of changes for you. Maybe it's been a year of growing or nesting or exploring or letting go. Whatever has happened this year it's gotten you to this point, right now. Exactly where you're meant to be. Pick up your pen and let's do some digging.

First of all, did you have a word for the last year?

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If you did, how did your word help to guide you through the last 12 months?

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What did you embrace last year?

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What did you let go of?

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What changed you?

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What did you discover about yourself?

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What were you most grateful for last year?

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Let's think about your accomplishments. List three things that went really well for – personally or professionally, what are you most proud of?

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Now let's look at your challenges. List three situations that have tested your limits and patience this last year. The big or the small – whatever challenged you the most (there may be more than three so go with whatever comes to mind first).

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Now I invite you to close your eyes for a moment and think about last year as a whole. As you cast your mind back over the last 365 days, consider the gifts that were offered to you on your life's journey...What stands out the most? What really mattered?

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Looking forward now.

First, choose a word to guide you through the next 12 months. Pick a word that makes you feel expanded. Encouraged. Inspired. There's no right or wrong answer so go with your gut.

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What are you looking forward to the most?

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What are you feeling apprehensive about?

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What areas of your life do you most want to develop?

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What part of yourself do you yearn to nurture?

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What's your word for this year?

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Okay, let's take it up a notch. Use this space to describe what this year looks like in your ideal world. Be specific! What are your dreams for love this year? Work? Play? Where are you hungry for change? How do you want this year to FEEL? Use your answers from the previous pages to craft your ideal vision for the next 12 months. What would saying YES to your life look and feel like? Write out everything your heart desires for the next 12 months. Be bold.

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# Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.