



Create the life you desire in 2019

Self-Reflection is the School of Wisdom

~ Baltasar Gracian ~



Reflection exercise

“Sometimes you have to take a step back to see you are moving in the right direction”

Before you set out what you would like to achieve in 2019, spend sometime reflecting on the past year. Your achievements, the highlights, those things that didn't quite go to plan, and the challenges you faced.

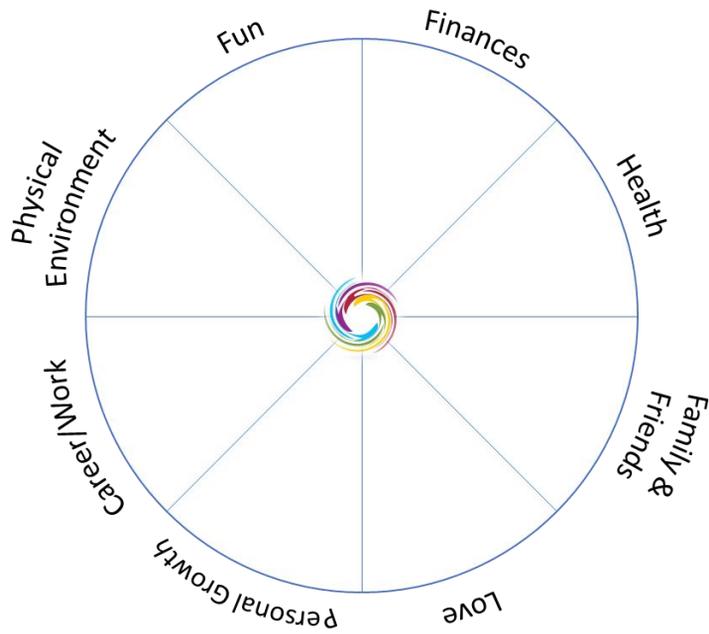
Reflecting back will help you establish those areas you truly want to focus on for the coming year.

It may help to have a diary to hand from the last year to help you recall events. Get comfortable, give yourself space and time and enjoy the process. It is recommended to print this guide and write you answers, when we write the neural activity in our brains is similar to meditation.

List all your achievements in 2018. Those things you set out to achieve and completed. The things you achieved despite set-backs. The unexpected achievements. Highlight your top three.

Thinking about your top three achievements, what made you successful?

How would you rate the following areas in your life for the past year? Use a scale of 0-10, 10 being the best for you in this area.



Consider each area, what, if anything, would you like to improve/change for each?

Health

Family & Friends

Love

Personal Growth

Career/ Work

Physical Environ.

Fun

Finances

What are you most grateful for from this past year?

What contribution did you make to others in this past year?

What do you need to let go of and release for 2019 to be everything you desire?

You may wish to listen to the guided meditation 'Release and let go' available to download from www.lumierehypnotherapy.co.uk



Moving forward and goal setting exercise

“Setting goals is the first step in turning the invisible into the visible”

~Tony Robbins~

Before setting your goals for 2019, consider what your intention is for the overall year. How do you want to feel at the end of 2019. Don't force this, close your eyes, take a depth breath and bring into your body what you want to feel, allow this to happen naturally. It will come to you. Write your intention below.

You may want to improve many areas of your life, but often we find focussing on one or two areas and making improvements in those, will naturally and positivity impact the rest of our life. Look at your life wheel and select your key areas of focus for the year. Write below why those are the most important areas to change.

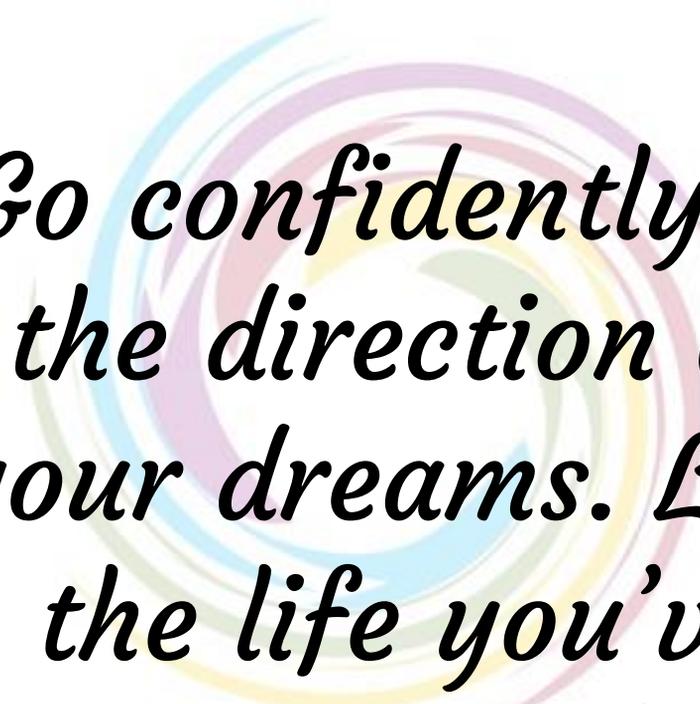
Use the following template to covert your goals into actions that you can take, even smalls help. You can always review and build on these over the year.

Think about the daily habits that will help you move towards your goals.

Remember to place a completion date against your actions to help keep you focussed.

2019 Goals for creating my desired year

2019 Goal	What actions will make this happen? By when?	What is your desired outcome for the goal? i.e. Why are you doing it?	What daily habits will help you achieve your goal?



*Go confidently in
the direction of
your dreams. Live
the life you've
imagined*

~ Henry David Thoreau ~