



5 Review Questions:

1. Who is someone who impacted me? How so?
2. What's something I achieved or contributed I'm proud of?
3. What happened that was challenging? What did I learn from it?
4. What did I NOT make time for I wish I had?
5. What am I most grateful for? Why?

5 Preview Questions:

1. Who do I want to spend more time with? How will I do that?
2. How will I give back, add value, make a difference for others?
3. What will I change or do differently in the new year? Why?
4. What is a goal I'd like to achieve by the end of the year?
5. How will I bring more joy, fun, and health into my life?

TIP: When previewing the coming year, you may want to state your intentions in the PRESENT OR PAST TENSE as opposed to the FUTURE tense. Why? Our subconscious believes what we tell it. Saying "I'm going to meet ..." or "I will achieve ..." comes across as wishful thinking.

Saying, "I loved meeting ..." or "It was so satisfying achieving that ..." is perceived as a statement of truth. It helps turn our hopes into a "done deal."

This is a way to practice ADVANCE GRATITUDE. By focusing on what we would love to happen in the new year, we facilitate that happening. Envisioning a life, business, and career we love - helps to create it.