

Your Best Year Yet

"Alice came to a fork in the road.
'Which road do I take?' she asked.
'Where do you want to go?' responded the Cheshire Cat.
'I don't know,' Alice answered.
'Then,' said the Cat, 'it doesn't matter.'
- Lewis Carroll, Alice in Wonderland

Common Mistakes

1. Focus on the _____
2. Focus on the _____

Three Steps to Setting & Achieving Good Goals

1. _____
2. _____
3. _____

Ideal Vision

Capture your insights and vision in the space below:

These questions may help guide your exploration:

How did you feel in your ideal life?

Where did you feel the sensations in your body?

How did you feel different than you normally do?

Did any images or thoughts come to mind?

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Ideal Feelings

List out how you know you want to feel. If it's difficult, start with how you know you don't want to feel. Use a thesaurus if necessary.

Don't want to feel	Do want to feel

Facing Your Fears

Turn your fears around with new, empowering beliefs.

What is your vision - the thing you would love to do, be, have?

What do you fear you have to do to achieve?

I'll have to...

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What do you fear it'll mean if you achieve it?

I'm afraid...

What is the worse possible outcome?

What is the best possible outcome?

List out all the reasons you can't have what you want:

Identify new beliefs that feel true and contradict your old beliefs.

Strike through your old beliefs and replace them with a new one. Reference this list anytime you catch yourself falling into old habits of thinking and need to reframe of your perspective.