

Get Your Year in Gear

Thank you for participating!

1. List 5 - 10 highlights from the past year.

2. How are you different now than you were in January?

3. What do you need to *let go of* or *forgive yourself for* from the past year?



4. What do you want to celebrate about the year you've just completed?

5. What do you wish to celebrate at the end of next year?

6. What lessons do you most want to take with you into the upcoming year?

7. How will you enrich your life and your family in the upcoming year? How can you make your relationships richer, more fun, more intimate and more loving?

8. What would you like to add, change or eliminate in your daily routine during the next twelve months?

9. What tolerations must go?

10. What joys and ordinary pleasure will you add to your schedule, starting today?

11. What financial goals do you have for the year ahead?

12. How can you save more and invest better?

13. What will you do to maintain your health? What are you committed to for fitness, for vitality and wellness?

14. Intellectually, how will you grow this year? What will you read? What do you need to study? What skills do you need to master this year?

15. What is your *theme* for the coming year? (e.g., “Abundance in abundance,” “Pay Down Debts,” etc.)

16. What will you achieve in the future? Where are you headed in the next 5 years? 10 years? 20 years?

17. What are your major values and purposes for the next phase of your life?

18. What brings you the most fulfillment and gratification?

19. What is something you would do this year, if you weren't worried about what other people thought of you?

20. How can you use your greatest talents to benefit yourself and the world in the years ahead?

21. If you could do only one BIG project in your lifetime, what would it be?

22. Picture yourself in the future - 10 years older than now. What would this Future Self ask of you now that would make his/her life better in 10 years?