



New Year Desires

Consider ALL your heart's desires, ask yourself each of the questions below. Listen deeply and write or draw whatever comes to you without holding back. Be willing to ask for and receive the life you desire, no one else can create it but you.

In the New Year...

1. Who do I desire to BE?

2. What do I desire to DO?

3. What do I desire to HAVE?

To make sure your Be, Do and Haves are generated from an authentic place, go a step further and after each answer, ask yourself WHY? From this list, declare a list of 4-6 desires that you are committed to focusing on in the new year. Write and rewrite these desires until the words capture the essence of what you really want. Claim your desires by making a visual representation on a screen saver or vision board, with a combination of photos, powerful words and cutouts from magazines, etc.. Check in throughout the year and ask...

1. How am I feeling about (___desire___)?

2. In what areas are my time, energy and resources needed?