

## This Will Be the Year Of...

Choose values from the list below (or add your own) that are most important to you. Then narrow it down to your top THREE by taking two at a time and asking yourself, *“Which is most important to me, this one—or this one?”* For each of the top three, list **three ways** you *feel* and *experience* that value. For example: **“Anytime I clock in the 2D at a big race, I feel Achievement.”** Write them out and post where they offer a consistent reminder - let these values and feelings guide you toward your goals in the New Year!

Abundance	Competent	Generous	Surrender	Romance
Acceptance	Confidence	Genuine	Magnificent	Satisfying
Accomplishment	Courage	Giving	Miracles	Security
Achievement	Curious	Grateful	Nurturing	Self-Awareness
Action	Decisive	Gratitude	Obedient	Sensual
Admiration	Ease	Happiness	Open-minded	Serenity
Adventure	Easy Going	Health	Optimistic	Service
Affection	Encouragement	Humor	Organized	Sincere
Ambition	Energetic	In the Moment	Passionate	Soft
Appreciation	Enthusiastic	Innovation	Peace of Mind	Spiritual
Attracting	Exiting	Instinct	Peaceful	Spontaneous
Balance	Exuberant	Intimacy	Planning	Successful
Beauty	Faith	Involvement	Play	Supportive
Belief	Feminine	Joy	Possibility	Tender
Bold	Flexible	Kindness	Power	Thoughtful
Brave	Flirtatious	Leadership	Presence	Thriving
Calm	Focused	Learning	Proud	Truth
Caring	Forgiving	Letting Go	Receiving	Wealth
Cheerful	Foundation	Listening	Release	Wisdom
Clarity	Freedom	Love	Respectful	Wonder
Comfort	Friendly	Serenity	Rewarding	Worth
Committed	Fun	Soaring	Rich	

# This Will Be the Year Of...

Value #1: \_\_\_\_\_

I feel and experience this anytime I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Value #2: \_\_\_\_\_

I feel and experience this anytime I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Value #3: \_\_\_\_\_

I feel and experience this anytime I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_