

## Releasing 2017 and Stepping more Fully and Clearly into 2018

Step 1 – Download and listen to the mp3 meditative exercise that guides you through the questions below.

My biggest challenge of 2017 was . . .

My biggest gift of 2017 was . . .

My biggest lesson of 2017 is . . .

(note — it's likely that this Lesson came via your biggest challenge.)

The things that I appreciate/am grateful for from 2017 are . . .



**Step 2 – Answer the next two questions as you reflect on the responses you wrote on the first page.**

**\* Reflecting on the Lesson and Gifts of last year — how will you carry these into 2018?**

For example, one of my lessons was to recognise that I don't need to do things on my own and I can ask for help and allow myself to receive it. One way I can take this into the new year is to clearly communicate what I need and ask for help when I need it.

**\* What things do you want MORE of in your life this year? Do you want to experience more connection? more fun? more travel? more money? spirituality in your daily life? More following through on your goals?**

**Write a list and then BRAINSTORM \*PRACTICAL\* STEPS that you can take to achieve them.**

Consider the areas of Relationships, Lifestyle, Business, Health, Home life etc

**Step 3 – STICK YOUR ANSWERS SOMEWHERE VISIBLE WHERE YOU WILL BE ABLE TO ENGAGE WITH THEM –** remember that it's much, much easier to follow through with your intentions when they're up front in your memory and when you interact with them.

**Step 4 – SCHEDULE ACTIONS INTO YOUR DIARY!** Have a look at the List of Practical Actions that you brainstormed in the last question and write those action steps into your diary.

*"Where attention goes, energy flows and results show."*  
T. Harv Eker

