



invision and create the life you truly want!

A NEW YEAR PRODUCTIVITY TOOL





It's time to review all the things you accomplished in the last year. Ask your friends and significant others to contribute to this list; their perspective will add a different dimension.

2015 In Review

Accomplishments	What I learned

What are some things that I did really well in 2015?

Where or how have I grown the most?

What am I learning or beginning to see about myself?

What more needs to happen in order for the REAL me to shine through?

2016 In the Making

The New Year brings renewed hope for the possibilities for our lives. We now hold the New Year in front of us as like a blank canvas. **What do you want this year to look like when you are finished painting it?** Use your imagination, your intuition, your desires and dreams to SEE your life in its most amazing panorama. See the details, feel the feelings you will feel when you begin living this ideal life. The better job you do at putting yourself IN the reality of that vision, the more magnetic it will become.

Use the space provided to detail your **Vision statement for 2016**. The magic here is in the *details* and in the *feelings*. Remember, you are detailing the IDEAL life that you want to create. Don't be afraid to DREAM and big DREAM!

Here's how to start: Imagine you just ran into a life-long friend who you haven't seen in quite a while. He/she greets you... "Hi _____! I haven't seen you in so long! How have you been? What's been going on?" You can't wait to tell him/her all about your perfect life. With all the excitement, joy and gratitude you can muster up begin to share with him/her how your ideal life has unfolded for you beginning with "I am so grateful and overjoyed now that..." (Continue this conversation in the space provided on the following page being sure to include all areas of your life (listed below). You will be describing the **masterpiece of your inspired life for 2016**.



Dream big! Remember... the farther you shoot for, the farther you reach.



Next Steps

1. Print out your vision statement on the previous page and read it at least ONCE a day (preferably more often). Remember, athletes rehearse their victories in their minds for hours a day. They see themselves crossing that finish line or making that basket. See yourself having your dream. As you read it, actually SEE yourself in that life. Imagine and feel how different YOU are in that life and the impact it has had on everything and everyone around you.

It's now time to look at the action steps you need to take to get you from where you are now to that magical place you just described. Without action towards this vision, the vision becomes just a dream, a desire. You hold within you the ability to manifest your vision...through ACTION.

2. Write down the step(s) you WILL take in order to move in the direction of your vision?

Fun/Rec _____

Personal Growth/Spirituality _____

Career/Life Calling _____

Health & Well Being _____

Relationship/Romance _____

Friends & Family _____

Money & Finance _____

Living Space & Environment _____

3. Using your preferred scheduling method, plot activities/actions that support the steps you've identified above for the next year. For example, if you've identified that you need to increase your physical activity and healthy food intake, plot on your calendar when and how you will demonstrate that commitment. Perhaps it will be scheduling a work-out 3x a week and carving out the time for it.

4. Identify habits, philosophies and beliefs that need to be eliminated, overhauled or added in order to insure your success. For example, if you have a habit of never working out, then you must install the habit of movement and the belief that this will create the desired result.

5. Set up an accountability structure to hold you accountable to the steps required to paint your masterpiece life. On your own... you will give up. Share your commitments with others (friends, family, and coach).

Your only have ONE life.... Make it the best one possible!!!!

One our own, we give up; let me help you set a course to your BEST life and walk with you until you get there!