



Harvesting the Energy from 2018

List at least 100 things you've accomplished this year. Did you just gasp? I'm serious. Go for 100. Stretch.

Look in the different areas of your life, like business, home, relationships, health, fun, adventure, learning and self-development. Include intangible things, like getting more comfortable with your intuition and treating yourself more kindly.

Every step forward – little or big – makes a difference, so when something pops into your head, write it down. Be wary of the inner voice that says things like, "That's not a big deal. *Everyone* did that. People would laugh if they saw I wrote that down."

This list is for **you**. If something felt like a positive step, write it down.

If you feel stuck, glance back through your calendar, emails, or social media posts. This list doesn't need to be exhaustive and it doesn't need to take hours. I usually spend about 30-45 minutes on mine.

If you honestly can't think of 100, that's fine. Go to the next step when you're done.

Ready? Go.

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Now, look through this list. This is your evidence list. When you feel like you're not making progress, not getting anywhere, this is evidence that that's not true. You *are* taking steps and moving forward.

Super Charge It

Sit with this list in your lap. Do the Hands-on-Heart Center Pose (one hand on top of the other in the center of your chest) and take a deep breath. Settle down into your body.

Say things to yourself like:

I did this. I did all of this. Sometimes I was nervous and scared, and I did this. I took these steps and these actions. I grew and I learned. I expanded. I did this. I did this and I'm proud of myself. Some of these were hard things and I did them. I can do hard things. At the beginning of last year, I didn't know I could or would do all of this, and I did. I did this. I can do challenging things. I love that I did this. I love that I did all of this. I'm proud of myself. Yay, me! I did this! I did all of this.



Close your eyes and really let that sink in. I did this. I did all of this.

Bonus Pose for an Even Bigger Boost

Do the Super Hero Pose (feet apart, hands on hips, shoulders back, chest out, head lifted) as you say, "I did this. I did all of this. I did all of this and I can do more. This is evidence that I can do hard things. I've done hard things. I did this." Stand this way as long as you'd like.

Keep this list.

During the year when you feel stuck or discouraged, pull it out and go through these steps again. You'll get a definite boost to your energy.