



## Creating a Magical Year

Welcome to 2020! The energy of this year feels so different from last year's. Even with continued political upheaval, I sense a freshness and lightness that bodes well for the days ahead.

We're going to start the year off with some conscious intention setting. I encourage you to do this when you're in a quiet space both outside and inside. To create quiet inner space, do all of the following that you're drawn to:

- Light a candle
- Gently move and stretch
- Breathe deeply into the bottom part of your lungs
- Hold one of the Energy Poses, be aware of your thoughts and feelings with love and detached interest
- Do the Power Pose, *feeling* your word(s) for the year
- Do the Energy Hookup, feeling your connection to yourself, your business, the group and the year ahead

Remember, there's nothing to get right here, and no one to compare yourself to or to impress. This is for you. There's space here for you, just as you are. What does your soul want? What is your heart, your intuition whispering to you? Be daring. Trust yourself and All That Is. Have fun.

On the Clearing Call next week, we're going to work directly with clearing the way toward your goals, so please have this sheet with you on our call or when you listen to the recording.

What will I be proud of at the end of 2020 regarding my business / creative projects?  
[Please use the present tense and a positive perspective, e.g. "I have a website that's clear and engaging. My business brings in \$\_\_\_ each month. I have an awesome VA."]

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What will I be proud of at the end of 2020 regarding my relationships / personal development? [Again, try to use the present tense and a positive perspective, e.g. "My body is healthy, strong, lean, and flexible. My creative projects spark my imagination."]

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Now, choose one statement from each group to focus on for our call.

Who do you need to be in order for that goal to be your reality? Let's say it this way (it's okay if you don't believe this yet, just speak from the version of you who's already met these goals, and pretend if that helps):

*I am someone who* \_\_\_\_\_

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When I imagine being this person, I feel \_\_\_\_\_

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When I feel discouraged or off track, I'll \_\_\_\_\_

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If I only accomplish *one thing* this year, I'll be satisfied if I\* \_\_\_\_\_

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\*Make sure it's something you can do, ex: "I write a rough draft of my book and send it to 5 agents", rather than "I get a book deal".

My words of the year are:

for me personally: \_\_\_\_\_

for my business: \_\_\_\_\_