



UNRAVELLING THE YEAR AHEAD

What is your Word for 2010?

How does this word make you feel?

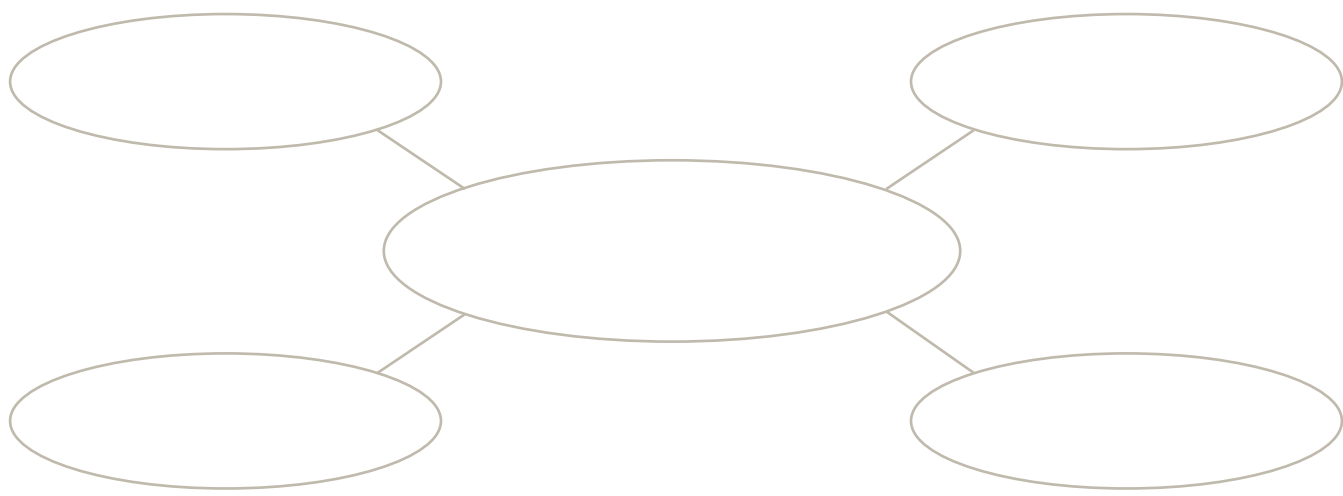
Fast-forward to December 2010. You are sitting in a café, musing over the last 12 months. Where do you want to be...

in your head? (work, dreams, intentions)

in your heart? (relationships, family, friends, self-love)


in your physical world? (home, health, fitness, hobbies)

Can you think of four more words that will support your Word this year? They could be anything from inspiring words to names of people to things you want to invest in...



You might want to use the extra space around the mind map to pencil in any new thoughts and ideas that your words trigger.



<i>January</i>	<i>February</i>	<i>March</i>
<i>April</i>	<i>May</i>	<i>June</i>
<i>July</i> 	<i>August</i>	<i>September</i>
<i>October</i>	<i>November</i>	<i>December</i>

What do you want the next 12 months to look like? Using pens, coloured pencils, paint, stamps, collage – or whatever else you fancy – fill in the grid to give your year some shape and colour. Add words and pictures, dates and plans; include actual events and made-up dreams too. Be playful. Leave space for surprises.



Complete the following sentences...

In 2010 I am going to

This year I will seek help from

I will nurture myself with

It is my intention to let go of

I am willing to bring more into my life... And more
And more !

I wholeheartedly believe that everything is possible in 2010.

Signed

Witnessed by*

What is your secret wish for 2010?



OPTIONAL DREAMING & SCHEMING

1. Okay, imagine you are sitting in that café again. Across the table from you – looking utterly fabulous! - is your future self from December 2012... She has three years' worth of wisdom to share with you – what does she say? What does she tell you to let go of? What does she tell you to pay attention to... to believe in... to trust?

.....

.....

.....

.....

.....

.....

2. The next three years are a blank canvas in front of you – where do you want to be by December 2012?

	<i>2010</i>	<i>2011</i>	<i>2012</i>
<i>Head</i>			
<i>Heart</i>			
<i>Physical World</i>			

