

WHAT MAKES YOU HAPPY?

2018 – Create Your Awesome Year!

There is no “right way” to do this exercise. There is only doing it or not doing it. There are 15 questions that you can answer in 15-20 minutes. If you’ve ever read the book Blink (by Malcolm Gladwell) you’ll know that the messages we’re fed (by ourselves and others) will literally guide our actions, without consciously knowing what influence these messages have on us we’re unwittingly (and sometimes not) influenced (and/or read the book Thinking Fast & Slow – by Daniel Kahneman).

1. **What were your 3 greatest successes in 2017 that you’d like to celebrate?**

- a. _____
- b. _____
- c. _____

2. **What 3 other successes-breakthroughs-movements in 2017 would like to affirm?**

- a. _____
- b. _____
- c. _____

3. **What risk did you take this year that you’re proud of?**

4. **Who are the 5 people you are grateful for this year:**

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

5. **What, if anything, is left to heal or let go of from this year?**

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6. What was your biggest failure(s), disappointment(s) or loss(es) this year? What did you learn?

7. What 5 things (anything) are you grateful for this year?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

8. Overall, what's the title of this chapter in the book of your life?

9. What 3 things or lessons do you want to carry into the next year?

- a. _____
- b. _____
- c. _____

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2018 – Creating Your Future

How would you like to influence the next year of your life? Quickly, like fast food? Or like a 10-course meal, slowly and deliberately? What, from your "cooking" experience do you want to bring to the next year of life?

1. What will the chapter title, the theme, or the metaphor for the next year be?

2. What are your 3 goals in the major areas of your life for 2018?

- a. _____
b. _____
c. _____

3. Who will you need to "be" in order to create the year you envision?

4. Who are the 3 people will help you along the way? (who are here now or you need to manifest)

- a. _____
b. _____
c. _____

5. What are the 3 risks you must take in the next year in order to live the life you envision?

- a. _____
b. _____
c. _____

Once done share this with someone you trust, store away a copy, and make 5 calendar events: 4 quarterly in the next year to review this, and one at the turn of the year to re-read it and see how you did!

6. Challenge – 10 extra minutes to influence your LIFE: Write a Future Letter to a dear friend, family member or mentor. Pretend that it's 1 year from now, and you are writing a letter to someone who would want to celebrate your successes. Share what has transpired and what you have accomplished during the past year.

Here's why you should do this: In our neurology we've discovered what 12-step has been preaching for about a century: if we "fake it" we can "make it." Basically meaning: what we think we create. How powerful is that?