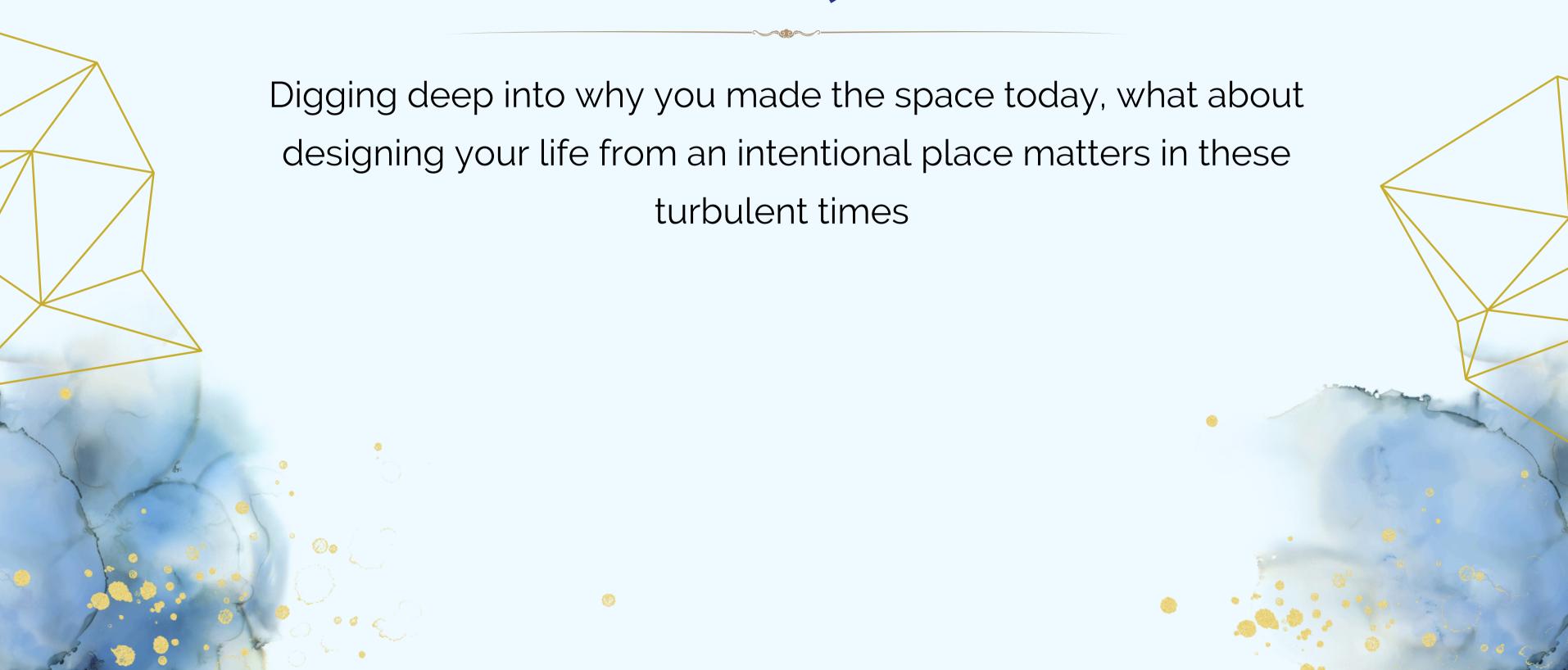


OVERWHELMED BY UNCERTAINTY? CLARIFY, ANCHOR, AND LEAD WITH CONFIDENCE IN 2025

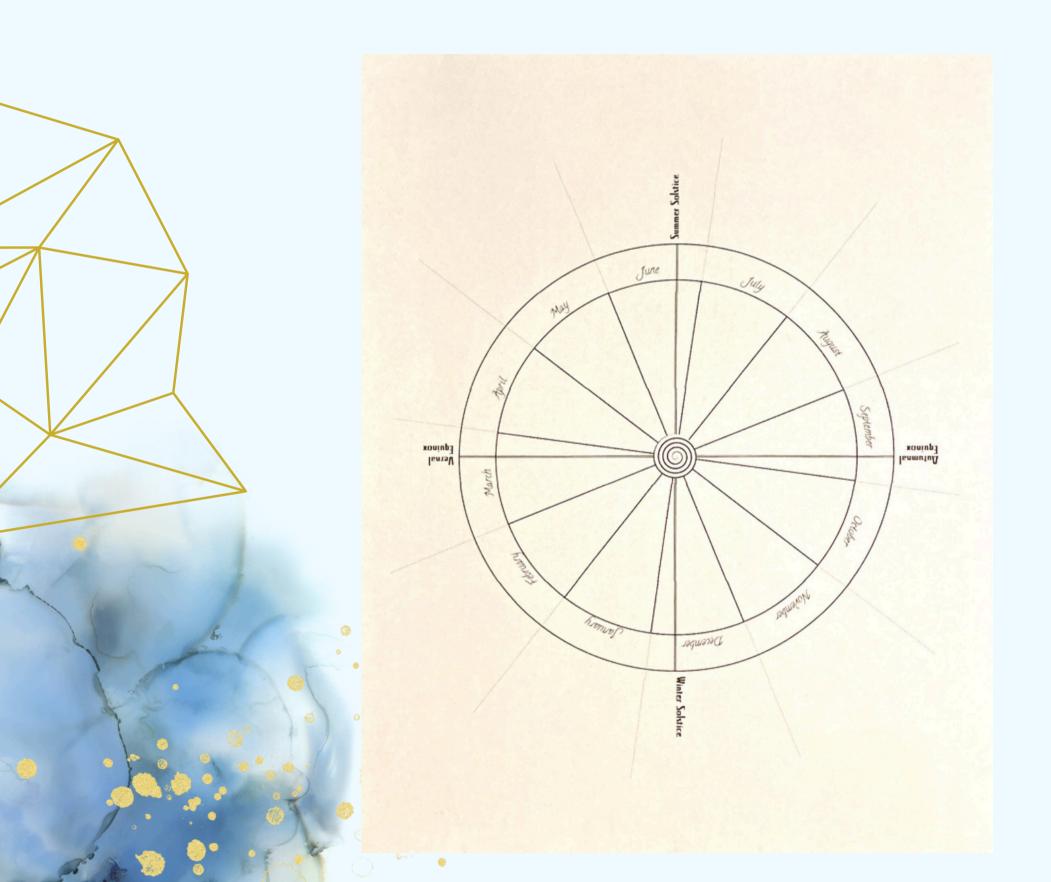
January 2025



WHY are you here?



Retro 2024



- Create one wheel for your personal life- review your journal, phone calendar and memory to write the major happeningsachievements, challenges, life events
- Put a star by what lit you up, put a sad face (or cloud) by what brought you down, put a thunderbolt by what shook you
- Do the same for the external world, major geopolitical events, matters in your business, etc.

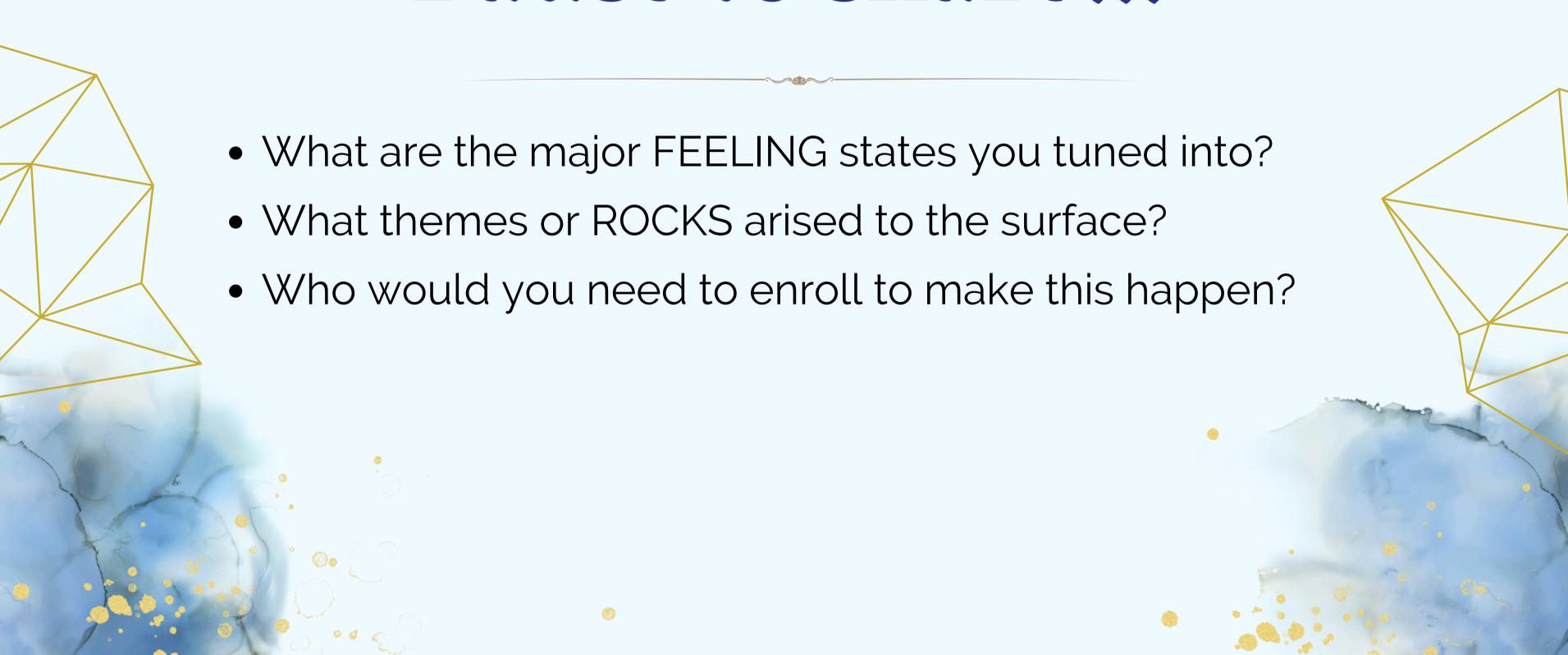


Pause to share... What patterns did you see? What surprised you?

Meditation Moment

- Consider the FEELING state that you want to experience this year in various sectors of your life
- What do you REALLY want? Get honest and be bold
- What would need to shift or go if you were to believe that this was possible?
- What do you need to change in order for this to happen?

Pause to share...





BE BOLD in your declaration of what you want

Distill down the major themes or areas of focus

Have conversations with key partners in your life- focus on WHY this matters to you and discuss how to harmonize with their vision.

Return to your circular calendar and make the time to implement- from a place of joy and creativity!

Pause to share...

- What challenges do you anticipate when you go to implement this vision?
- What can you do to overcome these challenges?
- Who can you enroll or delegate non-essential matters to in order to focus on this becoming reality?
- What can you do on a daily basis to conjure the FEELING state you're aiming for?

