



New Year, New Vision!

Achieve Results...with Ease & Joy



New Year, New Vision



InnerBrilliance

Welcome a New Year in an New Way

Get ready for a new way of living. Set the stage & step into all that's YOU this year!

"Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all of its trials and troubles, and perhaps more interesting because of them."

 Robert R. Updegraff - Business Advisor

Agenda

- Loving Preparation
 - Get Grounded
- Celebrate the Past
 - Honor and Complete the Past
- Get Inspired for the Future
 - Create Focus & Make it a Mantra
- Closing and Next Steps
 - Support for Transformation



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A Little Loving Prep

Before coming up with your answers for the questions below, please do the following:

- Connect with your best self
- Don't bring judgment into the story of what happened or could happen
- Be as objective as possible
- Get to a positive place

Let's Celebrate...plus honor 2023

To help you feel "complete" with your past, begin with some questions to remind yourself of what happened--knowing that you can always learn from your past.

- What desired outcomes or accomplishments are you most proud of achieving?
- What were your greatest failures or desired outcomes you didn't achieve?
- What happened that you didn't expect--any surprises or unexpected outcomes?
- What lessons did you learn from your successes, failures, and surprises?

Use the next page to capture these answers or use your own piece of paper, but try to put them all on one sheet of paper so you can see all the information in one place.

Have your calendar nearby so you can dig a little deeper into these questions and create inspiration for 2024.

This is an opportunity to approach 2024 with a fresh perspective on life and create new adventures you'll be excited to go for every day! This process will get you more excited than ever to go for all that you desire!

With Love,



Rosie

InnerBrilliance Coaching

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Let's Celebrate the Past!



Desired Outcomes - Achieved



Unexpected Outcomes



Desired Outcomes - Not Achieved



Outcome Lessons

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Let's Celebrate...plus honor 2023

To further integrate what you've uncovered and deepen any learnings, answer the following questions--knowing that we don't learn from our experiences but from the reflection on our experiences.

- What were you grateful for as you pursued your desired outcomes?
- What can you acknowledge yourself for (or thank yourself for) as you attained results?
- After you've answered these questions, identify and list any themes or patterns you notice across all five topics.
- What positives are you noticing that occurred during this time? That can include people, situations, or activities. Note them so you can possibly recreate them.
- What new insights are you garnering at this point with your deeper reflections?

Use the next page to capture these answers or use your own piece of paper, but try to put them all on one sheet of paper so you can see all the information in one place.

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Let's Honor + Complete the Past!



Gratitude & Acknowledgements



Positives



Themes/Patterns



New Insights

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Get Inspired for the Future!

To understand what can inspire you moving forward, ask these questions:

- How are you different than the way you were before you tried to achieve the desired outcome(s)?
- What would you like to discard from the past? Are there any failures you'd like to move past or any long-term desired outcomes that are no longer relevant?
- What lessons would you like to take with you as you move forward?
- What do you want to focus on in the future? It could be something you've identified from the questions or something new that is occurring to you.

Use the next page--page 8--to capture these answers.

Make it a Mantra

After you complete answering questions on page 8, move on to the next page. And, create a new vision for your new year. Make sure you're in the mind-set of your highest self, and then summarize (in a single statement) what you want in the near future.

The summary could be something like:

- Enjoy my life and smile more!
- Trust myself and go for it!
- Remember my vision and pursue it one day at a time!

Make sure the statement is positive, present tense, powerful, and inspires new possibilities for your life. After you've created your statement, make it your mantra or guiding principle and vision to inspire and inform new desired outcomes.

P.S. Want to take your efforts to the next level? Join me for the ["Thriving without Burnout!" Event](#) where we can process your past and create your vision with an action plan for 2024 together. Register [here](#). Use code THRIVING for \$200 off early bird pricing!

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Get Inspired for the Future!



I've evolved by...



Learnings to take with me...



I'd like to release...



I'd like to focus on...

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Create it Your Way...My Mantra!



My biggest takeaway...



My mantra...

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- **Sign Up**
 - Consultation | 30 Minute Complimentary.
 - Program: Be Perfectly You

Event: Thriving without Burnout

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