

COMPLETING the year that was

Life Design
Strategies

The New Year of the Tiger begins on February 14, 2010. Take the time to reflect on this past year. Acknowledge your wins, get complete and make space for your new intentions. Writing your responses to these questions will support you in building on your successes.

1. What was an upset or a disappointment in the past year? Every challenge is a chance to realign yourself and each brings a gift for you. What might be the lesson or gift in this (or these) situation(s)? Write what you learned and what the gifts were:

2. Where and when did things not flow easily – there was a lot of energy for little result? Are you still trying to push this? If things aren't flowing, it's often not in your highest good. Perhaps it's time to let it go? Or is there a change you wish to make so you feel inspired and excited again? Write your new 2010 intention here:

- Helpful People & Travel – includes service to others

- Your Home

What was your biggest success in 2009, and why?

4. What's incomplete? What's sitting around in your life, bugging you? Do you intend to complete it before February 14 when the Year of the Tiger begins or will it take longer? This could be anything from relationships to projects to painting your office.

5. Insights you've gained about yourself in the last year. Often your insights and learnings get lost as you move forward. By writing them down you start to own them and integrate these gifts into your heart and life.

6. What are you grateful for? Gratitude has the same vibration as abundance. And the Law of Attraction states that what you focus on expands - where better to focus your attention?

See if you can fill this space.....

7. How will you celebrate and acknowledge your 2009 wins?