

This fun, simple exercise helps you get inspired about the year ahead - even when times are tough.

INSTRUCTIONS:

- Allow yourself 10 minutes of quiet time - and write your answers in the spaces below.
- What would bring you joy in the coming year? What would be fun or easy? What could you do if you stretched yourself? Could you start a meditation practice, complete that online training, bake your first souffle, grow herbs or tomatoes? Whatever it is will be completely unique to you.
- Don't analyze, write! Have fun and stretch yourself; try to think possibility, not just probability...
- PS. Be sure to complete all 25, and feel free to add any extra things you think of later!



List 25 Things You Want to Do in the Next Year!

1. _____	15. _____
2. _____	16. _____
3. _____	17. _____
4. _____	18. _____
5. _____	19. _____
6. _____	20. _____
7. _____	21. _____
8. _____	22. _____
9. _____	23. _____
10. _____	24. _____
11. _____	25. _____
12. _____	
13. _____	
14. _____	

And if there was *one* thing you secretly want to do, but haven't mentioned yet:

+ _____



To wrap-up, choose one *specific* thing you will 100% commit to doing next year - and by when:

I will _____ By when: _____