

Powerful New Year Play Sheet

Year-End Review 2019

"Tie up 2019 with a Bow of Gratitude
& Gain Clarity & Focus as you move into 2020!"

1) Who are the three people who touched your life the most in 2019?

1. _____
2. _____
3. _____

2) What were the three biggest, POSITIVE things that happened in your life in 2019?
Examples: moved to nicer home, reconnected with two friends from previous job, etc.

1. _____
2. _____
3. _____

3) Who are the three people who love you most in the world?

1. _____
2. _____
3. _____

4) What did you do in 2019 that you are most proud of?

Examples: paid cash for my new car, completed my training, made 3 new, great friends, etc.

5) What is the most important thing you did for someone else in 2019?

Examples: created a supportive website for new moms, introduced Cindy to Rob, adopted a homeless kitty, etc.

6) What was the most fun thing you did in 2019?

Examples: Disneyland with the kids, vacation with spouse, started a new job I wanted, etc.

7) What was the hardest lesson you learned in 2019?

Examples: I can't change people's lives and many would rather live in their sad story than be happy, etc.

8) What did you do in 2019 that moved you closer to your spiritual goals?

Examples: found a spiritual teacher I love and implemented his teachings, took up yoga and meditation, etc.

9) What are 3 important things you learned in 2019?

Examples: that I've been basing my value on the opinions of others, how to be a better communicator, etc.

1. -----

2. -----

3. -----

10) Who do you need to thank and haven't yet? -----

11) Who do you need to patch things up with? -----

12) Who is emotionally draining that you need to let go of? -----

13) Who do you need to forgive? -----

** Remember: Forgiving is setting someone free; then realizing that someone is YOU.*

14) What do you need to stop obsessing about? -----

Examples: money, my weight, finding a relationship, etc.

15) Of all the books you read or movies you saw in 2019, which impacted your life the most?

16) What are you most grateful for as you review 2019? -----

17) How you *feel* (emotion as opposed to thought) having reviewed your 2019:

Examples: happy that I accomplished more than I thought, frustrated that I didn't do more, energized for 2020, etc.

Powerful New Year Intentions for 2020

What are the 3 BIGGEST things you intend to do in 2020 in each category?

1) What I intend to do for my spiritual growth:

Examples: read and implement a spiritual book, meditate 3 times per week, etc.

1. -----

2. -----

3. -----

2) What I intend to do for my physical health:

Examples: replace soda with water, workout 3 times per week for 40 min, commit to 7 hours sleep every night, etc.

1. -----

2. -----

3. -----

3) What I intend to do for my emotional well-being:

Examples: life coach for new perspective on life, create fulfillment from within instead of from job/relationship, etc.

1. _____
2. _____
3. _____

4) What I intend to do for my financial freedom:

Examples: purchase what I can afford at the time, delete unnecessary expenses, pay off debt monthly, etc.

1. _____
2. _____
3. _____

5) What I intend to do for other people in my life:

Examples: recognize we're all on an individual journey, have more patience and kindness in my heart, listen, etc.

1. _____
2. _____
3. _____

6) What I intend to do to find or improve my relationship:

Examples: listen intently, keep conversations positive, balance myself with "Me Time" to be better for others, etc.

1. _____
2. _____
3. _____

7) The BEST way for me to positively impact other people's lives in 2020 is:

8) The MOST positive thing I can do for my own life in 2020 is:

9) How I *feel* (emotion as opposed to thought) now, having set my Powerful Intentions for 2020:

Examples: peaceful and clear on what 2020 holds, powerful going into the New Year, grateful to plan ahead, etc.

Congratulations on completing your Year-End Review
& Powerful New Year Intentions Play Sheet!

Kelly

If you are READY to Cut Through The Chaos, Delete The Drama, and Rock Your Results,
Watch The Inner Power Secret free training: <https://positivewomenrock.com/ips-vid/>

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