



What will you bring to 2019?

Get ready, get set...

Create the time:

To do this in a meaningful way might take a while! Take your time, get comfortable, and dig in.

Gather your materials:

For this reflection, it will really help to have worked through the previous pages, "What Did 2018 Bring?", "Exploring Your Core Attributes", and "Your Core Attributes in 2018." It would be good to have these pages beside you as you think and write. I like having some different colors of pens around so that I can circle and underline..

Start the process:

Write on these pages, or you might want to designate a special notebook for this. Use the questions on the following pages to get you started...but don't be afraid to write down anything that strikes you as notable, any thoughts or emotions you have as you go.

Go!

What will you bring to 2019?

Review and synthesize

Take a look at your previous three reflections:

What Did 2018 Bring?

Exploring Your Core Attributes

Your Core Attributes in 2018

What repeated themes are arising?

What are you paying attention to?

What will you bring to 2019?

Look ahead

What do you see ahead of you in 2019? What events, roles, and tasks are already planned or in motion?

What do YOU want in the new year? It may help to think in various categories:

**Physical Health | Resting & Recharging | Relationships
Habits & Rituals | Spirituality | Personal Goals | Work Life**

(Find another excellent tool here: <http://bit.ly/2zfQH7U>)

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Explore intentions

How do you want to show up? How do you want to feel and act in this new year?

What qualities and attributes do you want to bring out?

How do you want to bring your strengths, the essence of yourself into play?

What will that look like?

What will you bring to 2019?

Plan to check in

Ideally, when will you check in with yourself again in 2019?

How often would you like to remember this? Quarterly? Monthly? Daily?

How will you keep this fresh?

Are there appointments, reminders, or other ways that you can act RIGHT NOW to signal to your future self that it's time to check in with intentions?

What will you bring to 2019?

Post about it?

I'd love to hear about what comes up for you as you reflect! If you post about this on social media, be sure to tag me so that I can see! :)



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