

DAY 1

Get Clear About Your Priorities

Est. time: **5 minutes**

Write down at least 5 *general areas* of your life that you want to create change in and develop over the next year. Keeping your goals for change general is powerful because it gives the Universe power to orchestrate the details and figure out “how” your goals can manifest in the best way possible. On Day 3 you will have the chance to “dress up” these generalities with the juicy details that excite you!

Here are some examples of general areas for change:

- Happiness
- Health
- Love
- Friendship
- Creativity
- Spirituality
- Adventure
- Abundance



TIPS

TRY THIS:

Close your eyes and see if you can feel what one (or more) of these areas will feel like once you are thriving in it.

NOTICE:

Have you already started working on developing any of these areas in your life? If so, how?

GOING FORWARD:

Whenever you think in terms of a specific goal, ask yourself what “general area” it falls into: happiness, health, love, etc. See if this gives you a broader perspective on what you really want.

5 general life areas where I want to create change:

1.

2.

3.

4.

5.



