



I deeply believe
anything is possible
in 2016



Signed _____

You're here for
a reason. And
that reason is
yours to define.
Make it big, bold
and full of love.
Because you can.

Make it Happen Yearly

1 :: What worked last year?

2 :: What did you learn from last year's successes?

3 :: What *didn't* work last year?

4 :: What did you learn from these things that didn't work?

5 :: Make a list of things you're thankful for last year.

6 :: What are you saying *yes* to this year?

7 :: What are you saying *no* to this year?

8 :: What is your vision for this year? Begin by listing 3 adjectives that best describe how you want to feel this year.

9 :: Now that you know how you want to feel in the coming year, write out specific goals that will help you generate those feelings. (Areas to think about: health + fitness, career, financial wealth, spirituality, relationships)

10 :: Let's break down each of the above areas into bite-sized, achievable steps.

Health and Fitness:

1 step I can take today to better health:

3 steps I can take this week to better health:

3 steps I can take this quarter to better health:

3 steps I can take this year to better health:

Why do you want to make these goals happen? How will it make you feel?

Career

1 step I can take today to a better career:

3 steps I can take this week to a better career:

3 steps I can take this quarter to a better career:

3 steps I can take this year to a better career:

Why do you want to make these goals happen? How will it make you feel?

Financial Wealth

1 step I can take today to financial wealth:

3 steps I can take this week to financial wealth:

3 steps I can take this quarter to financial wealth:

3 steps I can take this year to financial wealth:

Why do you want to make these goals happen? How will it make you feel?

Spirituality

1 step I can take today to deeper spirituality:

3 steps I can take this week to deeper spirituality:

3 steps I can take this quarter to deeper spirituality:

3 steps I can take this year to deeper spirituality:

Why do you want to make these goals happen? How will it make you feel?

Relationships

1 step I can take today to better relationships:

3 steps I can take this week to better relationships:

3 steps I can take this quarter to better relationships:

3 steps I can take this year to better relationships:

Why do you want to make these goals happen? How will it make you feel?

Whatever you're
ready for is ready
for you.

—Mark Victor Hansen

- 12 :: Create a vision or inspiration board on Pinterest or with magazine clippings that supports your goal!

- 13 :: Fill out the Vision Planner for this year on the next page and post it in a place you'll see it every day!

My Vision for this Year

You are in the
perfect position
to get there
from here.

—*Abraham Hicks*

16 Inspirational Quotes on Love and Making it Happen in Life

I've always collected quotes and little, lovely inspirations....jotting them in my notebooks, writing in the margins of my books or emailing them off to clients or friends who were in search of a tiny dose of wisdom. There's something about a well-articulated family of words that can make an idea truly crystalize in my heart and mind.

My desire is that some of these spark a flame within you and help you view your life with bright eyes and deep compassion in your heart. We designed these so you could cut them and tuck them in places you (or someone else) will see them - on your bathroom mirror, in the pocket of your winter coat, under someone's windshield wiper.

" Living with integrity means:
Not settling for less than what
you know you deserve in
your relationships. Asking for
what you want and need from
others. Speaking your truth,
even though it might create
conflict or tension. Behaving in
ways that are in harmony with
your personal values. Making
choices based on what you
believe, and not what others
believe."

—*Barbara De Angelis,*
bestselling author

"What
you seek
is seeking
you."

—*Rumi*

"Do what
you fear
and fear
disappears."

—*David Joseph Schwartz*

" Love is what we are born
with. Fear is what we learn.
The spiritual journey is the
unlearning of fear and
prejudices and the acceptance
of love back in our hearts.
Love is the essential reality
and our purpose on earth. To
be consciously aware of it, to
experience love in ourselves
and others, is the meaning of
life. Meaning does not lie in
things. Meaning lies in us."

—*Marianne Williamson*

"You don't need to justify your love, you don't need to explain your love, you just need to practice your love. Practice creates the master."

—Miguel Ruiz

"Good things happen to those who hustle."

—Anais Nin

"Experience taught me a few things. One is to listen to your gut, no matter how good something sounds on paper. The second is that you're generally better off sticking with what you know. And the third is that sometimes your best investments are the ones you don't make."

—Donald Trump,

"Remember that everyone you meet is afraid of something, loves something, and has lost something."

—H. Jackson Brown Jr.

"Always go with the choice that scares you the most, because that's the one that is going to require the most from you."

—*Caroline Myss*

"Surrender is faith that the power of Love can accomplish anything even when you cannot foresee the outcome."

—*Deepak Chopra, bestselling author and speaker*

"When it's over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms. When it is over, I don't want to wonder if I have made of my life something particular, and real. I don't want to find myself sighing and frightened, or full of argument. I don't want to end up simply having visited this world."

—*Mary Oliver*

"People who ask confidently get more than those who are hesitant and uncertain. When you've figured out what you want to ask for, do it with certainty, boldness and confidence."

—*Jack Canfield, Co-author of Chicken Soup for the Soul*

“Whatever you do,
or dream you can,
begin it.

Boldness has genius
and power and
magic in it.”

—*Goethe*

“The question
isn't who's going
to let me; it's who
is going to stop me.”

—*Ayn Rand*

“Writing and reading decrease our sense
of isolation. They deepen and widen and
expand our sense of life: they feed the
soul. When writers make us shake our
heads with the exactness of their prose
and their truths, and even make us laugh
about ourselves or life, our buoyancy is
restored. We are given a shot at dancing
with, or at least clapping along with,
the absurdity of life, instead of being
squashed by it over and over again. It's
like singing on a boat during a terrible
storm at sea. You can't stop the raging
storm, but singing can change the hearts
and spirits of the people who are together
on that ship.”

—*Anne Lamott*

“You gain strength, courage
and confidence by every
experience in which you
really stop to look fear in
the face.

“I lived through this horror. I
can take the next thing that
comes along.”

You must do the thing
you think you cannot do.”

—*Eleanor Roosevelt*