

EPIC BIG LIFE INTENTION SETTING FOR 2016

1. Describe your 2015 in **3 words**

2. What are the **top 3 things** you discovered about yourself in 2015?

3. What **single accomplishment** from 2015 are you most proud of?

4. Which of your **personal qualities** were the most valuable?

5. What **new skills** did you learn?

6. Who – or what – are you most **grateful** for right now?

7. What's the **#1 lesson** you learned in 2015?

8. What **mental blocks** did you overcome in 2015?

9. Which **5 people** did you enjoy spending time with in 2015? Why?

10. What was your **favourite compliment** from 2015?

11. What **worry** turned out to be completely unnecessary?

12. What were your **dominating thoughts** in 2015? (Good & bad!)

13. What **advice** would you give to early 2015 you if you could?

14. Who had the biggest **positive impact** in your life in 2015? why?

15. What are your **3 biggest lessons** from 2015?

NOW IT'S TIME TO FOCUS ON WHAT YOU'LL CREATE IN 2016... IT'S MANIFESTING TIME :-)

1. Describe your **ideal 2016** in 3 words

2. What are your **top 3 goals** or intentions for 2016?

3. What **traits / skills** do you need to manifest these intentions?

4. What do you need to **let go** of, for these goals to manifest?

5. What needs to be in your **daily routine** to manifest this?

6. How will you **feel** when these intentions & goals manifest?

7. How will you **know** you're on the right path?

8. What are you most **excited** about in 2016? :-)

9. What are you most **scared** about? (and What can you do to overcome these challenges in advance?)

10. What's your motto – or **mantra** – for the year?

11. How will you **celebrate manifesting** these intentions? :-)

12. What's **even better** than all this?

NOW WRITE YOUR KEY INTENTIONS DOWN!

“ I AM SO HAPPY AND GRATEFUL THAT IN 2016...

**ALL THIS - OR SOMETHING BETTER - IS NOW
MANIFESTING, IN AN EASY & RELAXED
MANNER, A HEALTHY AND POSITIVE WAY, FOR
THE HIGHEST GOOD OF ALL. **MAKE IT SO!** “**