



The Year Ahead

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Today's Date: _____

Visions manifest one step at a time. Sometimes if your vision seems elusive or too overwhelming to name, you can start with questions about what you want just for the next year. These questions are meant as prompts – answer all or whichever ones you're drawn to.

What do you want to invite into the upcoming year? *Start with your initial reaction and then use the questions below to help you with more specifics about your vision.*

What wants to be born?

What wants to be expressed?

What's something new you'd like to try or learn?

What inner parts of yourself (qualities) do you want to develop or strengthen?

What do you want this year to be like health-wise (physical health, mental, emotional, spiritual...)

**How about your relationships (significant other, family, children, friends, co-workers)
– what would you like this year to hold for you in connection with others?**