

# 2022 – Moving Forward



## Reflections of 2021:

Before forging into the future, it is useful to reflect and remind yourself of the good things that occurred this year:

What are you most proud of?

What are the golden nuggets you've learned this year about -  
Life?

Yourself?

Relationships?

## 2022 – How do you want to be in your life?

### #1 – The Doing

Following are 6 areas with examples providing ideas and a starting point:

#### **Relationships**

- Improve family relationships
- Make more of an effort with friends
- Develop new friendships or a new love



## Your Home

- Decluttering – clear out the old to create space
- Make your bedroom the best place to sleep
- Create a gorgeous flower bed
- Daily rituals – what do you like to do when you wake up or before sleep



## Fun / Creativity / Personal Time

- What do you want to do in your down time
- Hobbies and interests to explore
- Community involvement



## Health

- Rituals to boost your mental health
- Exercise or stretching
- Physical check up



## Finances

- Create wealth
- Cut up the credit card
- Budget in order to get ahead



## #2 - The Being: How do you want to be feeling?

- What does relaxing mean to you?
- Where is your happy place?
- How do you want to feel at work?
- Where will joy come from?



## Almost finally

What is the advice you would like to give to your 2022 self?



And finally - be the person you're proud to know!