# 2022 - Moving Forward Allison



## 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?

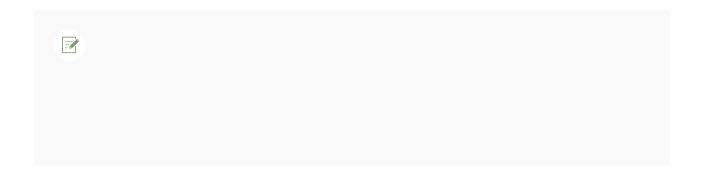
# 2022 - How do you want to be in your life?

## #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



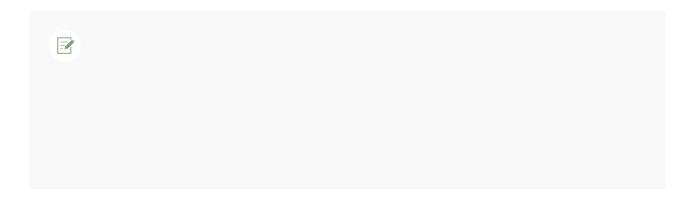
#### **Your Home**

- 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



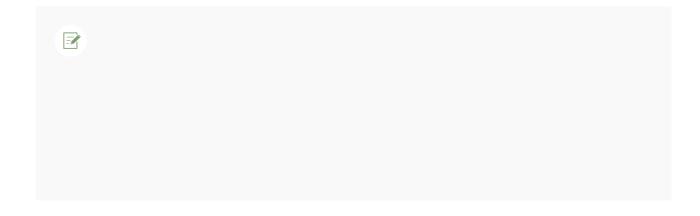
#### Fun / Creativity / Personal Time

- 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



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 low some from?
Where will joy come from?
Almost finally
What is the advice you would like to give to your 2022 self?

**Finances** 

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