

Rock Your 2019 Vision Workbook



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INTRODUCTION

Let's begin at the beginning.

You deserve success this year.

With this workbook, you can have that success, in any and all areas of your life.

This year, you can learn how to create your life magnificently.

2019 is the year you choose a different beginning, a different plan, a different path to define your year.

In this **Rock Your 2019 Vision Workbook**, you will explore and enjoy carefully designed and crafted tools that will unlock success, fulfillment, and enjoyment for you.

Before we jump in and start designing your 2019, it's wise to take stock of where you are now. By having a reference point, you will know where you are starting from. Your progress and results will be a lot clearer and more tangible this way.

Rather than go back and review last year (don't worry, we will get to that later, in a very special and necessary way), you will take time now to see where you are, how your life is, what is working and how well, and what is not working.

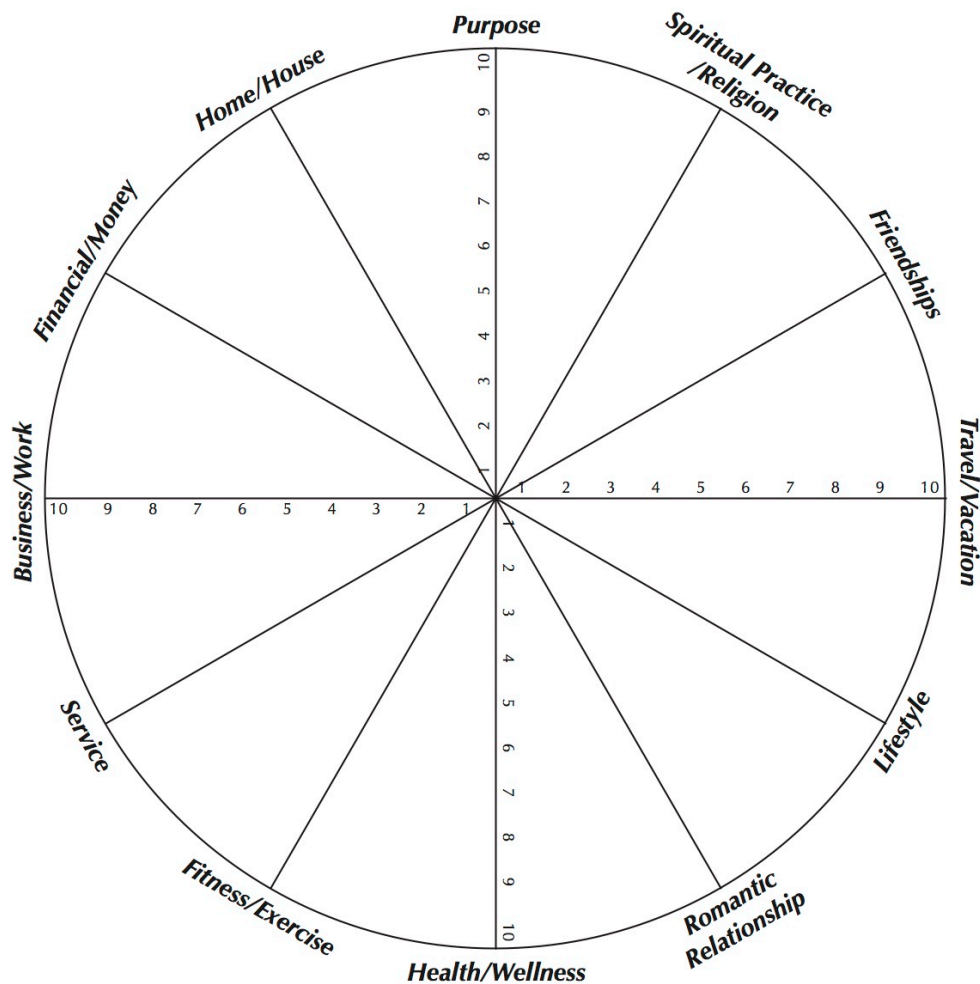
To make this most accessible and effective, and to have you see visually how your life looks, use the Life Aspects Wheel. It is a diagram (on the next page) that includes twelve specific areas of your life where you probably had and/or have energy invested.

As I mentioned, it is always good to know where you are starting from. Look over the Life Aspects Wheel Diagram. Consider, specifically, how do you feel about and experience each of these twelve elements in your life, at this current moment in time?

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Look at each of the twelve spokes, each of the titles and consider how you experience them, and in particular how you felt they were for you last year.

Life Aspects Wheel Diagram



How has your health been, for example? How does your relationship feel? If you don't have one, how does that feel?

For each spoke of the wheel, there are ratings from 0-10. A rating of 0 is either no experience or value, or perhaps what happened in this area was unpleasant (either is workable). A rating of 10

is total fulfillment. In between are a range of values that you choose for each spoke of the wheel. It is likely the ratings for each spoke will vary, they won't all be the same. For example, you might feel your business/work experience has been at level 4 (out of 10), and your experience of fitness/exercise is at level 8.

Choose a true rating for each of the twelve spokes, trusting your intuition to guide you. This is not an ego exercise (nobody else has to see your ratings), this is tuning into your gut, and feeling what is true for you. Honestly look at and gauge each spoke, and choose an appropriate value that fits for you.

You may find one or more life aspect rates at level 10. That's wonderful. I invite you to be open to even more this year, which would be an 11 or 12. The intention with this is to provide you with more room to enjoy and receive more and more good. There is always more to enjoy and experience.

You may discover that one or more of your life aspects is surprisingly low. That is OK, this is an awareness process, not a judgment process. Meaning, this is to give yourself a baseline to grow from, not a judgment on how you live your life well or not. It is OK to have one or more area at a level 1 or even 0. This year you can raise some or all of your life aspect values so you can live a life fulfilled.

Once you have taken some time to reflect, you will certainly become aware of one aspect that is most important to you this coming year. You will also become aware of a few more aspects that are perhaps not as pronounced as the primary one, however also call your intention for this coming year. The following 7 Keys will provide you ample opportunity to define your intentions in these areas for the year ahead.

I will advise you now that although Key 6 (Blessing Your Past) may be the least glamorous and exciting key, it is perhaps the one you will choose to visit earlier and more often as you go through the preceding keys. I am letting you know now, as the positive focus and expression of the other keys can trigger unresolved or perhaps challenging experiences and memories from last year and further back. Having a way to make peace with those older experiences will release a lot of unused and stored fuel and energy to uplift your positive intentions. Key 6 is a vital component of your freedom this year.

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Before you dive in, I have a couple of calendar events I would like you to plan for. In late December, ideally the week after Christmas, and also New Year's Eve.

For the week after Christmas, you will be reviewing the Epilogue of this workbook. You will review the Life Aspects Wheel diagram a second time, after having had this amazing year coming up, and you will have a chance to chart your progress.

On New Year's Eve, you will be enjoying opening your Gratitude Jar. I will tell you all about that later on as well. Just mark your calendar for both of these events.

That is months away, and we have much to do before then.

Let's get started with Key #1.

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1 ~ DECLARING INTENTIONS



Welcome to Key #1.

The first step in planning your 2019 is to become clear on what you want.

What would you like to happen this year for you? What would you like to create this year? What life plans did you put off last year, and the year before that?

What you want to do, what you want to experience, what you want to have, etc.?

Here is where you will describe and affirm what you want to have, to experience, to do in some or all areas of your life (as defined in the Life Aspects Wheel earlier). Setting your intentions clearly, and in a positive frame, will focus your will toward success this year. In this Key, you will setting your intentions in a very specific way.

This brings me to the Heart Intention Map, which is your first powerful place to build your intentions. Using these sheets, you will first define your intentions, and then expand them by creating an affirmative array of statements that express and support your heartfelt dreams.

The Heart Intention Map is a very effective tool to build your inspiration and fuel your desires. The Heart Intention Map might look like a mind map, however this is different.

A mind map is designed to be a brain dump around a given topic, to divest yourself of all thoughts around a topic, a way to write down every random thought about a topic, so a plan can be made. They are very effective for that purpose.

This Heart Intention Map, though, serves a very different purpose. It is designed for you to describe and affirm, from your heart, qualities and experiences for specific areas of your life.

Each Heart Intention Map is a declaration of intention for a specific life area. For example, one map could be a focal point for your finances and money for 2019. Within that map, each radial leg on the map is an affirmative intention about your finances and money. You can have many intentions that compliment each other for that same focus.

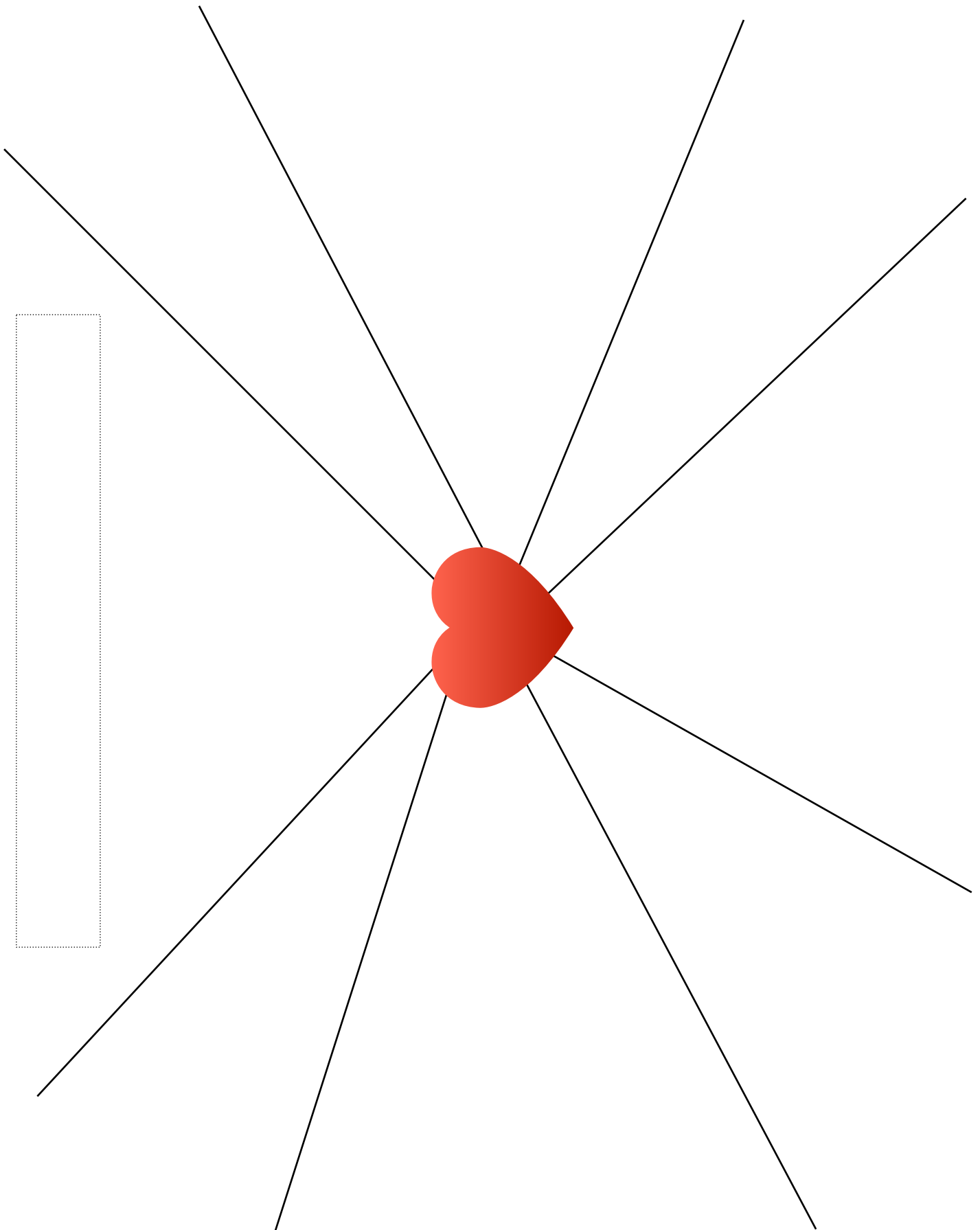
These affirmative intentions can be a little outside the realm of immediate believability, as they are meant to stretch your vision larger than it has been. Also, ensure your statements are not too specific, so don't write specific dollar amounts or weight loss amounts, or address of your new home, etc. Keep the statements loose enough so your master team-mate (you know, God, Spirit, etc.,) can have some leeway to bring more good than you expected.

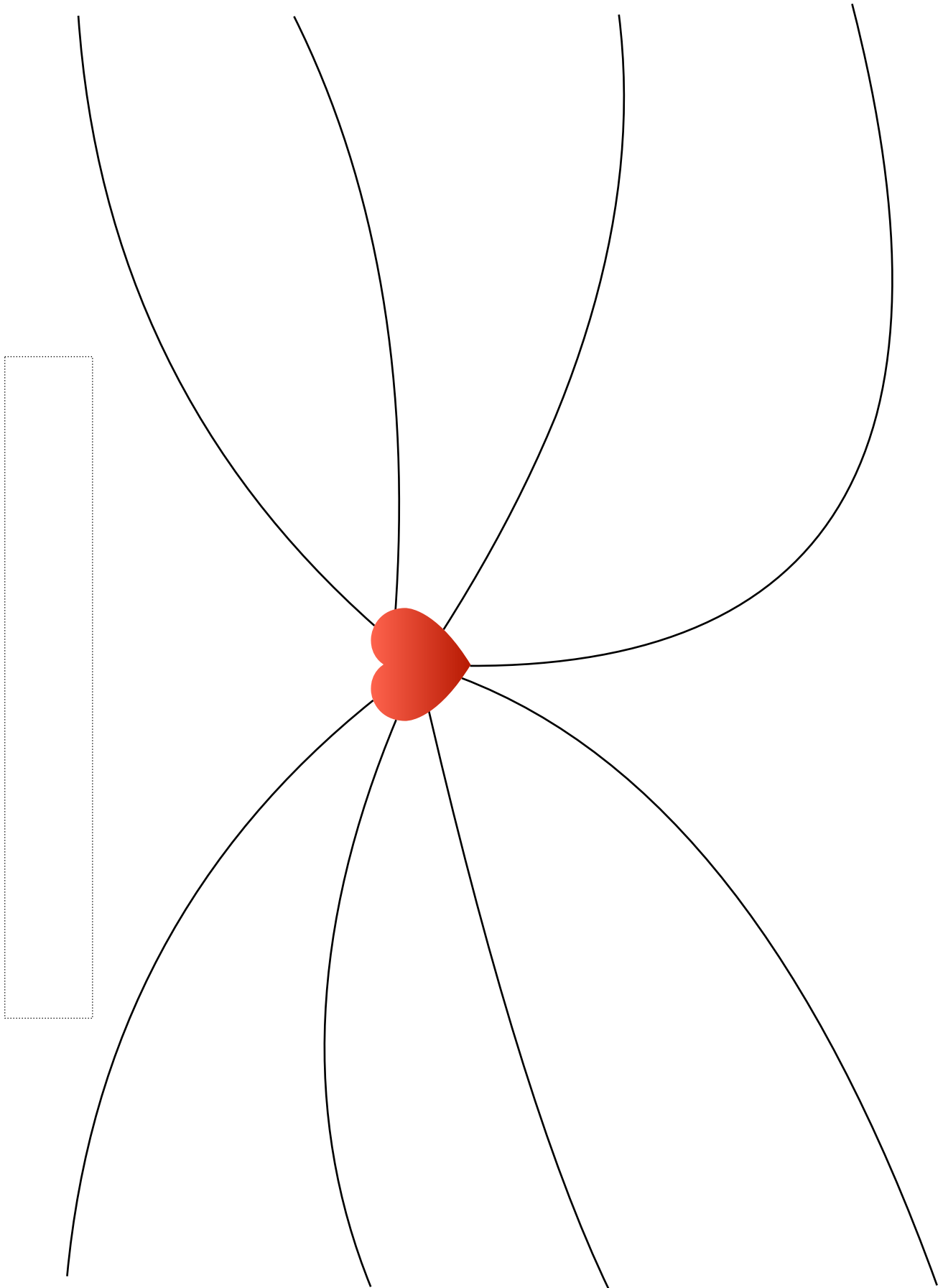
Review the Life Aspects Wheel from the Introduction. Choose which aspect you want to begin with. You will create a Heart Intention Map for one or more spokes of the Life Aspects Wheel as you decide. Use the spoke as your guide to title and focus your Heart Intention Map you will build.

I have included two blank Heart Intention Map layouts to give you a base to build from.

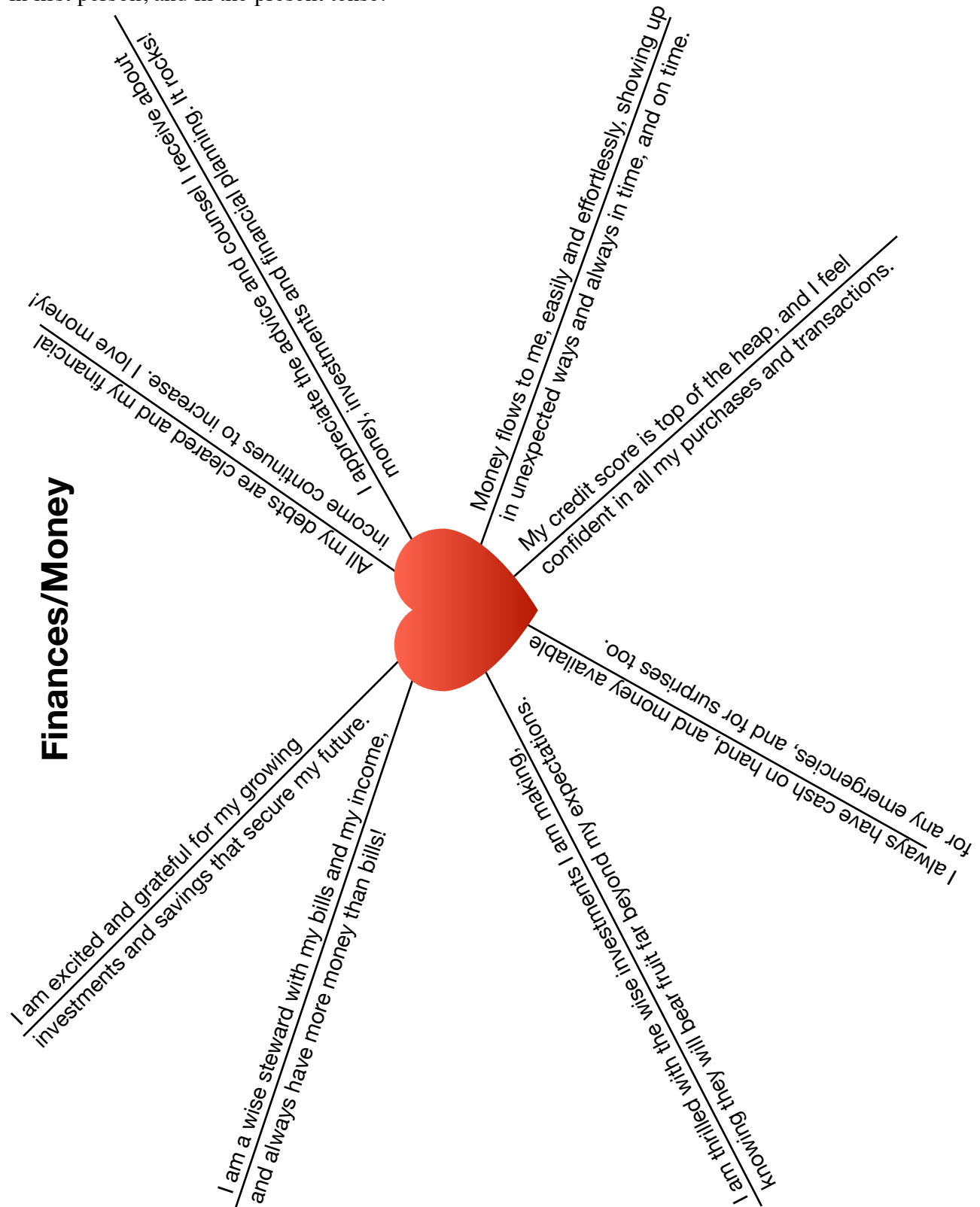
One is built with straight lines, the second with curved lines. Depending on your preference, perhaps you are more orderly, perhaps more free-flowing, choose which works best for you. There is no limit to the number of radial lines you can use, and there is no limit to the words you can use in each affirmative statement. You can write above and below each line as you need or want. I do recommend you keep it legible of course, so you can re-read these plans as you choose. If you find yourself needing more space.

They both have a heart at the center of the map. This is intentional, to remind you that all of your plans, your intentions, your desires are sourced and expressed with and in love. Hence the title - Heart Intention Map.





I have included a sample Heart Intention Map so you have a sense of how one looks. Each statement on each radial leg of the map reads as an affirmation - positively worded, including me in first person, and in the present tense.



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The above map is a powerful declaration of financial wealth with eight intentions.

I recommend printing out multiple copies of the template, or you can simply draw your own if you prefer. You may want to write out your affirmative statements on a plain piece of paper first, to edit and refine them, before applying them to your Heart Intention Maps. They will look a lot better looking clean and accurate.

Let your mind and heart be inspired and your words flow and affirm any and all areas of your life in 2019 for your highest and best. All of it, expressed and celebrated with love.

Now it's your turn. Have fun with this process.

Want to take it even deeper? For each Heart Intention Map you complete, take a good look at it, and declare out loud "I give myself permission to have all of it!" Say that every time you look at the maps and feel how your energy shifts and moves. You're welcome!

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2 ~ VISION BOARD



Your next level of fueling your intention is the creation of your ***Vision Board***.

What is a vision board?

For the uninitiated, a vision board, in simple terms, is a collage, a visual representation of your goals and dreams of the future. It may be one vision board that includes your whole life, or you may have specific vision boards for different areas of your life (career, home, health, and relationship, etc.).

You may already have a vision board/collage focusing on your life, which is wonderful. If you have a specific vision board for different areas of your life, that is wonderful too. Put them aside for now and follow the guidance here to create new one(s).

You will be revisiting your vision board in the days and weeks to come, so as you gather your images and words to build it, know you may not be complete in one sitting. You may be adding more items as the days and weeks unfold.

HOW TO

If you have never created a vision board, the following instructions will serve you well.

If you have created a vision board before, this will be a chance to start over, with a clean and fresh slate. This will be a new vision board, a new plan. You might want to pull some images from your previous board if they fit your new vision.

I recommend reviewing the following instructions, to ensure you get maximum value from your efforts. These simple and general instructions are taken from www.selfgrowth.com (with key additions by me):

A vision board is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or foam board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. The purpose of a vision board is to activate the law of attraction to begin to pull things from your external environment that will enable you to realize your dream. By selecting pictures and writing that charges your emotions with feelings of passion, you will begin to manifest those things into your life.

The general elements that a well-designed vision board includes are:

Visual. *Your subconscious mind works in pictures and images, so make your vision board as visual as possible with as many pictures as you can. You can supplement your pictures with words and phrases to increase the emotional response you get from it.*

Emotional. *Each picture on your vision board should evoke a positive emotional response from you. The mere sight of your vision board should make you happy and fuel your passion to achieve it every time you look at it.*

Strategically placed. *Your vision board should be strategically placed in a location that gives you maximum exposure to it. You need to constantly bathe your subconscious mind with its energy in order to manifest your desires quicker than you hope.*

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Personal. Negative feelings, self-doubt, and criticism can damage the delicate energy that your vision board emits. If you fear criticism or justification of your vision board from others, then place it in a private location so it can only be seen by yourself.

KEY: Place a current image of yourself in the center of the vision board. I highly recommend you use a photo of you that is recent, happy and smiling. This is vital to connect your subconscious into the vision and increase the board's attraction factor. If you don't have one, get a new photo taken, even a selfie works!

Here are a few samples of vision boards. Note that some are inclusive of multiple areas of life, some are specific to one area. Also, some match the criteria listed above, and some don't.



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Notice which Vision Boards match the criteria. Which of them have a picture of the vision board creator front and center, looking happy or, at least, positive. Notice which have affirmative words and phrases, with pictures that mirror the words.

Yes, the last example is my own!

I included my overall Vision Board from 2016. It does abide by the listed criteria (I follow instructions!). You may notice it looks neatly arranged. It was not created with paper and glue. In fact, it is not a physical Vision Board at all. I created this Vision Board on my computer using images I found on the web, so I could have it with me wherever I go. This is an option if you don't feel like getting physical in the creation of your Vision Board.

I do recommend even if you follow this path, also print it out so you can place it where you will see it morning and night.

In creating your own Vision Board, focus particular attention on images and words that evoke strong positive feeling in you. If you find vaguely nice images or plain words that sort of describe your vision, skip them and go deeper. Find images and words that really stir your heart and your passion. This creates a powerful and magnetic kinesthetic connection to both your vision-board and more importantly, your intention.

Let's use an example. If you are creating a Vision Board for your future relationship, some key items to have on your Vision Board in one form or another (images and pictures ideally, words and phrases as backup) will include:

- How you feel and appear in the relationship
- What they are like (how they look, feel, act)
- Their style (clothes, physique, accessories, etc.)
- What they bring to your relationship (how you are together)
- What you are like with them (connection, intimacy, trust)
- What they are about and up to (vocation, mission, service)
- Where you might go or what you might do together (travel, locations)
- And, very importantly, how your relationship feels and looks.

Choose images that not only look like what you want to have, and more importantly, have the feeling of what you want. This is key – as mentioned before, the more feeling you put in, and consequently express in your Vision Board, the more dynamic and readily you get results.

Generating a strong positive emotion when you see your vision map anchors your future state into your consciousness and attracts your future vision to you a whole lot more rapidly.

The most important component and experience of your Vision Board is how it makes you feel and what it evokes for you when you think about it and look at it.

Begin gathering materials and building your vision-board knowing that you can and will likely add to it over the coming weeks.(and yes, you will visit it again over the upcoming weeks).

Vision boards are cornerstones to create what you want, and any chance you have to work on them, the more alive they become, and the more powerful your results will be. Enjoy the experience.

Once completed (or as much as you do each day), place your vision board in a visible place where you see it every day. Bedroom or bathroom are good choices, somewhere private that is your own space is ideal too.

Enjoy the fruits of your labor, every day.

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3 - EMBODIMENT



Now you have laid some groundwork and established your intentions and vision, it's time for embodiment.

Embodiment is the opportunity to try on your new vision and intentions like a new outfit. In the first two modules, you were writing and creating what you want to experience this coming year.

Now it's time to test drive your intentions and see how they feel and respond.

You will require some quiet time, and a willingness to imagine beyond what is in front of you helps.

You can review everything at once and embody the whole shebang, if that is your approach, or you can choose to review one Heart Intention Map at a time and do the embodiment practice for each in turn.

For the example here, I am describing the Relationship Heart Intention Map, so you have a sense of the experience you may have, and I'm writing this for the perspective of a female reader.

The intention in this process and practice is to bring into your imagination the experience of your fully expressed Heart Intention Map, imagining it already done, already happening, already in your life. And feeling how that feels. You will also bring to mind images from your Vision Board that corresponds to your Heart Intention Map to add more juice and feeling to this experience.

Let's begin.

Find a place to sit and be still.

Mute any distractions like computers or phones.

Take some slow deep breaths, for a count of four seconds inhale, hold it briefly, then a count of four seconds exhale. Repeat this breath a few times, and close your eyes.

As you feel yourself coming to a peaceful place, bring to mind your Relationship Heart Intention Map, reflecting on all the statements you wrote there. You can open your eyes to review it at times during this practice.

As comfortably and slowly as you choose, begin to bring into your imagination that desired relationship as it is already happening. Imagine how you feel with this man, how you feel when he looks at you, how you feel when he touches you.

It may feel a little clumsy at first, you are bringing to mind a vision you may not have consciously imagined like this before. This may be a very new experience. That's OK. It will become more comfortable as you practice this.

Keep breathing, calmly and easily. Now you are moving ahead in time, with this relationship already realized.

Imagine you have been in this relationship for a while now, and it is going great. You feel so comfortable and also excited to be with this man, and you know he feels the same way. You notice how tanned he looks, and you notice your arms are also tanned, remembering the amazing trip you just returned from. You love how in sync you are with him, and how he truly respects and takes care of you. This is the relationship you have been dreaming of forever. And now it's here. You have all the time in the world to enjoy this amazing relationship that you called forward.

Take another slow calm breath. Slowly and when you are ready, come present and open your eyes.

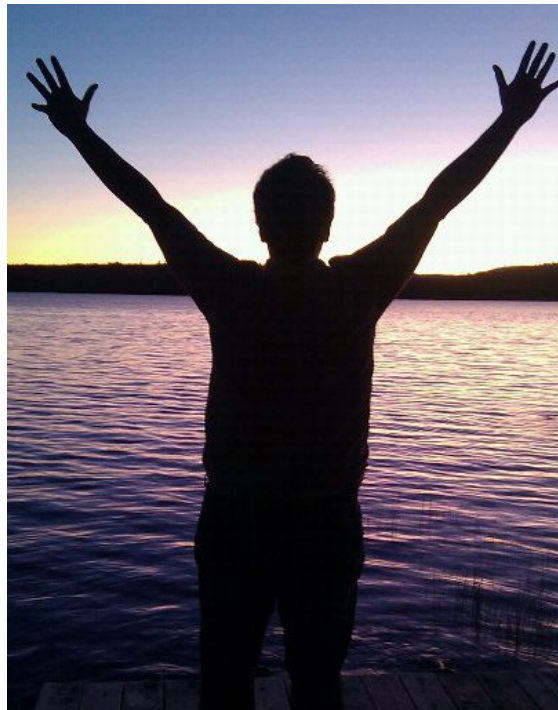
If you chose to test drive one map at a time, choose the next one and repeat the above for each Heart Intention Map and Ideal Scene.

Now you have been through this whole process once, you can do it again, ideally every day for the first week, to get this into your cells. Then every week or so is good to continue.

What you are doing is taking your intentions (and visions) and making them a reality. Each time you do this, you are creating a resonant frequency of feeling that is magnetic. “Magnetic to what?” you may ask. Magnetic to that which you are imagining. You are becoming a magnet for what you desire, what you have written on your Heart Intention Maps and glued to your Vision Boards.

This is an often overlooked aspect of intention setting. Taking the vision and intention into experience and feeling. The magic and manifestation that can come from simply doing this exercise regularly will truly amaze you.

Enjoy this exploration and relish all the rewards and moments you can experience this way.



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4 ~ LOVE & RELEASE



With all this vision and exploration happening, it is key that you learn to step back and allow your higher power to take the reins.

The first two modules had you busy in creation, writing, and more.

The third module is where you test drive and try on these visions and intentions and see how they feel.

You have been planning and building for a while now. Like an architect and designer.

I mentioned earlier how making plans is a sure-fire way to make God laugh.

Rather than have that happen, let us enroll God (or whatever name you use) into this journey. Let us welcome that higher power, that divine influencer, that universal presence into your visions and intentions.

With your focus on your vision boards and your Heart Intention Maps, particularly with the embodiment experience in the last module, you may find yourself a little invested in your life, and have an attachment to the results you already imagined.

This is another level of the work, which is to actually be willing to let go, although in a very specific way.



Before you get worried, you are not being asked to give anything up (except your worries and concerns), nor are you having to throw anything away (except any lingering doubts and fears).

For a week or longer, you will be inviting God into all your intentions and visions, to infuse, expand and uplift all your plans. You are inviting a very special partnership if you will. You know this divine authority knows you better than you know yourself, knows you as you really are. She absolutely knows what your Heart Intention Maps and Vision Boards are inviting in.

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As you do this, you will be letting go, releasing any attachment to what you have created. Yes, you are not to do anything about them, no editing, no review, no coveting or controlling of any of them.

For this period of time, your only focus regarding your Heart Intention Maps and Vision Boards is to know to the best of your ability, that God has it all in hand, and you can relax.

Any time you feel a tug or a pull toward your creations, breathe in deeply, invite God in, let Her know you trust her, and breathe out. Simple? Yes. Easy? Maybe.

At the end of the week or longer as you deem fit, you will make a surprising discovery.

You will notice that your Heart Intention Maps and Vision Boards are safe and sound, and what is more, you will realize that you see places to refine and improve, small updates that fit with the work you have already done. You will feel spacious and more aligned with them.

This is the power of Release.

I suggest you do this any time you feel any concern on the horizon about any of your Heart Intention Maps or Vision Boards. The intentional practice of giving over to God, of having a partnership with the Divine is to align your intentions with your own heart, your true self, and that will reap dividends.

Keep going, this is where the power begins to accumulate. We will use that in the next module.

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5 - LAUNCHING MARKERS



Now you have experienced the power of letting go and releasing, let us take a more material step.

And for this, you will be using your imagination again, and also traveling through time a little as well, similar to the Embodiment module, yet different. I'll explain.

You have an accumulation of intentions and ideas of what you want, you have tried them for size and fit, and you have also invited in a partnership with the Divine.

This is a good time to launch some signposts into the future. You have a sense of what each intention will require and what it will deliver to you.

Specifically I invite you to use your calendar to make note of activities, experiences and actions over the coming months, relative to your intentions.

You are not creating hard and fast goals. What you are creating are soft and expansive milestones, markers if you will.

What if your intentions do manifest over the next 12 months? What would your calendar look like? If you had that new relationship, would you have social engagements in your calendar? If you were exercising regularly, would you have calendar events for activities that you can now

do, perhaps a cycle race, or a fitness contest, or a hiking trip. Imagine for each intention, one or two specific and tangible actions, events, markers that you feel would be appropriate.



Now, fast forward to December. Yes, imagine yourself already there, in December, looking back at this year, all the way to January.

Imagine you are reviewing your calendar, at events that have already happened over the past 12 months, between January and December. You already did these things. Pretend, yes pretend, that you already did these things.

The intention here is to provide you with a framework, a series or sequence of “soft goals” that accumulate your success and manifestation of your Heart Intention Maps and Vision Boards, month after month, throughout the year.

As these are “soft goals” write them in pencil, unless you are using a digital based calendar, which provides you the same ability - know these events can be moved, be edited or even removed if need be.

These are not deadlines, or hard targets. These are intentions as much as anything, and they are tied to your earlier creations in Module 1 and 2.

This exploration fuels your vision with power.

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6 - BLESSING YOUR PAST



Doing a year-end review is a good idea, just as important as beginning your year right. This is the module for that. And it is a lot more powerful than just a review. You may be surprised!

A core limiter to moving forward and changing the direction of your life in any area, is holding on to incomplete things or attached items from your past. These are where you have stuck energy that actually limits your ability to thrive and move forward.

The focus of this module is to complete loose ends from last year, to let go of items that may be hanging on, so you can be free to embrace your vision and intentions for this new year.

This module may not fill you with excitement, however it is a necessary component to have the energetic focus get what you want. It is vital.

The energy you have tangled up in past events, activities and people from last year will remain unavailable to you in this new year, if you skip this step. I appreciate you may have had a shitty year, perhaps things didn't work out the way you wanted, or you had a bad break-up, or lost a

job, or had an illness, or you are upset because you blew your diet. It could be anything that pulls your focus back to last year, and keeps you there because you are attached. There is stuck energy that could be in the form of upset or hurt feelings lingering from those experiences.

When you free up your energy, more freedom is available. And that's what this chapter is all about.

To really launch your new year into magnificent and amazing results, letting go of the past is a very helpful component. However, you can't just push last year's experiences off a cliff to eliminate the attachment. It does not work that way!

There are different tools and methods to make peace with and bless your past, and each has their uses, depending on the situation. There may be some deeper upsets and feelings about last year that are not covered by the tools I include below. If that is the case, I invite you to reach out to me and book a session. The links are in the RESOURCES section at the end.

Your goal here is to be able to release the past year and bless it. By so doing, you will have more energy and momentum available to you, to support your new year and all the good that is coming!

Here are a selection of powerful tools to help you release all that lingering stuff from last year. Some are simple, some are more involved. All are helpful to restore your past energy back to you.

With these practices and exercises, you will find one that will clear out old stuckness, lingering crappy experiences and emotional baggage from last year. Freeing yourself from all that will absolutely launch you into this new year!

DECLARING IT DONE

This first tool is an easy practice, and helps to free up some energy for simple things that have energy stuck with them, for things like partially read books and magazines, plans or projects you began but never finished, creative projects (such as woodwork, knitting, construction, painting, etc.) that you planned to do, or even began, but are still in a partial stage of execution. They are incomplete, and this tool is ideal for all of them.

If you have a bunch of these incomplete items, you probably feel a little drained, or stuck, when you think of or look at them. For every incomplete project, partially read book, undone item, you have allotted some amount of energy that is still tied up there. This is part of why you feel drained.

For every book partially read, new hobby barely started, project planned but not executed, and are clear that you are not likely to complete in short order, this tool gives you the power to declare each and every one DONE!

If you have a stack of books on your bedside table that you had great intentions to read but didn't even open them, this tool is for you. For each book, it can be simple as removing the bookmark, flipping through the pages front to back, closing the book, and saying "Done." Do this for each book that you haven't finished reading (and are not in the middle of actually reading that this moment), and after each one say "Done!" You will discover a level of satisfaction when you do the last book!

Perhaps some of these projects, plans, etc., are no longer applicable or feasible for this new year. They are non-starters. It is OK to declare these done at this time. If you feel that what you have accomplished needs to be saved, use the next tool below.

Putting those incomplete items, projects, etc., to rest, is telling your subconscious that you are complete with these aspects.

Take a moment to bid these old items farewell. The energy that was wrapped up in preparation is released, and much like the done list, this energy reintegrates into your own supply, ready to be allocated to something new. Scientifically speaking, energy cannot be destroyed, it can only be moved and reshaped. So why not move it and reshape to serve you?

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This is what surprises people - declaring all these items to be done, to be complete does free up energy. All the energy tied up in these items is released. If you have a lot of incomplete items that you resolve with this (or the following) tools, you will discover feeling more energized than you may have felt in a long time. Do this for any and all items that you feel are incomplete, and that you don't plan to complete.

Among all these items, there may be some that you want to look at more closely before calling them done. Perhaps they are not easily completed. For these items, look to this next tool -
REVIEW AND RELEASE.

REVIEW AND RELEASE

If you have projects, partially done creations and items, that don't fit in the "Done" category, this tool will help, as having this time to review is vital and satisfying to your ego. For some of the previous year's activities, projects and plans, they may not need to carry over to this year. You can close the door on some items that you know deep down you will never actually do or complete. If they are not as simple as the previous method, perhaps you need to dispose of materials, or undo what you have done, or contact some people to resolve something. This way, you can be complete with them.

Alternatively, you may have a project or activity that has stalled, and is not disposable at this time. It may not be something you want to continue at this time, however you know at some point you will. In this instance, create a place to file or store all items related to this, and mark your calendar for later in the year to review it. This takes the energy off of it so you can move forward.

There may also be projects, plans, regimens, etc., that you want to carry over into this year without change or adjustment. Making some notes to remind you about this, perhaps adding events to your calendar, or setting up some reminders will allow you to document things so you can release them from your conscious mind for the moment. This is another way to release and restore stuck energy.

LETTER WRITING

This is a deeper exercise, and is particularly helpful when your recollections from last year involve someone else. Whether an ex-partner, or family member, or boss, that you are energetically attached to, you can write a letter to them to release any lingering stuckness or hurt feelings with them.

Before you panic, you don't have to mail or send any of these letters!

This is something you do for yourself. Use a pen and paper, as a computer doesn't serve well here.

I encourage you to write the letter as a thank you, or if relevant, a goodbye letter, yes, even a "Dear John" letter if that fits. Fully express your feelings, your memories, so that you can feel complete. Write this letter (or letters if you have a few people to detach from) from a place of kindness. Don't use the letter to dump on them, or vent. Instead, write the letter from a place of compassion, mostly for yourself.

When you are complete, take all the letters you have written, and crumple the pages up. Toss them in a fireplace or a metal pail or bin outside, then light them up. Burning all the letters releases the energy back to you. Send love and gratitude along with the fire.

If there is a lot more upset and pain than a straight-forward letter will heal, I have additional tools and coaching that can help. Reach out to me (there's a link in the RESOURCES section at the end).



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7 - GRATITUDE JAR

Simply put, a Gratitude Jar is a place where you store your gratitude, saving it and gathering it for the whole year. Sit with that thought for a moment.



How would you feel to have a year's worth of gratitude saved up to enjoy at the end of the year?



This very special daily activity helps you fill yourself with gratitude throughout the year, each day as you write down things you are grateful for. And then feel a massive wave of gratitude, when you open the Gratitude Jar on December 31, 2019.

HOW TO:

Materials:

- A good sized jar or glass container with a lid. Ideally it will be at least a foot tall, yes a good size, as it will be filled with at least 365 folded notes that will accumulate all through the year.
- At least one small square block note pad, with different colored pages, perhaps 2 or 3 inches square.
- A pen.

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Place these items by your bedside, or close to where you prepare for bed. At the end of each day, review your experiences throughout the day. Write a note for each experience that you feel grateful for, fold it and place it in the jar. Some examples include...

- Being grateful when something on your Vision Board shows up.
- Being grateful when something you wrote on your Heart Intention Map becomes true.
- Being grateful when you remember to be brush your teeth.
- Being grateful when you wake up on time.
- Being grateful when you receive income for anything, whether wages, tips, a gift, found money.
- Being grateful when you receive gifts from someone.
- Being grateful when you receive compliments from someone.
- Being grateful when you remember to love yourself.
- Being grateful when you sit down to eat.

As you can see, there is no special event or specific type of experience to be grateful for. When you feel gratitude for something, write a note and put it in the jar. I recommend writing one item per note, rather than cramming everything on one note for each day. Yes, you can feel grateful more than once a day. In fact, this practice may well flex and strengthen your gratitude muscles.



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At the end of the year, on December 31, 2019, take this Gratitude Jar, and empty it out in front of you. Take a metaphorical stroll down memory lane, as you review each note and reflect on your past year. It will become a powerful reset and reframe for the year that passed. It will in fact become the fuel that launches your New Year.

You may discover, this becomes a continuous and annual activity.

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EPILOGUE



Take a moment to breathe and take that in!

Congratulations.

You have now built a living vision for yourself and your life that is far beyond your past experience. You are creating a new paradigm for 2019 that is far beyond your past years. You are preparing a custom-designed 2019 to be your true adventure and thrill ride that you will love.

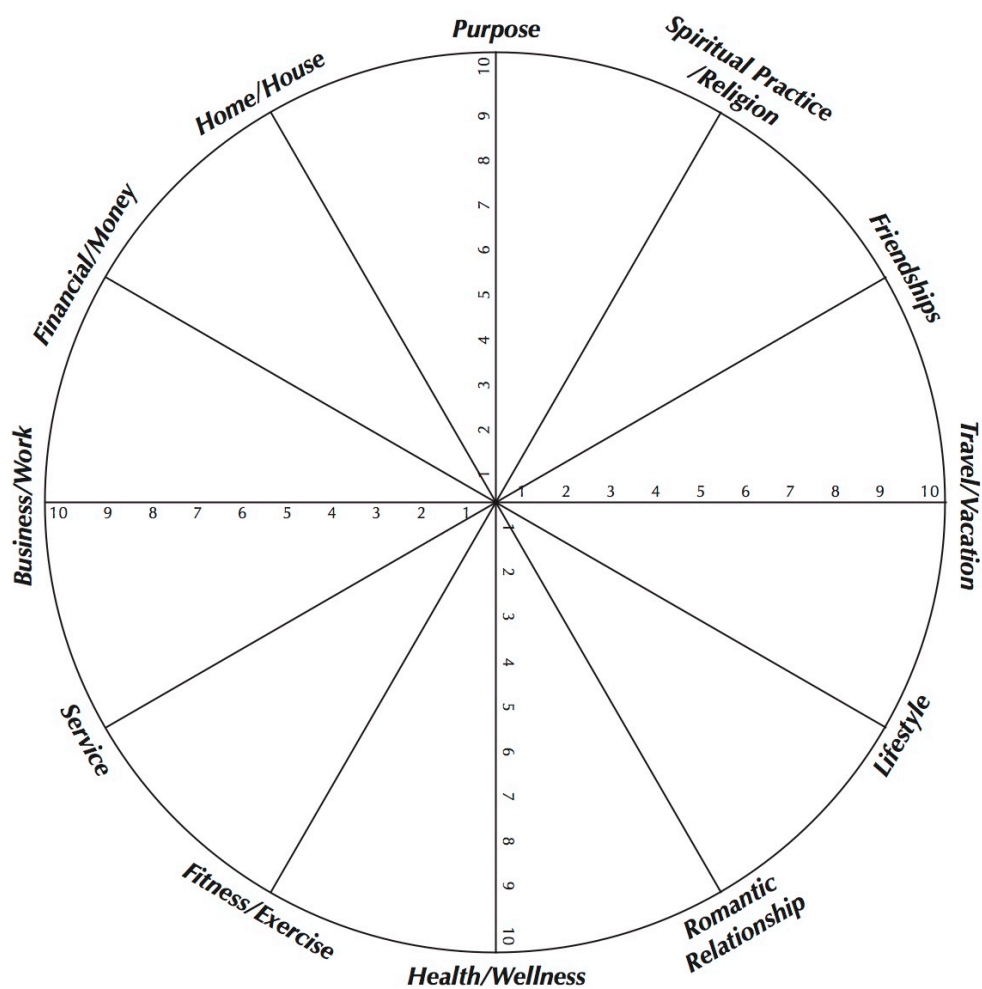
Bring it on!

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This module is intended for review and contrast. I trust you marked your calendar and are reviewing this page sometime in late December 2019? The following is intended to be reviewed at the end of 2019, after your intentions and life have come to be.

Coming back to the Life Aspects Wheel, I invite you to review this once more.

Life Aspects Wheel Diagram



Has anything changed on any of the life aspect spokes this year? Have your scores increased?

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Mark your values on the spokes, and see where you are. If you have a few values of 10 that is wonderful. If you don't, that is also wonderful. This journey, this process is for you to raise your life experience and to feel more fulfilled.

This review is to show you how far you have come.

Now compare this diagram with the one you filled out in the introduction. How do they compare? Do you notice a shift? Does each area feel more fulfilled? More expressed? More alive?

Consider how your year has been, how your life has changed.

What has manifested?

Did your Vision Boards come to life?

Did your Heart Intention Maps manifest?

What would you do differently looking back?

I'd love to hear from you and to find out how this worked for you. I invite you to send me an email with your thoughts, your comments, any feedback for this workbook, and if you have a celebration or a win that came from the work you did here, I would love to hear that too.

Please send an email to barry@barryselby.com with the Subject - Rock Your 2019 Vision Workbook response (if you click on the email address, the subject line will already be populated).

I appreciate you taking this adventure with me this year. If you wish, you can use this workbook for next year too. Just change the dates!

Have an amazing 2019! Take care of yourself, and treat yourself as you want to be treated.

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RESOURCES

You may be interested in some of my other offerings and support that I provide to my clients and the world. Following is an array of choices, from videos, to books, to programs and packages, there's something here for everyone! The titles are the direct links to the relevant place where you can find out more and dive in.

GUIDED SELF-LOVE MIRROR MEDITATION PRACTICE

Isn't it time you applied some love to your own wounds, your own self? Looking for love in all the wrong places may be a classic song, however it is a classic mistake to keep doing this. It wastes your time, your energy and your morale. I highly recommend a do-over. Begin again, and begin inside. Start your own journey applying some self-love to yourself. You will be transformed, and all you need is a mirror! And this audio and guidebook package.

ATTRACT THE MAN YOU WANT

My signature online program, an eight module step-by-step system built for you to successfully define and clarify the partnership you desire, and create your powerful attraction to magnetize him to you. Each module has video and downloadable guidance, that provides you with powerful action steps to attract the love you desire. For the more committed, you can combine the online program with private coaching to go even deeper.

COMPLIMENTARY CLARITY CONVERSATION

Book your discovery session today. My gift to you. Find out how I can support you, let me answer your questions, and give you succinct support and guidance in your life.

COACHING

This is for the courageous of heart, when you are ready to change your life, your heart and your destiny, and you are ready to dive deep into healing and transformation.

50 WAYS TO LOVE YOUR LOVER

You know I have a #1 best-selling book? It is written for singles and couples, to inform them of powerful principles for passionate and richly rewarding relationships. Available in soft-cover, eBook and Kindle editions.

VIDEO BLOG

Where you can peruse my ever-growing library of over 550 Facebook Live talks, with the most recent at the top. Each is around 10-15 minutes, so you can watch one or two for a quick fix, or binge the whole series if you want to really change your love-life trajectory!

YOUTUBE CHANNEL

I'm also sharing tips and keys on YouTube. I have a parallel copy of all my growing collection of Facebook Live talks there, and you can browse and watch all of them in my **MESSAGES FROM THE MASCULINE PLAYLIST**. Enjoy!

MESSAGES FROM THE MASCULINE PODCAST

Want to listen to my talks while you drive or run and don't want to click each video, one at a time? You're in luck. Subscribe to my new podcast and get caught up on all my daily live talks in audio format. Enjoy my voice in your ear at your convenience, and listen to them continuously to get inspired and informed. Go ahead, you know you want to! And once you subscribe, please add a review, and a rating too if you feel inspired.

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