

Your 2019 “Planning and Making Dreams Come True” Framework

I. Get Ready!

- **Arts and craft materials for the collage**
- **Journal/sheets of paper to write on**
- **Your notes about ideas, projects, etc.**
- **Your notes about your Bohemian Rhapsody 2019**
- **Your bucket list**
- **Set up your space: music, pillows on the floor, cozy blankets, candles, flowers – make it special! Consider incorporating the elements (fire, water, earth, air elements). Be careful not to set off your fire alarm, though!**

II. Celebrate your successes of 2018

- 1. List new qualities you cultivated in yourself in 2018**
- 2. Acknowledge your achievements: business, career, finances, personal growth and development, significant others, friends, community, etc.**
- 3. Make a list of people that you have impacted in meaningful ways. Notice when happens in your body as you are making this list.**
- 4. Make a list of people that you would like to express your gratitude for who they were for you in 2018. Express gratitude to at least 3 of them every day, starting from now (go ahead and send that text, or, even better, give them a call).**



EXECUTIVE CRAFT

- 5. Think about three difficult experiences of 2018. What have you learned by going through these experiences?**
- 6. Write down all the things/qualities you would like to let go of. Create a letting go process and kiss them goodbye!**
- 7. Think about your three most exquisite experiences in 2018. Describe how they made you feel. List the other awesome experiences and possibilities that you invite into your life in 2019!**

III. Imagine yourself in one year from now — at the end of 2019. What does this look like?

- **What emotions are you experiencing?**
 - **What are you proud of?**
 - **What have you accomplished?**
- 1. Set an intention for three qualities that you will be cultivating in yourself throughout 2019**
 - 2. If you think about your life at the end of 2019, what would three adjectives would best describe your life style?**
 - 3. Collage time!!!**

IV. After you complete the collage – let's create some structure!

- 1. Pick one item from your bucket list. Choose the date when this is thing will enter into your life. Write down 3-5 steps you can take to make sure this**



EXECUTIVE CRAFT

happens in 2019! Don't forget to post your happy bucket list pictures in our FB group!

2. Create a plan (minimum of 3 steps) for your Bohemian Rhapsody Project for 2019.

3. Write at least three goals and outcomes for the following areas of your life in 2019:

- **Health and overall well being**
- **Fun and recreation**
- **Relationships: friends and family**
- **Relationships: love and romance**
- **Leadership and legacy: being a role model and inspiring others**
- **Finances**
- **Career/business**
- **Professional development**
- **Personal development and growth**
- **Spirituality**
- **Community/service**
- **Environment**

4. Let's put these into action — assign three goals/outcomes for each month of the year.

5. Find an accountability partner to make sure you won't become a victim of NYRtNH: "New Year Resolutions that Never Happened". Keep it simple. Keep it real.

6. Can't wait to hear about your successes!

TIME TO....



EXECUTIVE
CRAFT

**CELEBRATE!!!! CELEBRATE!!!!
CELEBRATE!!!!**

