

Your 2021 Planning and Making Dreams Come True Framework

I. Get Ready!

- **Arts and craft materials for the collage**
- **Journal/sheets on paper to write on**
- **Your notes about ideas, projects, etc.**
- **Your bucket list**
- **Set up the space: music, pillows on the floor, cozy blankets, candles, flowers – make it a special place, consider fire, water, earth, air elements (be aware of the fire alarm though).**

II. Celebrate your successes of 2020

- 1. List new qualities that you cultivated in yourself in 2020.**
- 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 2020. Express gratitude to at least 3 of them every day, starting from now (go ahead and send that text, or, better, make a call).**
- 5. Think about three difficult experiences of 2020. What have you learned when going through these experiences?**



- 6. Write down all the things/qualities you would like to let go of. Create a letting go process and go for it!**
- 7. Think about three most exquisite experiences of 2020. Describe how they made you feel. List the other awesome experiences and possibilities that you invite in your life in 2021!**

III. Imagine yourself in one year from now - at the end of 2021.

- 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 in 2021**
 - 2. If you think about your life in general at the end of 2021, what would be the three adjectives that would best describe your lifestyle?**
 - 3. Collage time!!!**

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

- 1. Pick one item from your bucket list. Set up the date - when this is going to happen. Write down 3-5 steps with the dates to make sure that you will do it this year!**
- 2. Write at least three outcomes in the following areas of your life for 2021:**
 - Health and overall well being**
 - Fun and recreation**



**EXECUTIVE
CRAFT**

- **Relationships: friends and family**
- **Relationships: love and romance**
- **Leadership and legacy: being a role model and inspiring others**
- **Finances and Wealth**
- **Career/Business**
- **Professional Development**
- **Personal Development and growth**
- **Spirituality**
- **Community/Service**
- **Environment**

**3. Now let's put these outcomes in your calendar.
Three outcomes per month.**

4. Find an accountability partner to make sure this process will not become a bad example of NYRtNH "New Year Resolutions that Never Happened". Keep it simple. Keep it real.

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

**TIME TO....
CELEBRATE!!!! CELEBRATE!!!!
CELEBRATE!!!!**