

THE 30-DAY PLAN TO BUILD YOUR BEST YEAR YET

DAY 1: Get Clear About Your Priorities

Write down 5 general areas of your life that you want to create change in and develop over the next year.

AREA	CHANGE
1	
2	
3	
4	
5	

DAY 2: Create Your Theme(s)

A theme for your year - a handle for you to refer to when you go through the year. Keep it vague so the Universe can figure out how.

My theme for this year _____

DAY 3: Getting Into the Details

Make a list of exciting details, bells and whistles of what will be different when you have got the change you want.

DAY 4: Visual Reminders

Create a Vision Board with what your life will look like when you have achieved your goals for the year. It may be a physical vision board – to be placed where you can see it everyday - or as your wallpaper on your computer.

DAY 5: Visualize: Imagine a Day in the Life You Dream of Living

Sit in front of your Vision Board, look at those pictures and visualize being in the life you want.

8 Visualization Guidelines:

1. One time a day is all that's necessary.
2. No longer than 5-10 minutes at a time.
3. Imagine every conceivable detail - sight, sound, texture, aroma, temperatures, etc.
4. Feel the joy of living intentionally and seeing your thoughts become things.
5. Put yourself inside of the picture.
6. Dwell from the end result, or beyond.
7. Get PHYSICAL - pump your fists, shout it out, happy dance.
8. Use a timer; when the buzzer goes off, you're done until tomorrow.

Visualize a day in your life as if it has already come true. Visualize the WOWs, not the HOWs



DAY 6: Take Baby Steps Towards Your Goals

Take each goal, write 7 baby steps you will take towards achieving your goal. Take small baby steps. Don't worry about HOW your BIG dream will come true, just get out into the world by taking small baby steps so that the Universe now has room to bring in the magic for you.

GOAL # 1: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 2: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 3: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 4: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 5: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

DAY 7: Play Detective - Observe Your Words, Thoughts and Actions

Simply observe all that you're thinking, saying, and physically doing. This will help you to understand some of your subliminal inner messaging. When you don't like what you're thinking, saying, or doing, then deliberately and lovingly craft a counter-message to immediately put to use. If there are any that do not serve your vision of transformation, put on the brakes and rephrase it. Switch it up. Turn it around. Flip it. Replace any negative thoughts with positive ones.

Create a general counter-message that you can always go to when you catch yourself saying or doing something that won't help towards the realization of your dreams.

My lovingly crafted counter-message is:

DAY 8: Identify and Change a Story You Tell

Think of a story you've been telling yourself that does not serve you. And now change that story.

A story that has been limiting you in all the 5 areas and the new story:

AREA #1:

Old Story:

New Story:

AREA #2:

Old Story:

New Story:

AREA #3:

Old Story:

New Story:

AREA #4:

Old Story:

New Story:

AREA #5:

Old Story:

New Story:

DAY 9: Choose Beliefs For Each Area You Wish To Transform

Identify beliefs that will serve you. Write down empowering beliefs that you would like to say are yours:

My empowering beliefs for each area I want to transform:

AREA	EMPOWERING BELIEFS
1	
2	
3	
4	
5	

DAY 10: Create an Affirmation for each area you wish to Transform

Choose an affirmation for each area of your life that you wish to transform:

AREA	AFFIRMATION
1	
2	
3	
4	
5	

DAY 11: Surround Yourself with Empowering Resources

Write down a list of empowering resources you will surround yourself with. These can be new books, people, events, websites, videos, audios, images, anything that will empower you.

DAY 12: Plan Your Celebration

How will you celebrate your success once you get there? Plan the celebration as if you have already achieved it 😊

My celebration:

DAY 13: Random Acts of Kindness

When you see garbage and instead of saying "I got to clean this up", think "I GET to clean this up". What an opportunity 😊 Find things to do that you can do to a random stranger, make them happy. Buy someone coffee or call an old friend to just say hello. Send someone a Thank You note.

DAY 14: Create a Mock Calendar or Daily Planner

Fill your make-believe calendar up with dates, trips, plans with everything you would like to fill it up with.

Playing make-believe is the fastest way to Believing. Believing is the fastest way to Receiving 😊

DAY 15: Send Thoughts of Love

Imagine loved ones in need and send them mental hugs or comfort on wings, as if you had an endless supply of angels on standby, awaiting your marching orders. Send thoughts of love, blessings, and peace to people as you go about your day—the stranger in the elevator, your co-workers, the cashier at the grocery store, your boss, the homeless person on the street corner, the driver who cuts you off in traffic. If you see something that disappoints you, instead of reacting with anger, send a blessing: “Be careful brother or sister, I love you.” “Angels, please

keep this person safe.” “May light and love surround you.” You don’t have to say a single word, the people around you will feel your energy and love.

DAY 16: Discover Rituals That Serve You

A ritual is an observance or practice that is performed the same way each time. We perform rituals every day, whether we realize it or not—brushing our teeth, taking a shower, eating meals, are all rituals that contribute to our health and well-being. There is evidence that rituals, even simple rituals, can have a profound effect on how we feel about ourselves. Choose a new ritual to perform. Let this be a ritual that you can easily maintain in the weeks ahead, something small that contributes to your overall sense of peace and happiness.

These are the rituals I will perform:

DAY 17: Acknowledge Your Amazing Self and Past Successes

Instead of looking at the things we want but don't have, look at the amazing things that you once wanted that have now come true! (Just for fun, add in between this list, items that you want manifested as if they already have been manifested). List of thoughts that have already become things:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DAY 18: Script a Day in Your Future Life as if it Was Your Present Life

Write how your day will look like, from the moment you wake up, until the moment you go to bed. Who will be in your life, what will you be doing/ wearing. What you will look like. What your surrounding area looks like, what your schedule for the day looks like. Who you will be meeting, what you will be shopping for. Which charity you will be supporting, etc.

DAY 19: Imagine How Others Will Benefit from Your Dream

We often imagine how we will benefit once our dreams come true, but we rarely imagine how our friends and loved ones will benefit once our dreams come true. Choose two or three people in your life who deeply love you, and imagine how your happiness and success will impact their lives. How proud they will feel of you. What they will learn from your courage. What it might inspire them to do.

DAY 20: Meet Your Future Peers

Who do you know that has accomplished what you now dream of accomplishing? Make a list of 10 to 20 names, and somewhere within that list include your own name. This simple process of associating your name with theirs will remind you that what they've done, anyone, including you, can do. They started out where you started out—a novice, a dreamer. We're all made of the same stuff, the most significant difference between us is our thoughts, words, beliefs and actions. And these can be changed, experimented with, and chosen in ways that serve us. Make your list, have fun, imagine "rubbing shoulders" with these future peers, and the day will come when others, inspired by you, will include your name on their list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

DAY 21: Speak of Your Success with a Friend

Engage a close friend/ family. Share what you are doing with them. Now share your world-view of what the world would look like as if your dreams have already come true. "Hey!! You wont believe what my home finally looks like!" Ask your friend questions on how they feel now that it has already happened.

Act as if it has already happened and ask questions that will bring yourself and your friend in a state of as if it had already happened. It needs imagination, however, will force you to think of how life will be once you have arrived.

DAY 22: List 20 things you love to do

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

DAY 23: Thank You!!

Gratitude is powerful. It's an expression of thankfulness and appreciation for all you have and all you are. Plus, expressing gratitude is the same as expressing the sentiment, "I have received," which is a powerful declaration on this plane of manifestation. You can therefore express gratitude for the things you have, and thereby attract more, and you can express gratitude for the things you don't yet have, as if you already had them, to thereby attract them. Write down 15 things (tangible or intangible) that are already in your life that you are grateful for, and then list 5 more that you will soon be grateful for, as if you already had them.

15 Things You Already Have:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____

5 Things That You Will Soon Be Grateful For (write as if you already have them "I am so grateful I have/am...."):

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 24: Write a Letter to Yourself From an Admirer!

Write a letter from an Admirer in the future:

DAY 25: Set An Intention For Your Day

Setting an intention is a powerful practice. Essentially, all intentions are clear forms of “end results” we wish to achieve and dreams we wish to manifest. Moreover, given the immediacy of our intentions, they bypass our fears of how they will manifest and throw us into action instantaneously. Set an intention and allow it to guide your thoughts, words, and actions in its light. As you move through your day, call on your intention to guide you in every way. For example, if working out regularly is your goal, your intention may be “I intend to work out every day. Health is the ultimate wealth.”

My intentions:

DAY 26: Put Your Manifestation Skills to Work

Choose something small that you want to manifest and then do everything in your power to manifest it, while allowing the Universe to do everything in its power to bring it to you. Mentally see it, and then physically make space for it. Deliberately manifest a small, tiny thing every day so you can begin to see that this stuff really works.

So here are things that I will look to manifest:

DAY 27: Write an "I Rock Because...." List

Write a list of reasons why I ROCK 😊

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I FRIGGGGIN ROCK!!!

DAY 28: Write a Letter to Yourself from your Future Self

DAY 30: Reflecting on this Project

You are a being of unlimited Power. The Giant within you is striving to get out, to show what it can do. This is your default setting.

Reflect on this project by pondering and responding to the questions below:

1. In 20 words or less, describe how this workbook has helped you.

2. What have you learned about yourself through this workbook?

3. What are your biggest takeaways?

4. How have these activities helped you move closer to your dreams?

5. What was your favorite activity and why?

6. Which of these activities might you practice in the future?

7. Did you find that on most days you had time to complete each activity?

FROM THIS DAY ONWARD, MAY EVERYTHING THAT YOU WISH FOR BE THE VERY LEAST THAT YOU ACHIEVE.

[Don't keep us a secret! Share with your friends and family](#) 😊

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