

~ MEDITATION ~

## **LOOKING BACK / MOVING AHEAD**

**2015**

**2016**

**December 2015**

**What was the hardest decision you had to make?**

---

---

**What are you most proud of?**

---

---

**What gave you the most meaning?**

---

---

**What was lost? What was gained?**

---

---

**How did your ego get in the way?**

---

---

**What was the funniest moment?**

---

---

**What was the most embarrassing or humbling moment?**

---

---

**What surprised you?**

---

---

**What was manifested in your life this past year?**

---

---

**What was the most romantic moment?**

---

---

**If you could do anything over again what would it be?**

---

---

**What did you do you are not proud of? What do you vow not to do again?**

---

---

**What habit did you break?**

---

---

**Who came into your life? What do they represent?**

---

---

**Who and what are you most grateful for?**

---

---

**What do you forgive yourself for?**

---

---

**What made it all worthwhile?**

---

---

**What will you do differently?**

---

---

**What will you do more of?**

---

---

**If you could accomplish one or two things next year - what will it be?**

---

---

**What do you want to change in your job - be you scientist or homemaker?**

---

---

**What do you want to change about yourself in the next year?**

---

---

**What habit are you willing to break?**

---

---

**What “Wild Ass” Experience are you ready to take on now?!**

---

---

**How are you going to be more creative in 2016?**

---

---

**How will you allow Source to be a major part of your life?**

---

---

**How will you allow people in your life ~ but keep a clear boundary for yourself in 2016?**

---

---

**How can you be more romantic towards your partner or how can you bring more romance into your life in order to attract a loving, romantic partner?**

---

---

**Overall, how can you be more loving and compassionate in the coming year?**

---

---

**Name one person, other than your romantic partner, to be more loving and compassionate towards and how?**

---

---

**Using the Law of Attraction, what do you want to create for your life in the next year?**

---

---

**Who do you need to set boundaries with and how?**

---

---

**What gift do you want to give to the community or the world in the next year?**

---

---

**What is the intention you would like to set for 2016?**

---

---

**Choose one or two words that best describe how you see your life next year.**

---

---

**“LOOKING BACK / MOVING AHEAD”**

**AFFIRMATION**

**I have the Power and Ability - the Strength and the Courage  
To Co-Create my future with the Divine Light of God - Universal Love.**

**Divine Presence lives within me.  
I honor the Divine Feminine and the Divine Masculine within me.**

**I have the Power and Ability - the Strength and the Courage  
To Show Up and to Step Up.**

**I have the Divine Right:**

**To Live ~ To Love**

**To have Ultimate Health, Divine Prosperity and Abundance**

**To Dance and Sing and be filled with Creativity**

**To have a loving Partner and to be a Loving Partner**

**To Forgive and to be Forgiven**

**To Live in Peace and to be an example of that Peace ...**

**To Breathe ... freely, easily and effortlessly.**

**With every breath ...**

**With every action ...**

**With every word...**

**With every step ...**

**With every thought ...**

**The Year of 2016 will be filled with**

---

**I take the Divine Spark of Inspiration, Creative Action  
and Unconditional Love with me into  
the New Year of *2016* and beyond.**

**And So It Is.**

**And It Is So.**