

2015 – It's Time to Rock 'N' Roll

Happy New Year! I thought I'd send you a sparkly new year's gift.

I tend to rebel against New Year's resolutions as they are too limiting. Instead, here is a series of powerful questions to help reflect on what works about your life now and to build in more of the good stuff for 2015.

Be bold with your answers. Life is short – live it to the full.

Taking the best bits of 2014

1. What were your magic moments in 2014? (These can be fleeting moments or larger events that made you feel alive.)

2. Select the most meaningful ones. What made these experiences so special?

3. What were your successes and achievements in 2014? Don't judge yourself on the level of success. On your own terms, what are you proud of?

4. What did it take for you to succeed?

5. What were your disappointments or difficulties in 2014?

6. What can you celebrate about these times? How did they help you grow?

7. What was the bravest thing you did in 2014?

8. What would you like to leave behind in 2014?

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Now

9. Looking at your life now – what are you most grateful for?

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10. How do you want to feel in 2015? (Rebellious/ Joyful/ Successful/ Fun loving..)

11. What would you love to happen in 2015? Write down your ideal outcomes for the year.

12. What would be a crazy idea that you've always thought of doing, but not got round to yet?

13. What aspect of your personality would you love to express more of in 2015?

14. What habit could you introduce that would change your life significantly for the better?

15. Reflect on all of your answers and choose what will you commit to doing for 2015.

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Here's to creating your best year yet!

Nicky

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