Happy New Year!

As we’re in the first week of January, I’d love to share my practice for setting powerful intentions. I’ve been doing it for the past few years and have found it to be really powerful.

Here’s a video that explains the practice: (You may have this already, if so – skip to the section below - !)

[Watch video 1](https://m.youtube.com/watch?v=mjbo_5fpPoM)

I realised that making resolutions was often futile. In my opinion, they focus on what’s not working about our lives and are built on judging ourselves for not being good enough. They may sound like a great idea on paper, but so often we lose our way after a few weeks and get back into old patterns. I think this leads to less confidence.

I believe the new year is a brilliant time for resetting, reflecting and getting ready for the year ahead from a place of strength.

Therefore, the practice I always do in early January is to reflect on the previous year from a learning perspective and to set intentions for the coming year from a deeper place.

It includes a series of powerful questions so that you can create a plan with intention. I’ve also made some videos to help you go through the process.

The aim is to help you to be really bold in 2018.

Part 1: Taking the best bits of 2017

[See video 2](https://youtu.be/FjABho6Kcqk)

1. What were your most fulfilling moments in 2017 and why were they so meaningful for you? (These can be fleeting moments or larger events that made you feel alive.)

2. What were your achievements in 2017? Don’t judge yourself on the societal view of achievements – they may be small achievements that you feel proud of.

3. What did it take for you to succeed? What skills or qualities did you show?

4. What were your disappointments or difficulties in 2017?

5. What did you learn in these times? How did they help you grow?

6. What three things would you like to leave behind in 2017? (These could be bad habits, toxic relationships or difficult experiences.)

Part 2: 2018 – setting powerful intentions

[See video 3](https://youtu.be/woF6dovA1Yw)

7. Looking at your life right now, what are you most grateful for?

8. Creating goals and intentions.

Brainstorm all the things that you would love to make happen in 2018.

* What do you really want to achieve, to do, to have?
* Who do you want to be?

Think about intentions for different areas of your life. Here are some possible areas:

Career

Relationships

Home

Health

Finances

Personal projects

Fun/recreation

Be ambitious – don’t censor. Keep writing until you’ve exhausted all the options.

Part 3: Prioritising

[See video 4](https://youtu.be/W-3wg_a-rb0)

9. Circle the top three areas that feel the most important for you to prioritise this year. Pick the ones that you are most drawn to. Make sure you have at least one that feels like a real stretch.

10. In relation to the top three priorities, what skills do you want to master in order to achieve what you most desire? Make a note of these skills.

Part 4: Visualising and defining success

[See video 5](https://youtu.be/xfbkEA1Bbuo)

11. With these three areas, imagine going forward a year from now and see yourself succeeding in these three areas. What would ‘success’ look and feel like? Use your imagination and senses to make it feel real for you.

12. Write down success statements that describe the outcome in each area by the end of 2018. Include who you have become by doing it. Write it from the perspective that you have already achieved this outcome and you are celebrating your success.

**Examples:**

“I am now an author. I have completed my first novel and I have sent it to three publishers.”

“I am really organised person. I started 2018 planning my time each week and now it’s become second nature. I feel more calm and confident and I’m achieving so much more with my life. I’ve had three big commissions this year as a result.”

“I learnt to play the guitar this year. I was really disciplined and practised for an hour every day. I am now accompanying myself when I do gigs.”

Part 5: Making it happen

[Video 6](https://m.youtube.com/watch?v=832tAm1mDvI)

Create a vision board. Find images that represent your top three priorities and make a collage on a large piece of paper or cardboard. Once you’ve finished, put the board somewhere visible.

If you would like coaching support to build a concrete plan and get accountability, feel free to drop me a line at [nicky@nickymoran.co.uk](mailto:nicky@nickymoran.co.uk). I offer a free consultation and we can talk about what you’d most like to achieve this year.

Otherwise – do join my free facebook group and meet other creatives: [‘Trailblazer Tribe’.](https://www.facebook.com/groups/TrailblazerTribe/)

Here’s to creating your best year yet!

Nicky

x