



How to Live 2017 with Intention



Living 2017 with Intention

2016 was a tough year for a lot of people personally as well as a year of political upheaval that had a profound effect on many of us. If you're anything like me you will be glad to be moving forward into 2017!

According to Numerology we are always in a nine year cycle. Numerologically, 2016 was a nine year (2+0+1+6) meaning that it was the final year in that particular nine year cycle.

Nine years are all about completion and endings, often proving tough to navigate but they are also an opportunity to reflect on learnings and wisdom gained as we move into a one year, 2017, which is all about creativity and growth.

That being said, I often find that the New Year and early January are not the ideal time to sit and reflect. Our minds, bodies and often our homes are still full of the remnants of the holiday season, which makes it tricky to get real clarity.

That's why I have waited until now to send out this list of questions to get the cogs turning. Now that life is back to some semblance of normality and the flurry of "How to make 2017 your Best Year Yet" emails has subsided I hope that you will find the time, space and desire to do this exercise.

This is not about setting resolutions, rather it's a kind of life inventory that will help you to move forward into 2017 and beyond. And if there are resolutions that you would like to make, I encourage you to see them as long term ways of being that you have a lifetime to perfect. This perspective will hopefully help you to avoid the falling off the wagon syndrome if you happen to have any little lapses.

So, whether you're doing this by yourself or with a close friend, grab yourself a pen and paper, find somewhere quiet and comfortable to sit and let's get started!

2016 review

What was good about your life in 2016?

What were the highlights? Why?

What do your highlights tell you about yourself?

Do they give you some insight into what is really important to you or perhaps show you a surprising aspect of yourself?

How could you use this knowledge to guide you in 2017 and beyond?

What was not so good about your life in 2016?

Did you make some mistakes? Keep doing things that did not serve you?

What were the real low points? Why?

Not to get too gloomy but it's important to acknowledge the bad so that we can learn the lessons and move forwards.

What did your low points teach you about yourself?

Did you learn how resilient you are or perhaps that you're not as resilient as you thought? Did you learn that something in your life needs to go? Maybe you need more support from those around you?

What were you tolerating in 2016? Why?

Lack of financial abundance, a relationship that is no longer fulfilling, less than perfect health, a wardrobe full of clothes that don't reflect who you are...

What toll did that take?

What, if anything, would you do differently?

How could you use this to guide you in 2017 and beyond?

2017 Intentions

What would you like to leave behind in 2017? Why?

e.g. A habit that has been holding you back, old beliefs and stories that keep you repeating the same patterns, things from your to do list that no longer align with where you are going, people or things that no longer bring you joy.

What would you like to carry forward into 2017? Why?

What new things would you like to bring into your life in 2017?

e.g. a relationship, a job, a business, more fun, more money, new friends, new skills

What might you do to bring these new things into your life in 2017?

How would you like to feel in 2017?

Rather than picking a goal based on what you want to achieve, how about focusing on how you want to feel and then seeing what goals align with that? I'd recommend Danielle Laporte's Desire Map if you want to learn more about this but for now just start brainstorming how you would like to feel.

What could you do to bring more of these feelings into your life?

A new hobby? Scheduling some different activities into your routine? Seeing more of friends and family? Making some new friends? More travel?

Who would you like to be in 2017?

Is there a part of you that has been hidden for too long? A different way of being that you would like to try? A way of being that no longer serves you? Or maybe you just want to be exactly who you are right now.

What do you need to do to be this person?

Are there some habits that are holding you back from being this person? Is there a new habit or practice you need to start? Do you feel stuck and need some help to figure it all out?

I hope that you found that a useful exercise and it gave you some clarity for the year ahead.

If it has left you feeling like you are in need of some guidance to help you live life differently in 2017 or some support as you undertake a bit of a life overhaul then please get in touch.

I am currently taking on one to one clients and would be delighted to have a free 30 minute consultation with you to see if working together could be beneficial for you.

Just send me an email at corinne@corinneworsley.com or complete the contact form on my website, corinneworsley.com/contact, and I'll be in touch to schedule a call.