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My health is...

Hint: Are you working out at the gym? What kind of food are you eating? How does your body look? How do you feel? What about your state of mind - are you happy? Joyful? Motivated? Relaxed?

To summarize, 2018 is a year of....

Hint: Abundance? Joy? Success/ Love? Basically, describe your perfect year here in the PRESENT tense. Do NOT hold back!

Inspired Actions

1.
2.
3.
4.
5.
6.

The universe makes it all happen - but we've gotta do our bit too! Inspired actions are the things we do to put ourselves in alignment with our desires. What can you do in 2018, to make sure you're a vibrational match to the year you have described?



"The happiness of your life depends on the quality of your thoughts."

2018

THE BEST YEAR OF YOUR LIFE.

In 2018, I spend a lot of time...

Hint: Doing what? With who? Where?

[Blank writing area for time spent]

My career is...

Hint: What's your job title? Where do you work? What kind of commute do you have? What are your colleagues like? How much do you get paid?

[Blank writing area for career details]

♡ top 2018 intentions

- 1
- 2
- 3
- 4
- 5
- 6

My relationships are...

Hint: What kind of people are you surrounded by? What are your friends like? Are you in a romantic relationship? What's your partner like? How do the people in your life make you feel?

[Blank writing area for relationships]

Create your own new year affirmation
Practice it whenever you need to raise your vibration.

IN 2018, I AM:

[Blank writing area for affirmation]

"When you can feel like you have it before you really have it...

it's yours."

- Janah Jay

My finances are...

Hint: What are you spending money on? What's your favourite 2018 purchase?

[Blank writing area for finances]