



New Year - No Limits: Resolution Rescue

Note: Put this document in a safe place so you can review it at the end of 2022, and I bet you'll be pleasantly surprised how many things were manifested with less effort.

1. Record Your Victories, Your Wins, Your Growth, Your Accomplishments

What did you accomplish, how did you grow, what did you learn in 2021? What positive changes happened despite challenges. Record all your big and small fulfilling events.

2. Now Celebrate Those Successful Completions

Review what you wrote in the box above. You will be expressing gratitude to your unconscious for all its support in making that success happen.

As you think about the event imagine surrounding it with a ball of white light and placing it in the center of your chest right above your heart.

While you say the following:

"Thank you for this experience. I would like to experience more fulfillment like this in the future, please make this happen in ways that are for the highest good of me and of all involved."

3. Review Anything Left Undone; Carry-Overs From 2021

What did you hope to accomplish or experience in 2021 but didn't yet complete?

Be specific on what you need to do to reach the outcomes you desire.

NOTE: Make a tick mark by each item left over from 2021 that is STILL important for you to accomplish.

4. Release the Projects and Intentions from 2021 and Recapture Your Energy

Review each item you didn't finish that is no longer important to complete. Imagine placing the project in your hand and blow it away saying:

"Thank you for this experience I choose to not to complete this project and request that all my energies be returned to me now doing so in ways that are for the highest and best good of me and of all involved."

5. What Support Do You Need to Ensure you Complete Your Intentions for 2022?

Now reflect on 2021 and think about any new habits you put in place or support that empowered you to be focused and present. Record anything you'd like to continue or perhaps identify the support do you need to put in place to make 2022 a year you'll cherish.

6. Now the Fun Part; Look at the Next 365 Days in Front of You Like a Blank Canvas

What would you like celebrate at the end of 2022? What will you have accomplished? What experiences will fulfill you? Record your big and small dreams here. Don't sell yourself short. DREAM BIG!! Make sure to include the things you didn't yet complete from box # 3.

7. Now Prioritize Your Wishes and Intentions

Intuitively sense the fulfillment rating of each item on your list. Select a number on a scale of 1 to 10, where 10 is the highest priority which fills you with so much fulfillment. A 1 rating would mean it is not essential to get done right now. Record the ratings in the left-hand margin on box #6.

8. Great Job ... Now Anchor Your Intentions in Your Unconscious!

Surround each of your top 3 intentions with a ball of white light and place it in the center of your chest right above your heart while saying the following request:

"This is an example of what I'd like to experience in 2022 with the right timing and right action. Please make this unfold in ways that are for the highest good of me and of all involved."