



3 Steps to Creating an Inspired Life

This powerful exercise works really well with a partner or friend.

Completion

Before moving on and into what's next it's important to take a look back. What are you celebrating, how have you grown, what have you learned?

What were your greatest successes of the last 12 months?

What do you want to celebrate? Who were you being?

What risks did you take?

What are you grateful for?

What were your challenges and failures?

What were your disappointments? Is there anything left here for you to take a look at, make peace with or let go of?

What was the theme of this past year? Looking back, what was the year about for you?

What did you learn from life last year? What learnings do you want to take with you into the new year?

Creation

Spend some time thinking about what you want to create this year and setting some intentions for the next 12 months. Use your yoga practice for inspiration. Take some time to think about your practice, how do you feel on the mat, what makes you want to return to your mat, how is your practice changing? What are the qualities of your yoga practice that you would like to fold into your life practice this year?

What are you done with? Think about habits or beliefs that you hold that no longer serve you.

What do you want to try? What scares or excites you? What is calling your name?

What are some goals you have for this year? Who do you need to be to make these goals a reality?

Who will support you? What resources are available to you to make this vision real?

What is the theme for this year?



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Vision

Try this. Write a letter to yourself or a journal entry. Pretend it's one year from now. All that you have envisioned for the coming year has actually come to be! Write about what you have accomplished, where you are now, who are being. How it feels to be you, now that you are living this dream. Let yourself feel it.

This is a powerful exercise. You can revisit this letter during the year to inspire you, to align yourself with the life you want to build and help you engage with the creative process called life.

You can also contact me and set up a coaching call to get help creating your vision and to get really clear on what it will take to step into your vision. rosy@evolvecoachingforyogis.com.

Namaste