## Let's Thrive in '25!





### My Relationship with Myself

My Relationships with Others

My Work



IfThen		
If		
then		
If		
then		
If		
then		
If		
then		
If		
then		
If		
then		



### The "So That" Test

My Goal or New Year's Resolution:

### I want this goal so that:

I want so that



### Quiz

### When attempting to change an important aspect of my life, I tend to....

(Check the five you are most likely to do)

- 1. Make a step-by-step plan
- 2. Motivate myself by focusing on someone that I admire for achieving so much (e.g., a celebrity role model or great leader)
- 3. Tell other people about my goal
- 4. Think about the bad things that will happen if I don't achieve my goal
- 5. Think about the good things that will happen if I do achieve my goal
- 6. Try to suppress unhelpful thoughts (e.g., avoid thinking about eating unhealthy food or smoking)
- 7. Reward myself for making progress toward my goal
- 8. Rely on willpower
- 9. Record my progress (e.g. in a journal or on a chart)
- 10. Fantasize about how great my life will be when I achieve my goal



### Creating Your Year

A NEW YEAR'S VISIONING WORKSHOP

### **Universal Yearnings**

### I yearn...

#### To be secure

To exist

To be safe, to be secure

To connect, to bond

To trust

#### To love & care for, respond to others

To care for

To nurture

To love

### To relate, see and be seen, know and be known, and to connect

To be seen, heard, known, understood

To see, hear, & know others

To touch and be touched

To feel "felt"

To empathize

#### To have our existence appreciated

To love and be loved

To be affirmed, appreciated

To be cared for

To be respected

#### To express our essence, sense of self, potential

To express

To experience fully

To learn, grow, develop

To create

To be separate, have an identity

To influence

To excel

To fulfill my potential

#### To have a sense of mattering

To matter

To be valued and to value

To contribute

To do what I came here on earth to do

To make a difference

To please God

To fulfill my purpose

To unfold my destiny

### To exchange and be connected with others

To belong

To connect

To matter

To be close

To communicate with others

To commune with others

To make deep contact with another

To be intimate

#### To connect to something greater

To be connected to something greater

than myself

To feel connected to the greater whole

To be one with all

To know God or the creator

For union with all that is



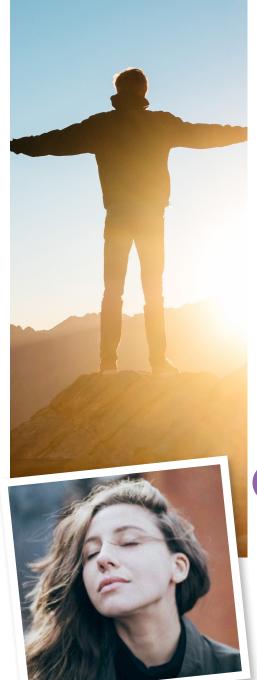
My Vision for My Relationship with Body







My Vision for My Relationships with Myself



















My Vision for My Relationships with Others







My Vision for My Relationships with Work & Play









My Vision for My Relationships with Principles & Society











NEXT STEPS (>



**My Overall Vision** 



### **Let's Connect!**



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