



Living from Vision

Resolutions typically do not work. Often, we start the year off with a lot of energy and enthusiasm to keep our resolutions. But, then some time passes by and we end up in the same comfortable patterns and cycles that we are used to. There is nothing wrong with this! In fact, this is normal.

We live our lives inside of our comfort zone. Everything we have in our life is what we feel we deserve and what is comfortable to us, even if it isn't actually comfortable. In this comfort zone, we rarely stop to contemplate the vision we have for our life or are willing to look at the blocks or obstacles that prevent us from moving more freely outside of our comfort zone, expanding our lives and capacity for joy, health and abundance. Doesn't that sound good?

Living from vision means living from a place of inspired purpose. You have a clear idea of what you want to cultivate, create and have in your life. You know what this will look like, feel like and be like. Living from vision means that you live your life making decisions and working from a place of creative power to both attract and create the life you want. Making resolutions without having a clear sense of WHAT and WHY is part of the reason that they never work out.

Here are some questions to guide you in contemplating 2011 and help you cook up a juicy plan for 2012!!! ***And, as a further gift to you, complete this, email back to me and schedule your FREE visioning session with me via Skype or by phone.*** I look forward to supporting you in 2012!!!

Warm Holiday and New Year Wishes,

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End of Year Reflections

Take some time to contemplate and reflect on these questions and their answers. It can be beneficial to sit with the questions and see what arises over the next few days rather than rushing to think of something for each question. Some answers will come easier than others. Notice this as well.

Give yourself the space for authentic, honest reflection. You deserve it!

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Did you have a vision for your life and what you wanted to accomplish this year?

If so, what was it? How is your life now compared to your vision?

What has worked really well for you this year?

What are the lessons you learned from what worked really well?

What are you most proud of this year?

What do you feel most grateful for?

What did NOT work for you this year?

Why did these things not work for you?

What were your biggest obstacles?

What are the lessons that you learned from what did not work well?

How can you use these lessons to make next year work even better?

How can you incorporate this learning and changes you want to make into your vision for next year? For your life?



Visioning for the New Year

Visioning is a dynamic process. If you have a life vision you wrote last year, pull it out. Take some time to read over it, reflect on what still resonates with you and what changed. If you don't have one, not to worry! This is an opportunity to get creative, grounded, inspired and connected in with yourself. Here are some guidelines:

- Have an overall life vision for the kind of life you want to live and create.
- Have a one-year vision for the coming year inspired from the life vision.
- Write your vision in the present tense, as if it is already happening to you.
- Keep goals realistic for the coming year, you want to set yourself up for SUCCESS!
- The feminine creates and manifests from being connected to her body and intuitive wisdom.
- To get connect with your feminine, connect with your body through yoga, dance, a bath or even wearing something beautiful. Play some music, make some delicious food, light a candle or burn some incense. Nourish and nurture the feminine aspects of you.
- From this place, close your eyes, connecting in with yourself through your breath and feeling into your body, relaxing.
- Ask yourself what life you want for yourself? What you want to coming year to be like. From here, notice what images arise.
- See yourself in the life you want to create, what is around you, what do you see, smell, taste, hear? Who is with you? Paint a picture of this through writing or drawing, including what it looks like as well as incorporating all the five sense. *Again, write this as if it is already the life that you are living it and FEELING it.*
- The more you can feel what this life will be like, the easier it will be to live from this place.
- Notice any negative or critical thoughts and just write them down. Just notice them and know they are voices from other aspects of your past and conditioning. This can be utilized later to understand the blocks and limiting beliefs you have around creating the life you truly long for.

I am offering you a FREE new years visioning session. Please email this back to me with any questions or thoughts you have. nandi@lotuscoaching.org

HAPPY NEW YEAR!!!