



## 2021 Resolution Rescue: New Year - No Limits

### 1. Record Your Victories, Wins, and Successes

What did you accomplish, how did you grow, what did you learn in 2020? Record all your big and small meaningful successes.

## 2. Now Celebrate Your 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 success surround it with an imaginary ball of white light and place 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 2020

What did you intend to accomplish or experience in 2020 but didn't yet complete?

Discover what % you completed and be specific on what you need to do to reach the outcomes you desire.

NOTE: Put a tick mark by each item that is left over from 2020 that is STILL important for you to accomplish.

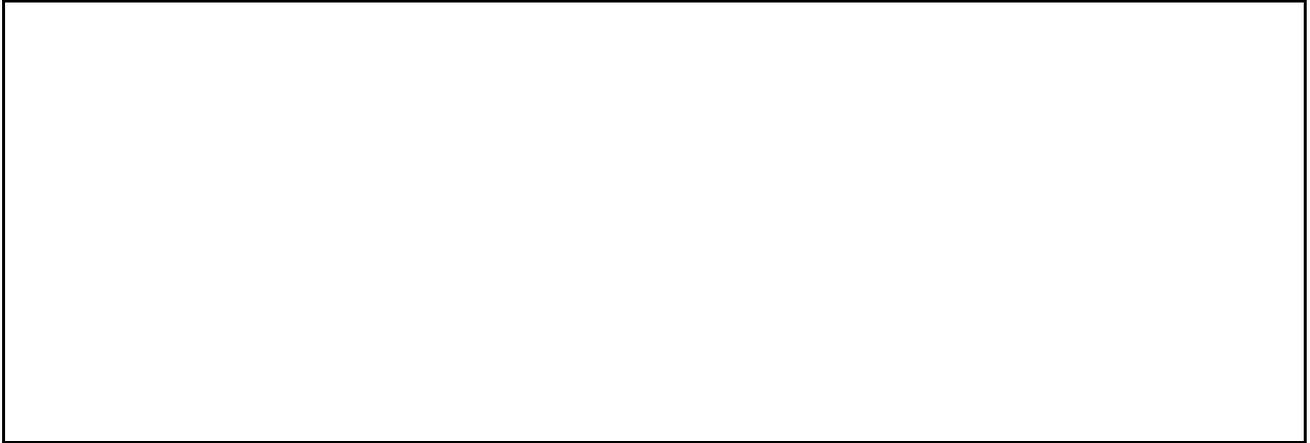
## 4. Release Projects and Intentions from 2020 and Recapture Your Energy

Look at each item you didn't finish, and sense if it is no longer important to complete. Imagine you could place it in your hand and blow it away saying:

*"Thank you for this experience I no longer want to complete this 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 Kind of Support Do You Need to Complete Your Intentions for 2021?

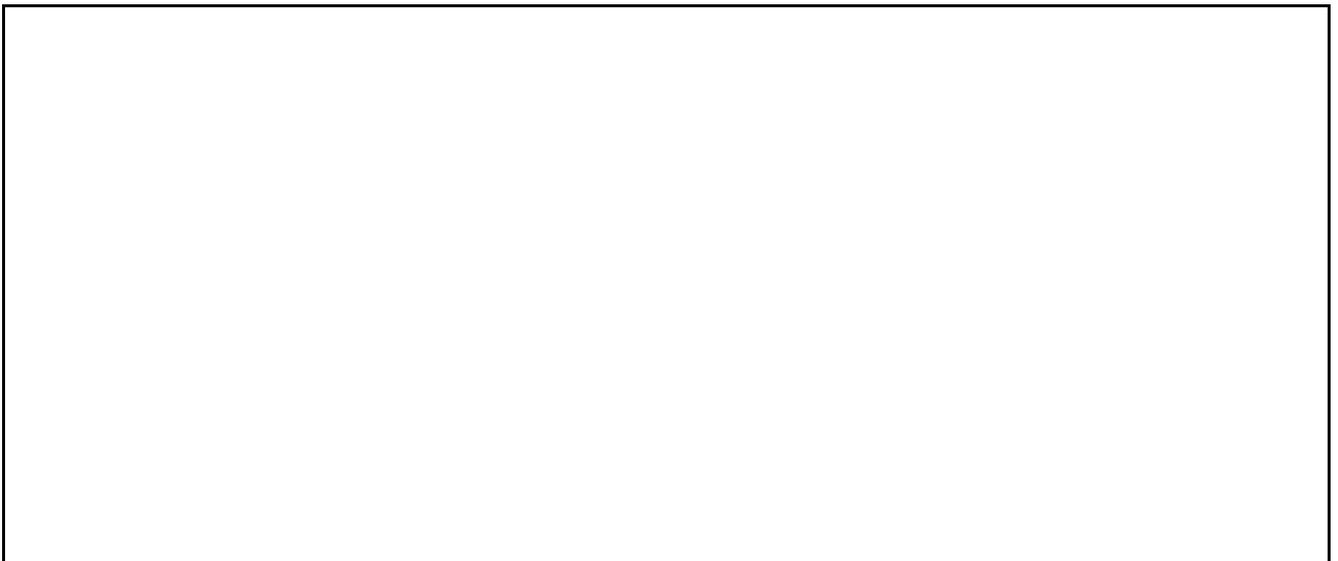
Now reflect on 2020 and think about any programs, books, habits that kept you performing at your best. Was there any additional support that empowered you to be focused and present? Record anything you'd like to continue or add that you need to put in place to make 2021 a year you'll cherish.



## 6. Now the Fun Part - Imagine the Next 365 Days Like a Blank Canvas

What would you like to be celebrating at the end of 2021? What would you like to have accomplished or what did you experience that fulfilled you?

Record your big and small dreams here. Don't sell yourself short. DREAM BIG!! Don't forget to include the things you didn't yet complete from box # 3 at the top of the list.



## 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, You've Done Well... Now Let's Anchor Your Intentions in Your Unconscious!

Surround each one 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 command:

*"This is an example of what I'd like to experience in 2021 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."*

Note: Put this document in a safe place so you can review it at the end of 2021, and I bet you'll be pleasantly surprised how many things were manifesting with less effort.