

NEW YEAR CREATION

What is your theme for the New Year 2011?

This is not about your resolutions or specific goals with "do by" dates. This is your vision or dream for the upcoming year. **What do you feel energy and excitement around? What engages your imagination and feels compelling?** (This does not have to be a linear process. Many clients have gotten creative. Some have designed collages, other have picked a theme song, and others created a menu.) You may want to create an inspiring atmosphere to do this exercise in – i.e. candles, music, nature, by a fire, etc. Here are some questions to stimulate your thoughts. Have FUN with this process!

If your vision were a piece of music, what piece would it be?

If your vision was from nature what would it be? (Tree, ocean, brook....)

What does it taste like?

What does it smell like?

What other senses can you use to develop your vision?

What if your vision was a thousand times bigger? Describe what it would be.

Use a metaphor to describe your vision.

Are you forcing anything? Where can you ease off?

What can you take less seriously?

Are there any old rules you are holding on to? What can you eliminate?

How would a six-year-old describe your vision?

Ask yourself some "what if" questions. What if I _____?

Add one outrageous or wacky element to your vision.