



a new you

Creating the life you choose worksheet

Do you want your life to take off in a new way? Are you looking to experience more joy, meaning and freedom? If you are not content with your life as it is, applying the following 3 principles will help you to create some focus and momentum:

- * Have and declare clear, bold intentions
- * *Create* your life purpose rather than waiting to discover it
- * Get your thoughts, words and deeds in alignment

In a year's time you could have transformed your whole life experience. To help you on your way, print off and complete the following worksheet.

1. What do you want to create over the next year to experience a new you? (Set a clear intention focusing on one area of your life e.g. work, partnership, health, finances, spirituality)

2. Imagine yourself in a year's time having created what you have intended. Express how you are feeling as if that moment was happening now (e.g I am feeling so fulfilled and excited about...)

3. What is an immediate next step that will nudge you closer to this feeling?

4. Following on from the next step, what 3 more actions will help you step into being a new you? When will you do these by?

5. Complete the following "I am" statements to align your thoughts with the actions you have identified:

I am capable of...

I am courageous enough to...

I am committed to...

6. Imagine you are sharing your intention for the next year with your best friend. What are you saying to them? (Remember that your words carry creative power)

7. Who could you check in with to provide a progress report? What other support could you put in place to keep your focus on creating a new you?

“That which you think of, but thereafter never speak of, creates at one level. That which you think of and speak of creates at another level. That which you think, speak, and do becomes made manifest in your reality.”

Conversations With God, Book 1, p.91 Neale Donald Walsch

For information on Sarah Rozenhuler’s A New You workshop, please go to:

www.anewyouworkshop.com

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