

# ***INSPIRED CHOICES INC.***

***Intuitive Life Coach ~ Christine M. McIver***

[christine@inspiredchoices.ca](mailto:christine@inspiredchoices.ca) - [www.inspiredchoices.ca](http://www.inspiredchoices.ca)

## **2011 Reflections & 2012 Planning**

I hope you have had a great year and are looking forward to the excitement & change that 2012 will bring!

These questions are a wonderful way to review your year and prepare for the next.

When you answer these questions look for: things I learned along with events I want to remember and insights which will help me continue to grow - then you will be better equipped to welcome the New Year with clear intentions.

***I'm wishing for you your best year ever!!!***

1. My top 10 highlights of this year?

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

2. How am I different now than I was in January 2011?

3. What do I need to let go of/forgive myself for that's hanging over from 2011?

4. What top 3 things do I want to celebrate about 2011?

- 
- 
- 

5. What top 3 things do I want to be celebrating at the end of 2012?

- 
- 
- 

6. What lessons do I most want to take with me into the New Year?

- 
- 
-

***INSPIRED CHOICES INC.***  
***Intuitive Life Coach ~ Christine M. McIver***  
[christine@inspiredchoices.ca](mailto:christine@inspiredchoices.ca) - [www.inspiredchoices.ca](http://www.inspiredchoices.ca)

**2012**

1. What is the top 5 things I DREAM about & want to bring about this year?
  - 
  - 
  - 
  - 
  -
  
2. How can I make my relationships richer, more fun, more intimate and more loving?
  - 
  - 
  -
  
3. What would I like to add, change, or eliminate in my daily routine this year?
  - 
  - 
  -
  
4. What will I do to maintain my health? What am I committed to for mental health, physical fitness, vitality & wellness?
  - 
  - 
  -
  
5. Intellectually, how will I improve this year? What will I read, want to study; what skills do I want to master?
  - 
  - 
  -
  
6. What is MY Theme for the coming year? ("Abundance", "Let It Be Easy", "Pay Down Debts", "FUN", "Peace").
  
7. What brings me the most fulfillment and gratification?
  
8. What is something I would do this year if I weren't worried about what other people thought of me?
  
9. How will I be different at the end of 2012?
  
10. What is the number 1 thing I want to celebrate at the end of 2012?