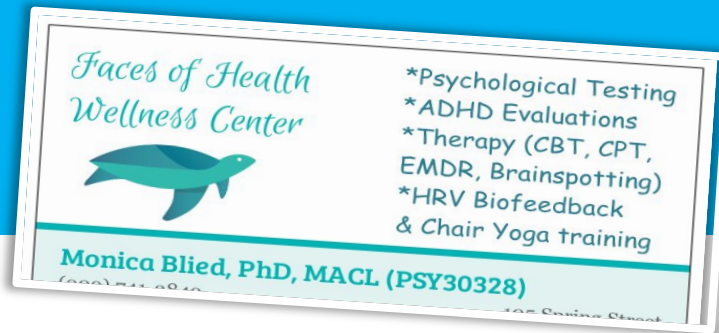


New Year Vision Planning

With Dr. Monica Blied



Step 1: Relaxation

To get started, do some deep breathing to relax your mind and body. By taking slow, deep breaths from your belly (i.e., diaphragmatic breathing) you are activating your body's vagus nerve and parasympathetic nervous system. This will increase your ability to use your brain's frontal lobe for this vision planning exercise.



Activate your body's relaxation system with your breath

Step 2: Ask yourself: Who do I want to be in this New Year?

Rather than focusing on your to-do list for this year, let's first start with something different. Write down key words and phrases which describe WHO you want to be this year. Write down the characteristics you want to embody.



Focus on the characteristics you want to embody now



Step 3: Value Statements

Write down value statements in the format below. Be sure to write in the affirmative - what you WILL DO, and not what you will not do.

I value _____; therefore, I will _____.

Example: I value my health & family; therefore, I will limit my work time.

Example: I value my peace; therefore, I will be conscious of who and what enters my space.

Example: I value my wellness; therefore, I will be forgiving and compassionate with myself.

Step 4: Transform your characteristics & values into positive affirmations!

The power of life and death are in the tongue; therefore, it is vital that you SPEAK LIFE to yourself on a daily basis. Speak life over your circumstances, over your family, over your health. Using the characteristics you wrote in Step #2, write “I am” or “I have” in front of each one. These are your affirmations. Also, take the “I will” statements from Step #3 above. These are your intentions for the new year. Repeat both aloud to yourself every day.

