

UNRAVELLING
THE YEAR AHEAD

2012

HOW TO USE THIS WORKSHEET

- FIND HALF AN HOUR OF UNINTERRUPTED TIME
.....
- MAKE/POUR YOUR BEVERAGE OF CHOICE
.....
- PUT ON SOME RELAXING MUSIC, OR BASK IN THE SILENCE
.....
- PRINT OUT THE PDF
.....
- GATHER A SELECTION OF YOUR FAVOURITE PENS
.....
- LET GO OF ALL EXPECTATIONS
.....
- START AT THE BEGINNING AND WORK THROUGH TO THE END
.....
- LET YOUR MIND WANDER
.....
- DOODLE IN THE MARGINS
.....
- ENJOY THE PROCESS
.....
- ALLOW SPACE FOR POSSIBILITY

UNRAVELLING THE YEAR BEHIND

Before we start unravelling 2012, let's take a moment to look back over the last twelve months.

What did you embrace in 2011?

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.....
.....
.....

What did you let go of in 2011?

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.....
.....
.....

Identify 3 highlights of 2011.

1.
2.
3.

Identify 3 lessons of 2011.

1.
2.
3.

What did you discover about yourself in 2011?

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.....
.....
.....
.....
.....

What were you most grateful for in 2011?

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.....
.....
.....
.....
.....

Describe 2011 in 3 words:

.....

Now take a few minutes to write out anything else you need to say to the old year in the box below:



UNRAVELLING THE YEAR AHEAD

MY WORD FOR 2012



What is your Word for 2012?

How does your Word make you feel?

.....

.....

.....

.....

.....

If you lived and breathed your Word every day in 2012, what would be different for you?

.....

.....

.....

.....

.....

Can you think of ways you are already being/experiencing this Word?

.....
.....
.....
.....
.....

Fast-forward to December 2012. You are sitting in a café, musing over the last 12 months.
Where do you want to be...

... in your head? (work, dreams, goals)

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.....
.....
.....

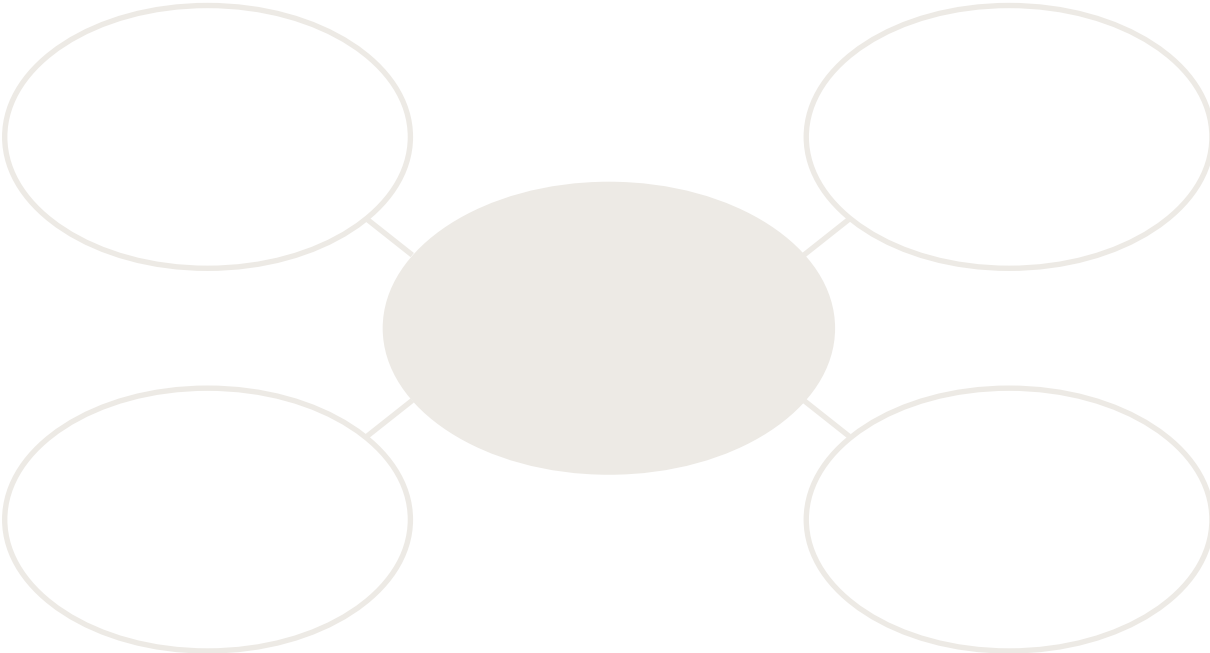
... in your heart? (relationships, family, friends, self-love)

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.....
.....
.....
.....

... in your physical world? (home, health, hobbies)

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.....

Can you think of four more words that will support your Word this year? They could be anything from inspiring words to names of people to things you want to invest in...



You might want to use the extra space around the mind map to pencil in any new thoughts and ideas that your words trigger.

What do you want the next 12 months to look like? Using pens, coloured pencils, paint, stamps, collage – or whatever else you fancy – fill in the grid to give your year some shape and colour. Add words and pictures, dates and plans; include actual events and made-up dreams too. Be playful. Leave space for surprises.

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

THE THREES

List 3 big goals you would like to achieve this year

1.
2.
3.

List 3 things about yourself that you positively love

1.
2.
3.

List 3 things about yourself you feel ready to let go of

1.
2.
3.

List 3 people who you feel will support you in 2012 (friends, colleagues, mentors, people you admire from afar)

1.
2.
3.

List 3 passions/hobbies that you would like to explore more in 2012

- 1.
- 2.
- 3.

List 3 duties or commitments that you feel ready to release in 2012

- 1.
- 2.
- 3.

List 3 treats you will gift your beautiful self in 2012 (big or small!)

- 1.
- 2.
- 3.

Complete the following sentences:

In 2012 I am going to

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.....
.....
.....

This year I will seek help from

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.....

I will nurture myself with

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.....
.....
.....

It is my intention to let go of

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.....

2012 will be the year I

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.....

This year I will say NO to

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This year I will say YES to

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.....
.....

WHAT IS YOUR SECRET WISH FOR 2012?

I WHOLEHEARTEDLY
BELIEVE THAT
EVERYTHING IS
POSSIBLE IN 2012.

SIGNED:

The next three years are a blank canvas in front of you – where do you want to be by the end of December 2014? Where do you want to be... in your head (work, dreams, ambitions, intentions)... heart (relationships, family, friendships, self-love)... and physical world (home, health, hobbies)?

	2012	2013	2014
HEAD			
HEART			
PHYSICAL WORLD			



HELLO!

I'm a photographer, writer and e-course creator. A Polaroid addict and very proud aunt, my first book, *This I Know: Notes on Unraveling the Heart* (Globe Pequot Press), launches in June 2012. I've also co-authored another book, *Instant Love: How to Make Magic and Memories with Polaroids* (Chronicle Books), coming out in May 2012. You can read more about my shenanigans on my blog at SusannahConway.com and say hi on [Twitter](#).

