



MY GORGEOUS  
**2015**

EPIC STRATEGY

+ 2014 *review*

This workbook is to give you a clear look at 2014 to create a powerful intention for 2015 and the most important part: creating an Epic Strategy to make it happen!

Screw resolutions, you've got a strategy gorgeous!

Get 2 candles, one for 2014 and one for 2015.

Light your 2014 candle. Close your eyes and come into your breath and your body. Let your attention start to rest on your heart and your breath. Let your mind clear and your heart open to the year you've had, then answer the following questions.

### **2014 in review**

- 1) If you were to describe 2014 in a word, what would it be?
- 2) Where was your main focus?
- 3) What are your 3 proudest moments from 2014?
- 4) In what ways did you really stretch yourself?
- 5) Surprise yourself?
- 6) What were your 3 biggest wins?
- 7) What were your 3 biggest mistakes or learnings?
- 8) Where did you feel full and abundant in your life?
- 9) Where did you experience a void? What was missing?

- 10) What do you wish you made more time for?
- 11) What do you wish you spent less time on?
- 12) What are you ready to let go of now?
- 13) What are you making space for now?
- 14) What was the one thing you really wanted for 2014?
- 15) Did it happen? Why or why not?
- 16) What are the 3 things you are more grateful for in 2014?
- 17) What are your 3 happiest moments of 2014?

### **Ritual for closing 2014.**

Close your eyes and mentally review your year with compassion and love. Let your breath guide you through the waves of the year and the emotions that go along with it.

Spend a moment giving thanks to all that has been offered to you: the joys, gifts, lessons, losses, and opportunities to grow and share your light. Once that is complete blow out the 2014 candle.

Light the 2015 candle. Close your eyes and come into your breath and your body. Let your attention start to rest on your heart and your breath. Let your mind clear and your heart open to all the possibilities that lay ahead of you. Then begin answering the questions below.

## 2015 Intention

- 1) What is your word for 2015?
- 2) What is going to be your main focus?
- 3) How do you want to feel about your life?
- 4) What is going to make the biggest difference for you this year?
- 5) Where are you really going to stretch yourself?
- 6) What are 3 things you going to make more time for?
- 7) What are 3 things you going to spend less time on?
- 8) What are you making space for now?
- 9) What are 3 ways that you are going to practice self-care this year?
- 10) What are 3 ways you are going to pamper yourself?
- 11) What are your 3 big goals for 2015?

12) Where can you get support to make sure they happen?

13) What do you need to consider to bring those goals into being?

## **Your Epic Strategy**

### 2015 New Year's Memoir

I'll invite you to close your eyes and imagine that you've jumped ahead to December 31st 2015 after an incredible year, maybe even the best year of your life. Imagine that you have exceeded your expectations and plans and are now looking back fondly at 2015 and everything you accomplished. What do you feel in your body? What is the primary emotion that's here? What was different about this year that has you feeling this way? What are your days like? How much down time do you have and how are you using it? How are you at work? What is most meaningful to you in: your career, your family and friends, taking care of your body, and spiritually? How are you taking care of them all in a way that feels authentic yet full of ease? Lastly, ask your older wiser self that is already at the end of 2015: what is the one thing they want you to know to help you get here?

Write it all down my friend, this is a living document to get you there.

Continued...

*tina*

h n a t i u k

Look your 2015 Intention and your Memoir. Now's the time to start making your strategy because nothing happens without it.

Go back to your 2015 Intention and write down under each of your answers HOW you are going to execute them. If it's something like remembering your word: create an action to remember it like sticking a post-it somewhere you look every day, or have it pop up as a recurring event on your calendar.

If it's a goal you are creating: be extremely specific and realistic. Most of us overestimate what we can do in a year and underestimate what we can do in 3 years. Create a schedule and break it all down. Write down dates with times (yes, I'm serious). If it isn't scheduled it isn't real.

Once it's all planned out take a look at your strategy and consider what might get in your way of completing the actions you have created, and create a game plan to support yourself.

*\*Note, you are not going to want to do this part. This is where most people fail at completing their intentions because they don't plan for obstacles. When you know where you will struggle, you can create a plan to work with it.*

Once that's complete, how will you know that you have completed your Epic Strategy for 2015? Will it be checking something off? A feeling? Get clear on what will determine that you did it.

Last (and most important) step:

**Come on over to the blog and share what you are creating for 2015!**

What is your word? What's your focus? What's going to be different this year? What are your 3 big goals and how are you going to make them happen? This is hugely important because when you declare your goals you become accountable to make them happen, and I want for you to have your most confident, joyful, and successful year yet!

Once that's complete, the intention has been set and put out into the universe. Blow out the candle and get started on creating an incredible year!

**If you want more support in creating your best year, I have some create opportunities for you to work with me right over here.**

To your success in 2015!

Love and Light,

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