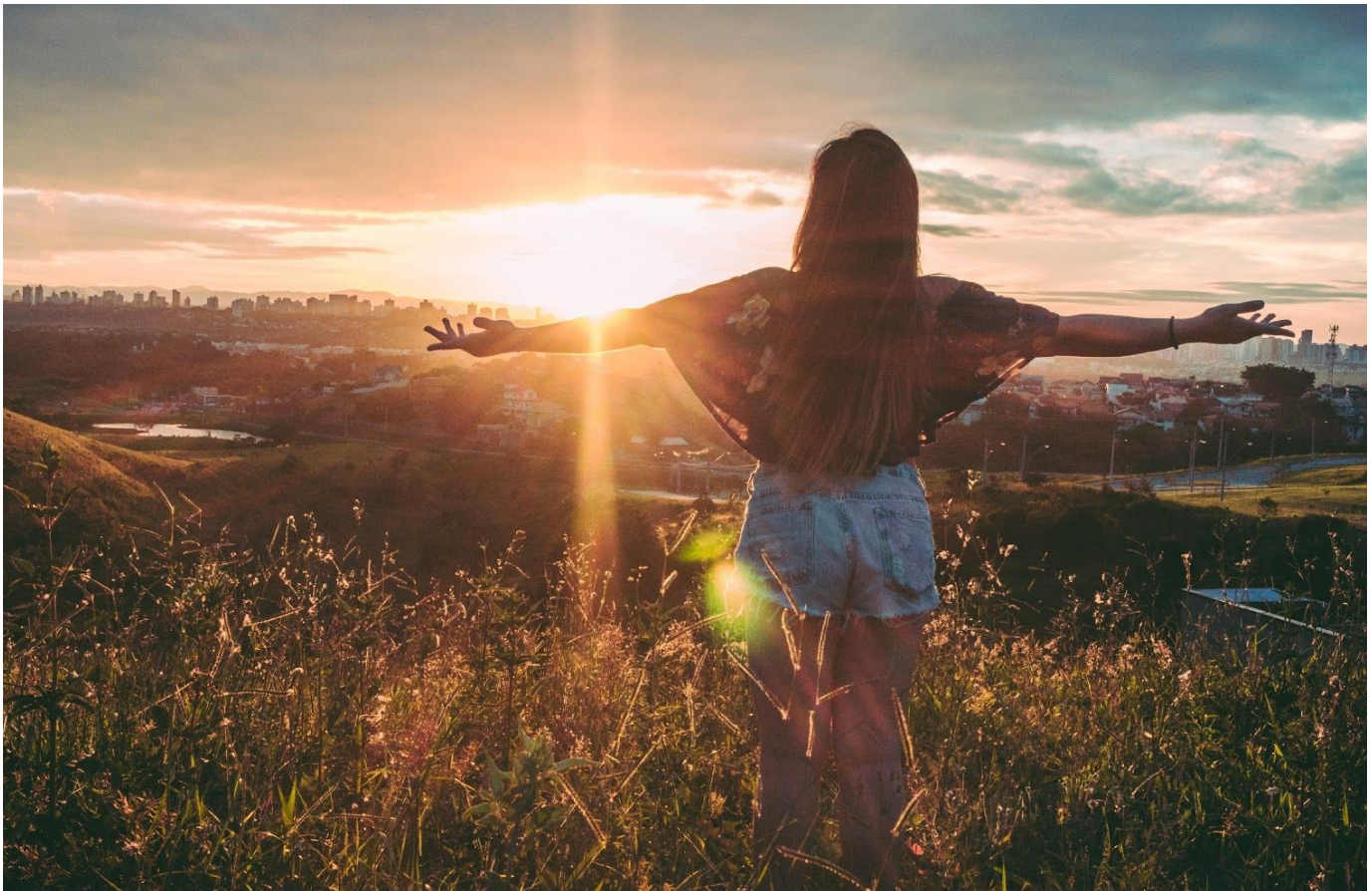




# 12 Month Reflection

## Creating the Vision Ahead



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## The Life Changing Practice of Intentional Gratitude

There is power that accompanies true gratitude that may not be immediately apparent in the midst of a crisis. Our goal is to draw more balanced conclusions during stressful circumstances. Listing your accomplishments and positive steps you have taken is an action that can be the catalyst that you need to attract the solutions or strength you desire.

**Looking back on the past 12 months, write down everything great that you have created in your business and personal life:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



**Looking forward to the next 12 months, what do you want to create in your life and business?  
Consider how you want to feel in addition to what you would like to accomplish:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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12. \_\_\_\_\_