



### **1. What do you want to acknowledge yourself for in regard to 2011?**

What did you create?

What challenges did you face with courage and strength?

What promises did you keep?

What brave choices did you make?

What are you proud of?

### **2. What is there to grieve about 2011?**

What was disappointing?

What was scary?

What was hard?

What can you forgive yourself for?

### **3. What else do you need to say about the year to declare it complete?**

The next step is to say out loud, "I declare 2011 complete!"

How do you feel? If you don't feel quite right, there might be one more thing to say...

### **4. The final step is to consider your primary focus for the year to come. What is your primary intention or theme for 2012?**

Is it the year of joy?

The year of self-care?

The year of kicking ass?

The year of ease?

Stand up and say it proud, "2012 is my year of \_\_\_\_\_"

(Be very mindful of the word(s) you choose for the coming year. You are *manifesting* here. This is powerful juju. Choose a word that is positive, that is rich for you, that resonates deeply with the journey you are about to take.)

**5. You are complete!** And ready to make your Mondo Beyondo list for 2012.

Let's do it together in the **January Mondo Beyondo e-course!** Just go to:

<http://www.mondobeyondo.org/register>

Your coupon code is BRAVEYOU2012. **Class begins Monday, January 9<sup>th</sup>**

