



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!](#) Your coupon is waiting for you.

Just email me at hello@mondobeyondo.org with the subject "coupon code."
Class begins Monday, January 9th

