

THIS HAS BEEN THE BEST YEAR OF MY LIFE!!

Lets share 2017 as if it's already reality. As if it has happened. Imagine you are talking to me today but it's January 2018. Take a few minutes and write down some areas that are important to you as if they are already real, what your life is like. Do not hold back! This is your story, your book you have written for 2017. Use a pen and paper and do it in cursive writing.

Here is an example:

Health

2017 has been awesome! My body is strong, lean, healthy and I felt so comfortable wearing a swimsuit this summer. I love how my workouts are fun, challenging and help me stay in awesome shape. It's so easy to stay in shape and because of my changes I ran a four (4) 10K runs. I have had so many people ask me if they can work out with me because they see how strong and fit my body is and how happy I am!

Love Relationship/Spouse/Partner

My partner and I are truly soul mates. I love and appreciate him/her and he/she appreciates me. We had fun traveling this past summer as we spent 2 weeks in Germany. He/She is so sensitive, loving, supportive and it's been awesome how we look forward to our weekend getaways. I love how our relationship gets better all the time. It's been a fun year of exploring him/her and learning a new fun side about him/her that makes me want to be a better person and live more passionately.

Finances

I am so happy that are finances are in order. Our credit cards have been paid off, our retirement account has moved in a positive direction. We are down to the last 2 years before we pay off our home. The loans that have haunted us in the past have been taken care of and it feels awesome! Money flows easily into our lives through multiple sources and it's so easy to manage our money.

Do this for all the areas in your life in your circle or choose 3 to write about. Areas: Giving back, finances/money, career/work, education/learning, health, physical activity, home cooking, home environment, love relationship, relationships, fun and spirituality.

Once you are done email it to me.