

# completing 2011

## creating space to create what's next

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Hello Visionary Mom! ♥

I am so happy that you have downloaded this free resource. I think that taking a little time to complete things is such a powerful way to create space for whatever is next.

So often, we just dive right on in to the next thing without properly releasing whatever came before. It is so easy to drag the disappointments from the past into the current moment. And, it is just as easy to set ridiculous expectations of ourselves based on previous wins.

Looking at the highs and lows, acknowledging your disappointments and victories allows for you to move on, into whatever is next *with a clean slate*. That's powerful and allows for real magic to take over your life.

The best way to do this exercise is to carve out enough time to work through the worksheet in one sitting. You might also want to look over your calendar before you to start to jog your memory about what has happened over the past year.

Then, sit down and take a big, deep breath.

Set an intention to *release* and *create space*. That's the whole point of taking the time to complete the year. So that you can let go of *what was* and/or *what wasn't*.

**Letting go allows for something new to show up.**

I hope this worksheet is helpful and guides you into the new year with some real freedom to make some new dreams happen.

xo, Lisa Work

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# ready to begin?

Grab a some paper and your favorite pen. Go through the prompts and **keep writing until there is nothing left to write**. That's how you'll know you're done, when there is nothing else left to say.

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What did you want to make happen this year?

What THINGS did you want to get done?

What relationships did you want to improve?

What goals did you set?

What did you want to learn?

Who did you want to become?

→Did you do those things?

If not, why not? Go ahead and say it.

If you did, what fueled the fire and kept you working on your goals?

What yucky stuff happened this past year?

What regrets do you have?

What were the highlights? What kind of awesome happened in your world?

How did your relationships change?

*How did YOU change?*

What lessons did you learn?

What did you love about this past year?

What do you hope will never happen again?

What are you most proud of?

What embarrasses you?

How did you make life better for your kiddos?

How did you make life better for you?

How did you feel, for the most part, throughout 2011?

Anything you are still hanging on to, that you could now let go of?

What one word best sums up 2011?

What are you now hoping for as you march into 2012?

What else is there to say about this past year?

If you have nothing left to say, then you are complete. In the space of “nothing” left, you can now create.

**What hopes and dreams do you have for the future?** What yummy stuff are you now ready to dive into? What do you want to experience, learn, manifest?

→ Be sure to check out the [Visionary Mom Make A Plan DIY Workshop](#). This is a great way to help you create some inspiring goals, and map out HOW you will accomplish and achieve those goals.

**Special Offer!!** From now, until the end of 2011, I am letting you get full access to the workshop for whatever you can pay. I want to help you create what’s next in your life and assist you in making your dreams happen without money getting in the way.

So, please, [hop on over and get instant access to the workshop](#), at whatever price feel comfortable for you.

Also, a brand new [Visionary Mom Team](#) is starting in January. This team is going to be about kicking off the new year with clarity, intention, and a full on on yes to making your dreams happen.

Be sure to [check out what the teams are about](#) (especially if you haven't in awhile - they have changed.).

I will only be doing a handful of teams this year, so don't miss your chance to get the support you need to make some magic happen in your life.

One more thing... **This completing exercise can be used for anything!** It's a great way to wrap up a project or some other event in your life. Taking the time to acknowledge the crummy stuff *and* the awesome stuff, giving voice to all of that helps to let go and is a great practice to keep yourself in a space of being creative.

If there is anything else you need, questions you have, or if you just want to let me know how doing this exercise was for you, [please get in touch!](#) I love hearing from you.

Wishing you an amazing new year!

~ Lisa



Lisa Work is the creator of [VisionaryMom.com](#), a place for moms to get inspiration and encouragement to make make their dreams a reality.