



# PARENTING *the gods*

## **APPRECIATE AND LET GO 2013 - CREATE 2014**

Let's make this your best year ever!

I have here put together my favorite tools I've used every year to make my life remarkable, a life worth remembering, a life worth living.

This is not a New Year's Resolutions exercise. I don't believe in that. I believe in commitment, in musts, in standards, in passion, in that which will make you wake up every morning and follow through consistently.



Answer these questions with your gut, with your heart. Feel the answers! Remember what happen. Connect with what's unfolding. I PROMISE your life will be completely different with this New Year Creation method.

And to increase the value, create accountability for yourself  
SHARE your answers with at least 5 friends who will not let you off the hook

Why? It's much easier to keep the commitment, the momentum when you have an audience, when you are surrounded by love and support. Create this own "Board of Directors". You'll see your results coming to reality faster than ever.

This has been a charm for me for years. I would love to see how it transforms your life,

With Love and Light,



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## **APPRECIATE 2013**

What was your theme of 2013?

Did you and your life change with this theme? In which way did your life change?

Who did you become this year? What qualities have you embodied this year?

List here your accomplishments on this theme. Be specific! What happened? What did you learn? Would you like to grow more in this area? Are you done with this?

What do you feel the most proud of this year? What was your greatest accomplishment? What did you learn from this?

What is the most important thing you learned this year? In which area of your life did you grow the most?



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What are you the most grateful for this year?

Love! Who do you love this year? Who loves you?

How could you accomplish better results in the future?



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## **LET GO 2013**

Is there someone who deserves a big Thank you? If you feel gratitude, show it!

Are you carrying something from 2013 that you need to let go of to soar in 2014? Habits? Physical weight? Projects that don't thrill you?

What did you struggle with in the past that you don't want to carry in 2014?

Have you been procrastinating about something specifically? Does it need to get done? Commit yourself; give yourself powerful reasons why you should do it, take action! Doesn't it need to get done? Forget about it. Take it off your list!



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## **CREATE 2014**

Who do you want to become in 2014? What qualities do you want to embody this year? What qualities do you want to model this year? If you find a photo that gives you that image of your future self, print it out and have it wherever you'll see it often, the whole year.

What theme will inspire you to become that person?

With this theme in your heart and mind, close your eyes. Listen. Feel. See. What is unfolding for you in 2014?

In your work, your legacy? What do you want to achieve (book, customers, money...)?

In your personal development? What do you want to learn? Where do you want to go?

In your intimacy? Which relationship you want to grow? Who do you want to mentor?

These are your goals! What are your top 4 goals for 2014?



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What's the #1 thing you need to accomplish in 2014?

Why are you committed to make this happen in your life? Give yourself good reasons. These have to be so compelling that will pull you out of bed each and every day.

List 3 actions your need to take to accomplish your top 4 goals. Do them TODAY. Today, today, today!

What's the next step for each one of your top 4 goals?