**Life Path Awakening – New Year’s Review and Refresh**

**Me**

* Who am I right now (how would I describe myself, physically, mentally, emotionally, socially)?
* Is what I just wrote true? What can I add or change to make my description more accurate?
* Who was I “being” over the past year, including all the major “hats I wore”?
* How have I felt and behaved in my personal relationships, at work, with family, with friends, with society - for the better or worse - over the past year and how do I want to behave and feel in the near future?
* What can I do in the year ahead to live more authentically according to the person I truly am and aspire to be?

**Personal Joy**

* What inspired me most this year?
* What brought me down?
* What major lesson did I learn (and will not repeat)?
* Am I happy?
* What are the things / people / situations in life that make me happy?
* How can I invite more happiness into my life?

**Health**

* How was my health this year?
* What can I do to improve my health in 2018?
* Is there someone who can support me in my effort to be healthier this year?
* How can I improve my lifestyle to support my health?

**Friends / Family**

* How is my relationship with my family/friends?
* Is there someone in my family I’d like to form closer bonds to?
* What is standing in the way of that and what can I do to change it?
* Repeat the above questions for any close friends.

**Work / Career**

* What about my work do I enjoy most?
* What do I dislike most?
* How are my finances and what can I do to improve them in 2018?
* What changes can I make to improve my working & financial life in 2018?

**Love life**

* How’s my love life going?
* What can I do to improve my love life this year?
* Do I love myself?
* What can I do to love myself more?

**Home / Place**

* What are my feelings about the place I live?
* If I could live elsewhere, where would it be and what is it about that place that is more appealing and appropriate?
* What can I do to make the place I currently live in better for me?
* If I want to move, what steps do I need to take to enable this to happen in 2018?
* What about my home do I love?
* What about my home do I feel needs improvement?
* What can I do to improve my home in 2018?

**Inner Growth:**

* What old patterns have I let go of this year?
* What new awareness have I gained?
* Am I less worried, more relaxed and more joyful than last year?  What would help make me so this year?
* What seems to have happened over and over again in different variations this year, setting a theme for personal growth?
* What can I do to improve my relationship to my higher self in 2018?

**Theme** – choose a word, phrase and / or image that every time you look at it, it reminds you of what you most want to manifest for yourself and your life in 2018.

 My theme for 2018 is:

 My image is:

 What I want to be able to say at the end of the year, on December 31, 2018 is: