

MODULE TWELVE

COMPLETION:

CONCIOUSLY CREATING WHAT'S NEXT

YOUR PERFORMANCE  
PROJECT COMPLETION

NOTES:

1. List each significant event of the last 12 months.



2. List the wins, benefits, joys and silver linings that came from each of them.



3. List any losses, disappointments, and or breakdowns that happened.



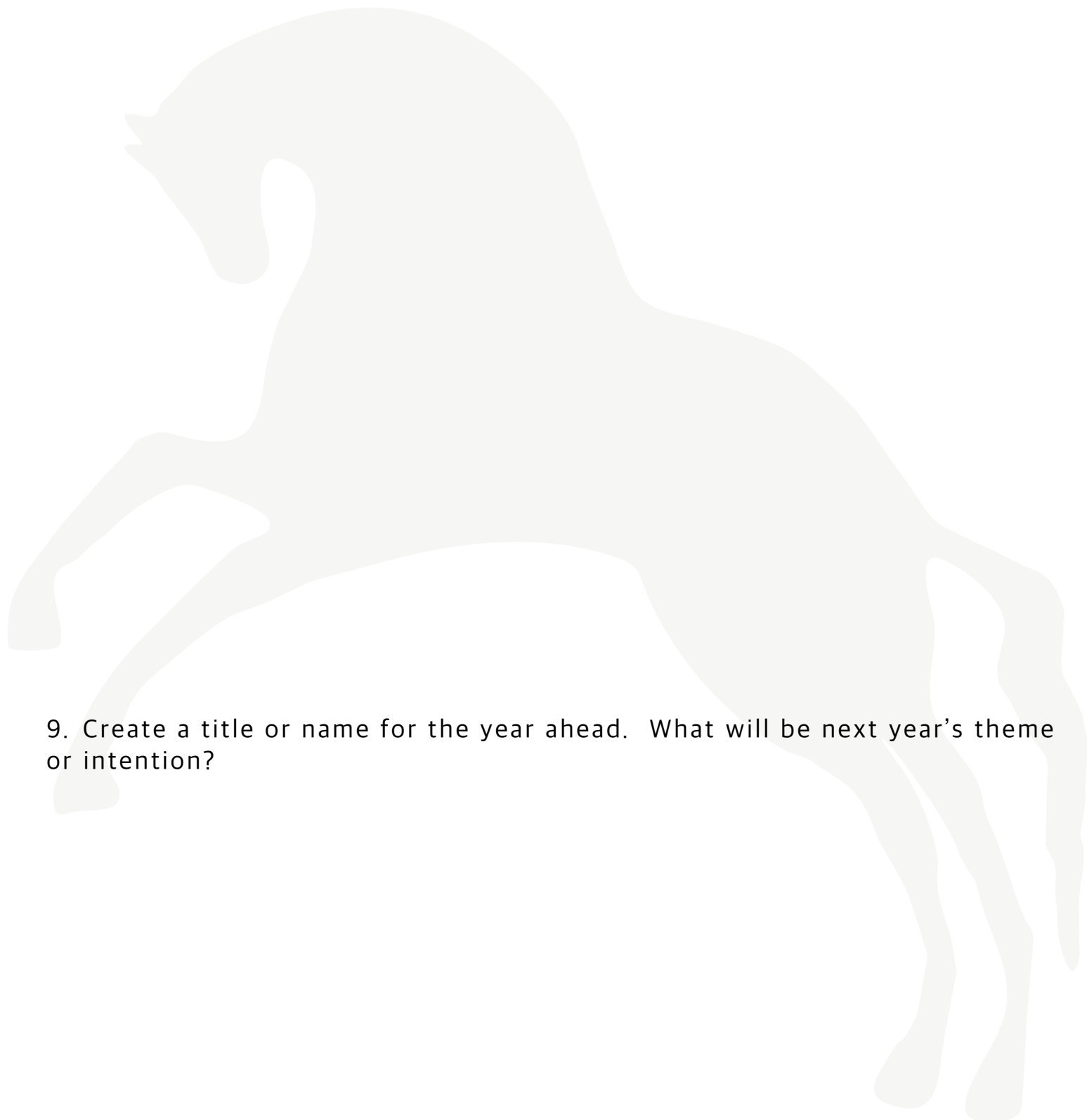
4. List perspective shifts that have occurred in this past 12 months that you want to consciously carry into the next year.

5. Make a list of the goals from last year that will be a part of your life design again this next year.

6. What are you really and truly letting go of from last year? Goals, beliefs, people, thought patterns, habits etc.

7. Write down the four or five most important areas of your life.

8. For each area, brainstorm goals, ideas, journeys, actions, dreams or adventures that bubble to the surface when you let them. Remember this is not planning or goal setting. It is simply inviting possibilities.



9. Create a title or name for the year ahead. What will be next year's theme or intention?



## NOTES



What is your most important insight or takeaway from this month?

What are you still curious about or trying to understand?

What commitment do you want to make to yourself moving forward?

Let the beauty we love be what we do. There are  
hundreds of ways to kneel and kiss the ground.  
-Rumi