

# My Best "Wise Self" Advice for Planning 2014

As you visited the end of 2014, what did you see, hear and feel? Include any thoughts or images that appeared.

Having tuned into your *Best Self's* possible future, what does your Wise Self want you to focus on in 2014 (list some goals and intentions)?

What support or additional resources does your Wise Self want you to get in 2014?

What are your next steps? When will you do them? (*Remember to schedule them in your agenda.*)

What else is important that you want to remember from your journey? Remember – your **Wise Self** if ALWAYS present and ALWAYS available – tune in regularly for guidance and insight!

Let the Best YOU shine through in 2014!



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