



Intentions for the coming year

By:

Remember...the world IS your playground!

You are responsible for what you create in your life and business, and you certainly can create whatever it is that you want to...

You may not know exactly how to do that just yet, but go with the thought that you *are* in control! It all begins with intention and intention always has a purpose behind it.

When you dream about you want to create, don't worry about HOW it will happen during this process. What you want to discover is what it is that you really desire to create in the coming year. Not what someone else wants you to do, or what you think you are "supposed" to do, or "should" do, but what's deep down in your heart and soul.

During this process, allow yourself to dream, but remember whatever you put down is certainly not set in stone... it's just a guide to help you know where it is you want to go and where you want your focus to be.

As you grow, so will your desires. You will reach some, and you will let some go, so just put your dreamer hat on and enjoy!

Often, we start judging ourselves and feel like we don't dream big enough, or that we dream too big. Please understand that there is no right or wrong!

SO, you choose, and know in your mind and your heart that you can always, always, always choose again!

2025 Abundance Plan

My Big Picture



I would like to finally...

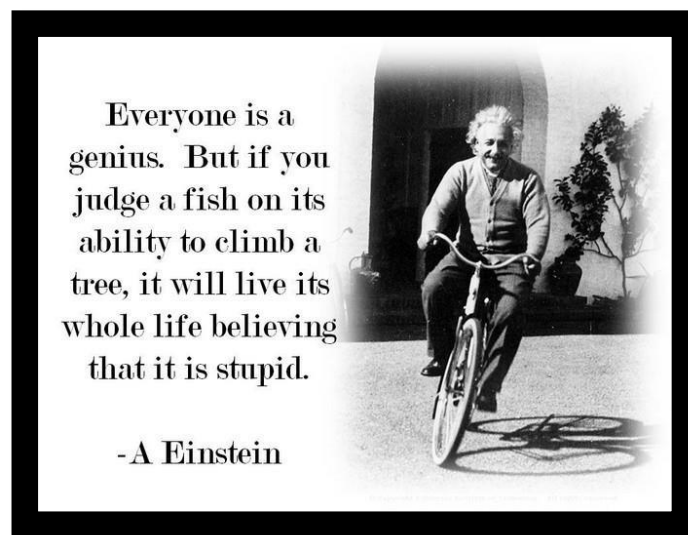
I give myself permission to...

I would like my biggest accomplishment in 2025 to be...

We all tend to continue doing things ourselves just because we can and there is something inside of us that thinks no one else can do it the way that we can. While that is true (another won't do it the same way that you will,) we each have our own genius. Are you spending time doing someone else's genius? Make this year the year you let go of holding on tight to things you know you should be letting go of so that you have time to bring YOUR very best into this world.

Don't use not having the money as a reason not to put it out into the Universe! Do some courageous dreaming here and set the wheels in motion.

This is also a good time to look at what you may be trying to control that is no longer in your highest good. You can't be "in the flow" of things if you are always trying to make the current go in a way that it just isn't supposed to.



Things I will do to support me in being my best version of myself in 2025 -

I will hire someone else to

We set the tone for our success, and the energy that we create in is an important part of the equation. When filling in below, choose the things that you know you are most likely to do AND that put you in connection with your Divine Self...

Every day I will start by –

Once a week I will –

Once every quarter I will -

Reconnecting when I'm lost

We all fall into doubt, fear, worry, you name it and when we are in that place it's hard to see anything else. When we go there, we feel like we aren't good enough, have nothing to offer and feel like we are all doom and gloom. If you have a "pick me up list" of things to try, you will be less likely to stay there for very long. Remember what works one time won't necessarily work another, so come up with as many as you can and when you aren't feeling like your big, bold, beautiful self, try, try, try again!!!

Think of things large and small... for example:

Play a song (have a list of ones that are uplifting to you)

Take 5 deep breathes

Go for a 10 minute walk

Take a bubble bath

Light a scented candle

The more you come up with the better!



Things that I can do to uplift myself when I'm feeling down

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

You may start out with only a few things, but put this where it's easy to find and continue to add to it.

Things that I want to accomplish in 2025

When you are setting goals, there is a part of you that will try to hold you back because of goals that you set in the past and didn't reach. The past is over and done and you don't want to judge yourself by it!

What you want to look at here is the future that you hope for, what you are aiming to reach in the coming year...without censoring yourself. The Universe is ready willing and able to guide you, but you have to tell it where you want to go. Remember that you are a different person in every moment, you know more than you did before, and your Abundant Self is with you every step of the way. Now, give yourself permission to dream big!



Take a deep breath...

My big scary financial goal \$

Is it exciting and scary at the same time? Did you make it large enough? Was it just an outrageous amount because you thought it would sound good? Double check with how you really feel when you sit and look at it and what emotions it brings up for you. Most of all, be certain it's what YOUR heart desires and the reasons fits with your core values!

Once you've got it, make it less scary by looking at it differently:

Monthly

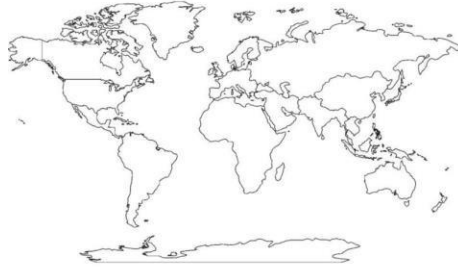
Weekly

Daily

It should appear less scary in smaller chunks.

Throughout the year, you can track yourself and see how much closer you are than you were last year!

keep looking at the picture as a whole



Place I would like to visit

Things I would like to create



product – programs – processes – painting- poems (to name a few)



Mentors I would like to find in this year

Things I would like to see in my personal or spiritual growth



Things I would like to learn more about



New habits I would like to create



The characteristics of new people I would like to have in my life and business this year



Anything else I feel will move me forward

All of things that you've looked at are a part of the picture you want your new year to look like. If other things came up for you while doing this process, add additional pages as you need them.

Honestly, the practical ways to get you there are easier to find when you know where you are headed. Take the time to do this for you...you ARE WORTH IT!!

If you need guidance, please reach out! Sharon@SharonHess.com
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Lewis Carroll from *Alice's Adventures in Wonderland*

Cheshire Puss,' she began, rather timidly, as she did not at all know whether it would like the name: however, it only grinned a little wider. 'Come, it's pleased so far,' thought Alice, and she went on.

'Would you tell me, please, which way I ought to go from here?'

'That depends a good deal on where you want to get to,' said the Cat.

'I don't much care where--' said Alice.

'Then it doesn't matter which way you go,' said the Cat.

'--so long as I get SOMEWHERE,' Alice added as an explanation.

'Oh, you're sure to do that,' said the Cat, 'if you only walk long enough.'