



New Year Exercise

Congratulations! Your New Year Starts Now!

The New Year gets started as soon as you start and as soon as you say so!

Make goals from deep within and discover your deepest desires.

I do this each year and find it to be a guiding light for my entire year and gives me lots of peace and clarity.

Answer the questions below.

Take some quality time.

Light a candle.

Drink your favorite drink.

When complete send your answers to Leslie@LeslieMThornton.com so I can mark you down for having completed your pre-work.

What would you super desire to happen this year?

What would you like to do, get done?

What areas do you foresee yourself developing in that will make a difference to you and your life?

What would you like to attract?

What character defects or blocks would you like to have removed?

What would you like to attain? Little and big things?

What's changed in your relationships? Friendships?

What's new in your love life?

What places would you like to go?

What's new with your family?

What issues would you like to see solved? Big and small scale.

What's happening with your career?

What way of being would you love to embody?

What decisions would you like to make?

What would you like your environment around you to be like?

Use these answers as an intention—email them to Leslie@LeslieMThornton.com and then let them go.

It is done.

All is happening now.

Notice who each unfolds in its own unique and surprising way all year long.

Enjoy your ride!

xoxo,

Leslie