

Your Greatest Hits of 2018

Before you move ahead into planning your 2019, take some time to reflect on the past year. Perhaps you have had a challenging year. Or maybe an exciting year filled with new adventures. Whatever has happened this past year, it has brought you to where you are right now, in this moment. You are alive. You are here. And it's perfect. There is great value in honoring your past. Let's do that together.

You can print this sheet and write on it, or write in your own journal. Pour yourself a cup of tea. Get cozy and take some quiet alone time for this exercise.

- 1. What were your top 10 hits of 2018?** These are the things that stood out to you the most. Maybe they are the things you accomplished. Maybe they are the special moments you spent with friends. They can be grand or they can be the small, simple beautiful moments of your past year. I am challenging you to come up with 10. I know it would be easy to list 3, but our lives are richer than we sometimes give credit for.

- 2. Who were the 3 most important people to you this year?** How did they help you? Or challenge you? These are the people who somehow brought light into your life. It could be someone close to you or even someone you followed on social media. What were their significant qualities that made them have an impact on you?

- 3. What was one challenge you overcame this year?** Was there something that was particularly hard, but you managed to sort it out and get through it?

4. What skills did you gain from this challenge?

5. Were there any challenges that cropped up this year that are still lingering? What is it? What are some options you are considering for moving through this challenge? What skills will you need to learn to overcome this challenge?

6. What was one thing that you committed to doing in 2018 this year that you freakin' finally did?

7. Was there something that you committed to this year that you still haven't done? In revisiting it, would you like to roll it over to 2019 or would you like to truly let it go? (Maybe it is not something you really want to do anyway.)

8. What is ONE thing you ARE ready to let go of and say good-bye to, from 2018?

9. What are you most grateful for as you close out the final days of 2018?

Well done on taking the time to celebrate
and acknowledge your 2018!



Now, ready to go for what you want in in 2019? I've created a **Magical Manifesters** workshop, featuring powerful tools to activate your manifesting practice, as a FREE gift for everyone who pre-orders my new book, *Mantras in Motion: Manifesting What You Want Through Mindful Movement* (Hay House, Jan 8, 2019).

From this hour long workshop (value \$149) you will start 2019 getting absolute clarity on your goals for the new year, as well as clearing out any beliefs that might be stopping you from getting there.

Get your copy and access to the workshop, here: erinstutland.com/book