

**INNER WORK: THRIVING IN THE NEW YEAR!!!**  
**2011 COMPLETIONS AND 2012 NEW BEGINNINGS**

*This is your opportunity to reaffirm for yourself where you have been, and envision more clearly where you are going. Take your time. And most of all, enjoy the process! [www.anakhacoman.com](http://www.anakhacoman.com)*

1. What was the smartest decision you made in 2011?
  
2. What decision have you made for 2011 that you are really intent on and proud about?
  
3. What is the one mis-step/mistake you made in 2011 and are willing to forgive yourself for?
  
4. What one word best sums up your 2011 experience?
  
5. What was your single biggest success of 2011?
  
6. What do you imagine, or expect, your biggest success of 2012 to be?
  
7. Name three disappointments you had during 2011?
  - 1.
  - 2.
  - 3.
  
8. List ten of your greatest 2011 pleasures? Circle the ones you'd like to repeat in 2012!

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)
  
9. What was the most outrageous adventure you had in 2011?
  
10. What was the wisest advice you received in 2011?
  
11. What advice would you give to yourself for 2012?







64. What new place would you most like to visit in 2012?
65. What one word would you most like to have as your theme in 2012? What is the vibration you intend to embody and express? Make a drawing or poem that illuminates the meaning this word for you.

Amen!