

Making 2021 Great

2020 : I honour and Release this!

What was your biggest Challenge in 2020?

What was your biggest achievement in 2020?

What was your biggest learning in 2020?

What are you releasing from 2020?

I now give thanks for 2020 and release it with love!

Your 2021 Vision

What is *your* vision of a beautiful life that *you* would like to create for 2021?

What are your key words or themes emerging for 2021?

Creating Change....

Change starts with instilling healthy habits and routines, where in your life can you be more nurturing and loving to yourself? What are some healthy habits you can start creating to help you stay on track with your dreams and visions?

What do you need to STOP doing?

What do you need to START doing?

What do you need to KEEP doing?

What do you need to do LESS of?

What do you need to do MORE of?

Daily Routines for Success

What can you be doing as a morning routine to help support you to be your best you in 2021? Some ideas: switching on, walking, stretching, journaling, grounding...

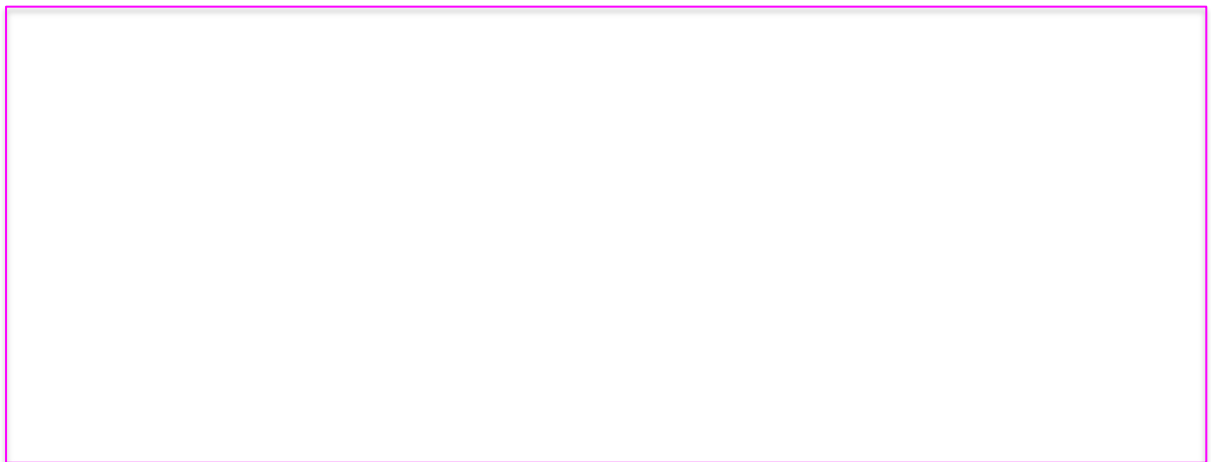
What can you be doing as an evening routine to help support you to be your best you in 2021? Some ideas: Switching off your screens by 8pm, reflecting on the day, journaling, grateful list...

2021 Clarity & Action

What are the main areas of your life that you would like to focus on in 2021?



In each area how would you like to feel and/or experience 2021?



What are 3 simple action steps you can take to start creating this change in these areas of your life?



Congratulations! By simply taking the time to consciously think and plan what you would like to create in 2021 has given you a head-start, even if this is all you do the Universe will start collaborating to help you achieve your hearts desires for this coming year! AND if this has lit a spark within you and you feel like you would like some extra help putting these actions into reality please feel free to contact me at www.paigehaines.com and we can chat about ways to move you forward in the areas of your life and to shift old patterns and behaviours if they are weighing you down. Blessings to you for a wonderful 2021! I look forward to connecting.