



# 2019 New Year - No Limits

## 1. Record Your Wins and Successes

What did you accomplish, how did you grow, what did you learn in 2018?  
Record all your big and small fulfilling events.

## 2. Now Celebrate Your Successful Completions

Review what you wrote in the box above. You will be expressing gratitude to your unconscious for all its support in making that success happen.

As you think about the event imagine surrounding it with a ball of white light and placing it in the center of your chest right above your heart.

While you say the following:

*“Thank you for this experience. I would like to experience more fulfillment like this in the future, please make this happen in ways that are for the highest good of me and of all involved.”*

## 3. Review Anything Left Undone; Carry-Overs From 2018

**What did you hope to accomplish or experience in 2018 but didn't yet complete?**

Be specific on what you need to do to reach the outcomes you desire.

NOTE: Make a tick mark by each item that is left over from 2018 that is STILL important for you to accomplish in 2019.

## 4. Release the Projects and Intentions from 2018 and Recapture Your Energy

Look at each item that you didn't finish, and feel is no longer important to complete. Imagine you could place it in your hand and blow it away saying:

*“Thank you for this experience I no longer want to complete this project and request that all my energies be returned to me now doing so in ways that are for the highest and best good of me and of all involved.”*

## 5. What Support Do You Need to Ensure you Complete Your Intentions for 2019?

Now reflect on 2018 and think about any new habits you put in place or support that empowered you to be focused and present. Record anything you'd like to continue or perhaps identify the support you need to put in place to make 2019 a year you'll cherish.

## 6. Now the Fun Part; Let's Look at the Next 365 Days in Front of you Like a Blank Canvas

What would you like to be celebrating at the end of 2019? What would you like to have accomplished or what did you experience that fulfilled you?

Record your big and small dreams here. Don't sell yourself short. DREAM BIG!!  
Don't forget to include the things you didn't yet complete from box # 3.

## 7. Now Prioritize Your Wishes and Intentions

Intuitively sense the fulfillment rating of each item on your list. Select a number on a scale of 1 to 10, where 10 is the highest priority which fills you with so much fulfillment. A 1 rating would mean it is not essential to get done right now. Record the ratings in the left-hand margin on box #6.

## 7. Great Job, You've Done Well... Now Let's Anchor Your Intentions in Your Unconscious!

Surround each one of your top 3 intentions with a ball of white light and place it in the center of your chest right above your heart while saying the following command:

*"This is an example of what I'd like to experience in 2019 with the right timing and right action. Please make this unfold in ways that are for the highest good of me and of all involved."*

Note: Put this document in a safe place so you can review it at the end of 2019, and I bet you'll be pleasantly surprised how many things were manifesting with less effort.