

**The
FutureVisioning[™]
Worksheets**

for

Making 2009 Your Best Year Ever

by

Ti Caine C.H.T.

Hypnotherapist – Healer – Life Coach

818-995-1331

e-mail ti@futurevisioning.com

web site www.futurevisioning.com

15446 Deerhorn Road, Sherman Oaks, CA 91403

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MAKING 2009 YOUR BEST YEAR EVER

1- In the last year, in each area of my life, what were my Successes? Accomplishments? Miracles? Joys?

Physical _____
Financial _____
Career _____
Emotional _____
Mental _____
Social _____
Family _____
Relationship _____
Spiritual _____

2- What were my biggest Disappointments? Failures? Avoidance's? Can I understand why I created these, and can I forgive myself?

Physical _____
Financial _____
Career _____
Emotional _____
Mental _____
Social _____
Family _____
Relationship _____
Spiritual _____

3- What did I learn about myself and about creating success?

Physical _____
Financial _____
Career _____
Emotional _____
Mental _____
Social _____
Family _____
Relationship _____
Spiritual _____

4- Write a paragraph on how I limit myself, how I will stop this behavior, what I will replace the limiting behavior with, how I will forgive myself, and how great I will feel.

**5- What are my most important personal values, and how can I live them more fully?
(honesty, compassion, love, trustworthiness, caring, giving, forgiving, courage, etc.)**

6- What roles do I play, and what were my major accomplishments in each role? (mother, father, woman, friend, wife, executive assistant, daughter, etc.)

7- What were my major mistakes, failures or shortcomings in each role?

8- What is my major desire or focus for each role in the coming year?

9- What are my top goals for each area of my life this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Physical _____
Financial _____
Career _____
Emotional _____
Mental _____
Social _____
Family _____
Relationship _____
Spiritual _____

