

CREATE MORE OF YOUR BIG PICTURE WANTS IN 2018!

1. Print as many copies of the **2018 (Assessment)** as you have Big Picture Wants.
Print the same number of copies of the **2018 (Mindmap A)**.
2. Print one copy of the **2018 (Mindmap B)**.
3. Print one copy each of **2018 (Putting Up With)** and **2018 (Satisfied With)**. Complete both exercises by flow-writing or making lists based on *your current situation*. Be broad or specific or both. Don't edit.
4. Fill out **Mindmap A** for each of your Big Picture Wants with what you are doing that enhances that Big Picture Want.
5. Complete the two-page **Assessment** exercise for each Big Picture Want:
 - ★ Name it.
 - ★ Describe what it means to you.
 - ★ Describe what you did in 2017 that was effective to create more of it in your life.
 - ★ Describe what you did that wasn't effective or what you didn't do.
 - ★ Flow write about what you want to create for this Big Picture Want in 2018.
 - ★ Summarize what you wrote with a keyword or phrase.
6. After you've completed the exercise for all of your Big Picture Wants, fill out **Mindmap B** by writing each Big Picture Want on a line above a rectangle. (The mindmap has space for up to 13 Big Picture Wants.) Then fill in the rectangles with the corresponding keywords or phrases.
7. Increase the likelihood of having more of your Big Picture Wants in 2018 by creating an intention for each one. If you already have I.A.P. cards, you can use those. Otherwise, you can print as many pages of **2018 (I.A.P.)** as you like. Each page is the equivalent of two I.A.P. cards.



★ *Best wishes for a meaningful and satisfying New Year!* ★