

Create More of Your Big Picture Wants in 2022!

1. Print as many copies of the **2022 (Assessment)** as you have Big Picture Wants.
Print the same number of copies of the **2022 (Mindmap A)**.
2. Print one copy of the **2022 (Mindmap B)**. See (6) below.
3. Print one copy each of **2022 (Desired Outcome)**, **2022 (Putting Up With)** and **2022 (Satisfied With)**. Complete the Desired Outcome exercise first by flow-writing. Then complete the other two 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 the *specific and concrete* things you are doing that are moving you toward 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 2021 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 2022.
 - ★ 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. (*Select the appropriate document based on the number of Big Picture Wants you have, from 9 to 13.*) Then fill in the rectangles with the corresponding keywords or phrases.
7. Increase the likelihood of having more of your Big Picture Wants in 2022 by creating an intention for each one. If you already have I.A.P. cards, use those. Otherwise, print as many pages of **2022 (I.A.P.)** as you like.



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