

NEW YEAR NEW YOU

WORKBOOK 2021

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Rebalancing America and Beyond
www.rab.solutions



REBALANCING AMERICA AND BEYOND

My theme for the year



Examples of themes:

'Slay the Dragon', 'It's My Turn', 'Make it Happen'.

Why did I choose this theme?



Permission to manifest

What do I want to create in the area love and relationships this year?

What do I want to create in the area of mental health and self-care this year?

What do I want to create in the area of work and purpose this year?

At my best in 2021



I am at my best when I am?

I feel my best when I am thinking about?

I am inspired by?

I am unstoppable when?



Focusing on what matters in 2021

What matters in my life?

Who matters in my life?

My why (Why I do what I do?)



The gift of my energy 2021

Who/what will receive the gift of my energy this year? **ACTIVE ENERGY** (I am engaged and focused), **PASSIVE ENERGY** (I place minimal energy here), **NO ENERGY** (I place no energy here).

(You may write people, hobbies, moods, places, a state of mind, or thoughts on your list).

ACTIVE ENERGY

PASSIVE ENERGY

NO ENERGY

