

# Pearlette Ramos

INSPIRING & AWAKENING THROUGH EXPLORATION

## Get Your Year in Gear

Thank you for participating! Please complete this form and return it to [pearlette@pearletteramos.com](mailto:pearlette@pearletteramos.com).

1. List 5 - 10 highlights from the past year.
2. How are you different now than you were a year ago today?
3. What do you need to *let go of or forgive yourself for* in order to move on from the past year?
4. What do you want to celebrate about the year you've just completed?
5. What do you wish to celebrate at the end of next year?
6. What lessons do you most want to take with you into the upcoming year and beyond?
7. How will you enrich your life and your family in the upcoming year? How can you make your relationships more fulfilling, fun, intimate and loving?

8. What would you like to add, change or eliminate in your daily routine during the next twelve months?
  
9. What tolerations must go?
  
10. What joys and ordinary pleasure will you add to your schedule, starting today?
  
11. What financial goals do you have for the year ahead?
  
12. How can you save more and invest better?
  
13. What will you do to maintain your health? What are you committed to for fitness, for vitality and wellness?
  
14. Intellectually, how will you grow this year? What will you read? What do you need to study? What can you learn? What skills do you need to master this year?
  
15. What is your theme for the coming year? (e.g., "Abundance in Mine," "Pay Down Debts," etc.)
  
16. What will you achieve in the future? Where are you headed in the next 5 years? 10 years? 20 years?

17. What core values guide your life? How do you utilize your values to achieve your purpose?
  
18. What brings you the most fulfillment and gratification?
  
19. What is something you would do this year, if you weren't worried about what other people thought of you?
  
20. How can you use your greatest talents to benefit yourself and the world in the years ahead?
  
21. If you could do only one BIG project in your lifetime, what would it be?
  
22. Picture yourself in the future – 10 years older than now. What would this Future Self ask of you now that would make his/her life better in 10 years?
  
23. What is your current definition of "Success"? Do you see yourself achieving "success" based on your definition?