

Welcome to Ignite Your 2021!

This is your Clarity Form to help you prepare your personal information for the workshop.

PLEASE PRINT THIS AND FILL THIS OUT BEFORE THE WORKSHOP! IT WILL BE USED IN THE MEDITATION AND WORKSHOP TO GET THE MOST OUT OF THE EXPERIENCE.

When you consider who you are becoming as you grow in all areas of life during 2021 what are the three most powerful words that will most inspire you in the coming year:

- 1
- 2
- 3

What is your number one goal over the coming year?

How will reaching that goal change your life?

What are the most important qualities you want to bring to your family life? Describe those qualities in three sentences:

- 1
- 2
- 3

Take some time to consider how you can enrich your relationship with your significant other or a dear friend. What can you do to bring joy, appreciation, and excitement to your relationship? List three:

- 1
- 2
- 3

Exercise and health are a big part of your energy and well-being. What you are willing to commit to for the coming year to up-level your well-being?

What can you do with your work to make a significant difference with what matters most to your work? Is there a skill that you can develop to deliver more value?

How can you inspire more joy in the people around you? List three ideas:

1

2

3

Growth takes effort but it also takes us to a higher, better, version of ourselves. What can you do to take responsibility for becoming the best version of yourself? List three ideas:

1

2

3

What do you want to do for fun in the coming year?