

# Create YOUR OptiMOM 2016

Describe YOUR most awesome version of YOU this year:

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Says who? \_\_\_\_\_

Affirm / own YOUR picture; refine it:

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Experiences, strengths, insights, resources, skills & support?

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Identify your values in your vision. What do you notice?

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Refine, edit, and repeat as necessary.

What The most important part of that vision right now?

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Choices made in alignment to your vision are deposits of Power.

Brainstorming the expression of that priority:

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What RESONATES?

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Identify HAVES and NEEDS:

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Next (week) actions / goals? See it – SMART:

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1 – 10, how confident are you with THIS goal / action? \_\_\_\_\_

Why? How did you choose that number? What are you connecting to?

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We are capable and wired to express the best design on our life. Are you connecting to and making choices from THAT space? Are you willing to take the next steps to experience more of YOUR ideal version of YOU? \_\_\_\_\_

...and repeat