

# Year in Review ~ Looking Forward

2017 ~ 2018

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FROM  
EMPOWERMENT EVENTS

NAME: \_\_\_\_\_

# Year in Review

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My biggest lesson this year \_\_\_\_\_

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I'm really proud of \_\_\_\_\_

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This year has been all about \_\_\_\_\_

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I'm most grateful for \_\_\_\_\_

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My biggest disappointment / regret \_\_\_\_\_

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The theme that kept reoccurring \_\_\_\_\_

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My relationship that has improved the most \_\_\_\_\_

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I grew emotionally by this year by \_\_\_\_\_

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# Year in Review

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I wish I had done more \_\_\_\_\_

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I wish I had done less \_\_\_\_\_

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The smartest decision I made this year was \_\_\_\_\_

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I managed stress this year by \_\_\_\_\_

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My best financial decision this year was \_\_\_\_\_

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The worst financial decision this year was \_\_\_\_\_

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The greatest kindest service I performed was \_\_\_\_\_

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What has held me back most this year is \_\_\_\_\_

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### Forgiveness

Did anything happen this year that still needs to be forgiven?

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### Letting go

What do you need to let go before you can start the next year?

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### Acceptance

What experience has occurred this year that you still need to accept?

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### Gratitude

What are you most grateful for this year?

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I show myself love and kindness by \_\_\_\_\_

I improve my health and wellbeing by \_\_\_\_\_

My surroundings bring joy because they are \_\_\_\_\_

Every morning I will \_\_\_\_\_

# The Year Ahead

I have the power to say NO to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will say YES to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will visit / discover

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will connect with loved ones by

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will reward myself with

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will replenish my energy by

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will ask for support when needed from

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will achieve

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 2017 for Empowerment Events

Our biggest lesson this year has been to schedule time for fun as well as for work! We're really proud of how far the business has come this year, 2017 has been all about finding work/life balance whilst working from home.

The biggest disappointment this year was having to cancel an event due to a fire ban, this was a theme that reoccurred and we had to find inventive new ways to deliver the same powerful experience without the beautiful fire!

Our relationship with you guys has improved the most this year, with the launch of the members portal and new exciting things still to come. It's great staying in touch with you all, seeing your photos and how you're progressing on your journey.

We grew emotionally this year by continuing to put everything we teach into practice ourselves! The breath has been a powerful tool that we both integrate into our lives daily and has really helped in moments of stress.

We wish we had done more to keep on top of paperwork and put less pressure on ourselves to get everything perfect - 80/20 guys! The smartest decision we made was to bring in extra helpers to join our team.

We are grateful this year for seeing incredible change take place in other peoples lives, Lexi even had a puppy named after her!

This year has been a year of transformation and change, we're super excited to see what more will be possible in 2018.

Most of all, we are blessed and honoured to have connected with YOU!

Best wishes, Adam & Lexi



**Adam Mac**

Heart Matrix Healing  
Lifestyle &  
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**Alexandra Fae**

Breathwork Coach  
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