

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



Year in Review ~ Looking Forward

2017 ~ 2018



FROM
EMPOWERMENT EVENTS

NAME: _____

Adam Mac

Heart Matrix Healing
Lifestyle &
Performance Coach

Alexandra Fae

Breathwork Coach
Women's Circles
Business Development

Year in Review

2018

My biggest lesson this year _____

I'm really proud of _____

This year has been all about _____

I'm most grateful for _____

I will reward myself with

- _____
- _____
- _____

I will replenish my energy by

- _____
- _____
- _____

I will ask for support when needed from

- _____
- _____
- _____

I will achieve

- _____
- _____
- _____

The Year Ahead

2017

I have the power to say NO to

- _____
- _____
- _____

I will say YES to

- _____
- _____
- _____

I will visit / discover

- _____
- _____
- _____

I will connect with loved ones by

- _____
- _____
- _____

My biggest disappointment / regret _____

The theme that kept reoccurring _____

My relationship that has improved the most _____

I grew emotionally by this year by _____

Year in Review

2018

I wish I had done more _____

I wish I had done less _____

The smartest decision I made this year was _____

I managed stress this year by _____

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

[illegible][illegible]

Year ahead 2018

2017

My best financial decision this year was _____

The worst financial decision this year was _____

The greatest kindest service I performed was _____

What has held me back most this year is _____

Year in review 2017

2017 Memorable Moments

How did you feel? Who were you with? What was happening?
What were you doing / thinking / feeling / smelling / tasting?

Forgiveness

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

Letting go

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

Acceptance

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

Gratitude

What are you most grateful for this year?
