

New Years Manifestations, Step by Step

Every January, we set resolutions for the upcoming year, from small changes to our daily routine to large shifts in our way of life. Every February, we break those resolutions, distracted by stress of living and thus drained of the energy needed for effective behavior change. Naturally, we beat ourselves up over this “failure”: why can’t we make the changes necessary for our health and happiness?

The problem lies not in our willpower, but in our resolutions. Often, in setting New Year’s resolutions, we focus on changing habits without considering the bigger picture. What do I want my career to look like on December 31st? How do I want to interact with my family in 12 months?

Inspired by strategic planning exercises and the Empowerment methodology pioneered by Gail Straub and David Gershon, this manifestation worksheet is designed for you to plan personal change by using your deeply held dreams as a guide. It leads you through self-analysis, vision manifestation, and goal setting in four areas—Mind, Body, Heart, and Soul—to help you achieve effective and sustainable self-development.

Before You Start: Find a place that is comfortable, secluded, and quiet. Sit quietly for 5 minutes, breathing deeply. Create mental space and make the decision to go through the following exercise with compassion and belief in yourself.

Mind

1. First, take stock of yourself at this very moment. Where are you right now in your career? How is your financial health? Your intellectual development? Try to avoid being self-critical here. Accept both positives and negatives without judgment.

2. Next, your internal barriers to mental growth. What are your fears in this area of your life? What limiting beliefs do you tell yourself about your career, your financial health, and your intellectual development? With each fear, explore why you feel this way.

Example: I didn’t do well in school, so I can’t grow intellectually as an adult.

Example: I can't turn my interests into things that support me financially.

Example: I am not good enough to succeed in my career.

3. Let's transform those fears into statements of power. Take each fear and change it into a positive declaration of your strength and promise. Start with the word "I" and use positive verbs in the present tense.

Example: I can grow from investigating the things that inherently interest and excite me.

Example: I have the creativity and ingenuity to leverage my interests into sources of financial support.

Example: I have natural talents that I can develop to bolster my career.

4. Now, for your New Year's vision: on December 31st of the next year, where do you want to be in your career, your financial health, and your intellectual development? Be descriptive and fearless.

5. Finally, about those goals: what are 2-3 things you can do this year to help you toward your stated vision? These can be commitments to habit change: "Each month, I will watch one documentary about a topic that interests me." They can also be a goal for a once-off accomplishment: "By December 31st, I will have taken a course on personal finance management."

Body

1. Close your eyes for a moment and imagine that you're having a compassionate conversation with your body. Ask it the following questions:

How do you feel about your physical fitness right now?

How do you feel about the foods I feed you?

How do you feel about how I manage your health?

How do you feel about the things that I say to you?

2. List your internal barriers to achieving physical wellness. What limiting beliefs do you tell yourself about your approach to fitness, nutrition, health, and body esteem? Where do these beliefs come from?

Example: Exercise is boring.

Example: I don't have time to eat healthily.

Example: I am cursed with bad genes; there's nothing I can do to change that.

Example: I don't look like popular images of beauty; I am ugly.

3. Time to turn around those beliefs and create mantras of growth.

Example: I can exercise my body in ways that I enjoy and eagerly anticipate.

Example: I mediate the time I allocate to my nutrition needs and the time I allocate to other responsibilities.

Example: I take responsibility for the components of my health that are under my control.

Example: I embrace my unique beauty and strength.

4. By this time next year, what kind of relationship do you want to have with your body? What do you envision in the areas of fitness, nutrition, health, and body image?

5. So, how are you going to get there? What are 2-3 things you can do this year to help you toward your stated vision?

Heart

1. Let's turn to your interpersonal relationships. How are you relating to your family? Significant other? Friends? Co-workers? Strangers on the street? Keep the focus on yourself and steer clear of blaming statements.

2. What limiting beliefs do you have about your interpersonal relationships? Explore the origins of these beliefs.

Example: I am too weird to find friends who accept me.

Example: I made mistakes in my previous relationship; I am not worthy of a loving, supportive partnership.

Example: I was hurt by a family member; I can no longer trust people I love.

3. Rearrange and reinvigorate these statements into affirmations of your power.

Example: I celebrate my individuality and invite others into my life to do the same.

Example: I grow from my life experiences. I am always worthy of a supportive, loving partnership.

Example: I faithfully journey with healing and forgiveness.

4. By this time next year, what kind of relationship do you want to have with your family? Your romantic partner? Your friends? Your co-workers? The world at large?

5. So, how are you going to get there? What are 2-3 things you can do this year to help you toward your stated vision?

Spirit

1. Let's check in with your spirituality. How do you connect with joy in life right now? From where do you derive purpose and meaning? What fills you with inspiration and hope? If you follow a particular religious or spiritual path, where are you right now in that journey?

2. What limiting beliefs do you have about your spiritual life? Compassionately look into your past experiences and examine where they come from.

Example: I can't feel joyful. Too many bad things have happened in my life.

Example: I can't grow spiritually unless I follow a particular religion.

Example: The world is falling apart. There is no salvation for humanity.

3. Rearrange and reinvigorate these statements into affirmations of your power.

Example: I create the conditions of joy and inner peace in my life. I respond proactively to adversity.

Example: I use my inner wisdom to guide my spiritual growth.

Example: I bring more peace into the world with my individual actions of compassion and love.

4. One year from now, what do you want your spiritual life to look like?

5. What are 2-3 commitments you can make to your spiritual growth over the next 12 months? Remember, spirituality is more than belonging to a religious institution. Your goals are reflective of the unique practices that fill your own life with meaning and inspiration.

Hit the Save Button: It's easy to create these manifestations and then forget about them. To save your inner work from deletion, integrate your mantras and goals into your daily life. Write your affirmations on sticky notes and post them around your home. Alternatively, turn them into flash cards and review them on a daily basis. Share your manifestations with supportive loved ones. Review your progress on monthly or quarterly basis.

Most importantly, return to your love for yourself. These manifestations aren't about punishment and self-shaming, but rather positive and radiant growth. You've got this.