

## MY VISION FOR 2019

Congratulations! If you are interested in this topic it is because you want to **have a clear and positive attitude** in 2019! Who we are and the attitude we choose to have in the situations that arise in our lives make a difference in how we feel and face the obstacles that come our way. Taking a proactive and intentional attitude will help you to see the results you want to get and materialize your dreams, take advantage of every moment that life offers you to grow and be happy.

Use this format to reflect on your year, what went well, what didn't go so well and what you want to create for 2019. Make sure your goals are clear and realistic. Remember that what you believe, you create!

## BALANCE OF 2018

WHAT IS THERE FOR ME TO CELEBRATE?	TO IMPROVE:
Make a list of all the positive things that happened to you this year:	Make a list of the things that didn't so well this year and you can improve:

## MY GOALS FOR 2019!

When you are the one directing your life, you feel empowered, you know what you want, and where you are going. Charles C. Noble said "You must have long-range goals to keep you from being frustrated by short-range failures." When you take the time to **clarify your direction through clear goals and specific objectives**, your life is filled with purpose and your energy and actions will lead you to move closer to achieving your goals.

Use this format to reflect on the person you want to BE in the new year. Make sure your goals are balanced and realistic. Include habits that you want to change and identify areas of growth, what you want to do in the new year and what you want to have. Remember that "the grass is always greener when you water it"!

**WHAT DO I WANT?**

**Why do I want to DO it?**

**How will I achieve it?**

To BE		
To Do		
To Own:		

**MORE CLARITY!**

It is important that you establish clear and specific goals! Take some time to write down what you want to achieve in 2019 at a personal, family, academic/professional, and social/community levels.

WHAT DO I WANT?	WHAT ARE THE ACTIONS THAT I MUST TAKE TO GET RESULTS I WANT?	WHAT ARE THE RESULTS I WANT TO GET IN THIS AREA?
<b>AT A PERSONAL LEVEL</b>		
<b>AT A FAMILY LEVEL?</b>		
<b>AT AN ACADEMIC/PROFESSIONAL LEVEL?</b>		
<b>AT A SOCIAL/COMMUNITY LEVEL?</b>		

**STOP WITH THE NONSENSE!**

Limiting beliefs can affect the way you think and feel about your goals! Take some time to examine your limiting beliefs and write next to each “I no longer believe this”, then challenge that negative thought with a positive one!

LIMITING BELIEF	I NO LONGER BELIEVE THIS	POSITIVE BELIEF
<b>EXAMPLE:</b> “I’s too difficult and it might take a lot of money”	I no longer believe this	I can do hard things and save money to start my own business/travel, etc.

## THIS WILL BE MY YEAR!

Think about the risks that you are willing to take and give yourself permission to do things differently. Remember that the perfect recipe for madness is "to do the same thing expecting different results". This year give yourself permission to **take risks and try new ways of doing things** to reach your goals!

### I give myself permission to BE

### I give myself permission to DO

### I give myself permission to HAVE

### MY VISION IN ACTION!

Use this page to create a **vision board or a dream** board with pictures of all the things that you want to be, do, and have in 2019. You can use pictures of magazines, photos, or images from the internet that represent your dreams. You can make it in an electronic format or manually, printing some photos and pasting them on a cardboard or on the box below. You can paste or write words that go with the images. It must contain EVERYTHING you would like to BE, DO, and HAVE next year! And most importantly, it must represent how you want to FEEL next year! Have fun and be creative!



## MY POSITIVE AFFIRMATIONS

How can positive affirmations help you reach your goals? How can they keep you motivated to achieve your dreams? **Positive affirmations allow you to reprogram your mind set** and use your thoughts effectively. They have the power to change your life, convincing you that you can achieve the goals you have set for yourself, reminding you that you already have the potential and that you're capable and worthy of achieving your dreams! You can use positive affirmations to change your perspective to one that allows you to affirm with certainty what you want. Remember that you must create your own affirmations by being realistic and believing that they are true. It is recommended to repeat them daily to keep them fresh.

### *Example of Positive Affirmations:*

"I have the ability to be happy and choose people and situations that nourish me and allow me to grow. I solve difficult situations with confidence and certainty. I believe in myself"

"My body is wise and I trust its ability to self-regulate to maintain good health. I choose foods that keep me healthy and full of energy. I already have everything I need to live a healthy life. "

### MY POSITIVE AFFIRMATIONS:

1.

2.

3.

4.

5.

6.

## QUOTES THAT INSPIRE ME!

We all need some motivation from time to time. Which **quotes help you stay connected to your dreams** and inspire you to believe and have hope for the future?

Below I share with you two of my favorites.



Copy and paste yours!



**REMEMBER THAT WHAT YOU BELIEVE, YOU CREATE!**

Your thoughts impact the way you feel and act. **Choose your thoughts carefully because they will create your reality.** If you need help clarifying your goals or you lack the motivation to work on achieving them, give me a call! Psychotherapy can help you to increase your motivation and discover your personal power, clarify ideas and feelings, and learn new ways of thinking that support your dreams. Self-knowledge and self-awareness are the pathway to self- growth. Contact me today for a **FREE phone consultation** in which you can discover how psychotherapy can help you!

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Sessions available per appointment only!

Monday-Thursday: 8AM - 8PM  
Friday: 8 AM- 2PM  
Saturdays and Sundays: Closed

**Online sessions available!**