UNRAVELLING THE YEAR AHEAD

2015
INTRODUCTION

There’s something incredibly magical about writing things down. Words. Intentions. Dreams. Memories. This is the sixth year I’ve created and shared the Unravelling the Year Ahead workbook and I will warn you now — this is powerful stuff! My favourite thing to do in December is look back over the previous year’s workbook to see which intentions I managed to manifest. There are always things I didn’t expect, but starting the new year with a loose plan in place seems to open me up to even better results.

Awareness + intention is a powerful combination.

In the past I've unravelled my year in my journal, but using the printed pages of the workbook makes it feel more ceremonial somehow. I like to print out the pages two to a page then cut the paper in half, hole-punch it and stick it in my Creative Dream Journal (housed in an A5 Filofax). I make several copies of the map template so I can sketch out the paths I want to take in different areas of my life. Other essentials include a mug of hot chocolate flavoured with spiced rum, a lit candle or three, a big chunk of quartz and a deck of oracle cards. There will be music. There will also likely be a few tears (the happy kind).

Of course, it doesn't really matter if you fill out the workbook in an evening or over a week, on New Year's Day or on a random Tuesday. You could print out the pages and use your favourite pens — or you could scribble down your intentions on a Post It note. What matters is taking a moment to reflect on the year that's leaving and tune into the year that's arriving. Paying attention to your intentions and dreams. Your big plans and little plans. There's no right or wrong way to complete the workbook — I have a tendency to colour outside the lines and I encourage you to do the same!

I don't believe in making resolutions but I do love to set intentions.

The past is past and the future is coming, so let's be here right now, in this very moment, and get ready for another rollercoaster ride around the sun.

Sending you all my love

Susannah xo
HOW TO USE THIS WORKBOOK

► FIND SOME SPACE — AN AFTERNOON OR EVENING IS IDEAL

► MAKE/POUR YOUR BEVERAGE OF CHOICE

► PUT ON SOME RELAXING MUSIC, OR BASK IN THE SILENCE

► PRINT OUT THE WORKBOOK

► GATHER A SELECTION OF YOUR FAVOURITE PENS

► LET GO OF ALL EXPECTATIONS

► START AT THE BEGINNING AND WORK THROUGH TO THE END

► DIP INTO IT OVER SEVERAL DAYS IF THAT FEELS GOOD

► LET YOUR MIND WANDER

► DOODLE IN THE MARGINS

► ENJOY THE PROCESS

► BE HONEST. REALLY HONEST.

► ALLOW SPACE FOR POSSIBILITY

► DON'T TAKE IT TOO SERIOUSLY — LET'S PLAY!
Before we start unravelling 2015, let’s take a moment to look back over the last twelve months. Maybe there were lots of changes for you in 2014. Maybe it’s been a year of growing or nesting or exploring or letting go. Whatever’s happened this year it’s got you to this point, right now. Exactly where you’re meant to be. Pick up your pen and let’s do some digging.

First of all, did you have a word for 2014? If you did, how did your word help to guide you through the last 12 months? Can you think of any specific examples?

What did you embrace in 2014?

What did you let go of in 2014?

What changed for you in 2014?
What did you **discover** about yourself in 2014?

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What were you most **grateful** for in 2014?

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When did **fear** hold you back in 2014?

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Where did you practice **bravery** in 2014?

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What **surprised** you in 2014?

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Let’s think about your ACHIEVEMENTS in 2014. List three things that went really well this year — what are you most **proud** of?

1.

2.

3.

For each achievement, consider the following:

What **did you do** to make it happen?

________________________________________

________________________________________

________________________________________

What **supported** you? What/who helped you make it happen?

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________________________________________

How has your life **changed**? What have you **learned** about yourself?

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Now let's look at your CHALLENGES. List the three things that have tested your limits and patience this year. The big or the small — whatever challenged you the most in 2014 (there may be more than three so go with whatever comes to mind first)

1.  
2.  
3.  

For each challenge, consider the following:

**How did you deal with the challenge?**

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

**Did you discover any new tools or allies that could help you again in the future?**

__________________________________________________________________________

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**How has your life changed? What have you learned about yourself? (If you're still working through a particular challenge, what outcome would feel good to you?)**

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Describe your **favourite day, moment or occasion of 2014** in words and pictures. What did it taste like? Smell like? Sound like? Who was (or wasn't) there? Where were you? What were you doing? What was awesome about it? And most importantly, how did you FEEL?
Gentleness alert! Did anything happen in 2014 that needs to be forgiven? Maybe it was something someone did or said to you. Maybe it was something you did or said to someone else -- or to yourself? Maybe you feel you let yourself down in some way. Here's the thing -- we are all beautifully fallible human beings doing the best that we can with the tools that we have, so where can you give the gift of forgiveness to yourself or to another?

* If you're not ready to do this in person yet (and that's okay, you don't have to!) let this page hold it for now. Say what you need to say here.
THE GIFTS OF 2014

So we’ve dug into our achievements and challenges, remembered our favourite moments and considered who we need to forgive. Now I invite you to close your eyes for a moment and think about 2014 as a whole. As you cast your mind back over the last 365 days, consider the gifts that 2014 offered you on your life’s journey... What stands out the most?

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Describe 2014 in 3 words:

________________________________________

________________________________________

If 2014 was the title of a book or the name of a film, what would it be called?

________________________________________
Before we finish with 2014, take a few minutes to write out anything else you need to say to the old year in the box below. You might want to say some goodbyes.

THANK YOU 2014, YOU ARE NOW COMPLETE!
I love how a new year holds so much POSSIBILITY. It's a do-over, a blank slate, a new page to be filled with whatever we want. There'll always be the responsibilities and routines of our everyday, but that doesn't mean we have to keep doing things in the same old way. Whether you wish to bring in big changes or just a bit of fine-tuning, it's all to play for in 2015. Let's make it happen!

**First, choose a word to guide you through the next 12 months.** Pick a word that makes you feel expanded. Encouraged. Inspired. There's no right or wrong answer so go with your gut:

**What's your Word for 2015?**

* If you haven't chosen your word for 2015 yet take some time to colour in the mandala while rolling possible words around your head. What feels good? What excites you? If you need help head over to [www.susannahconway.com/word](http://www.susannahconway.com/word) for my free course to help you find your word
If you lived and breathed your Word every day in 2015, what would be different for you?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

List some ways you are already being/experiencing this Word

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What can you do this year to bring more of your Word into your world?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Choose four more words to support your Word this year. They could be anything from inspiring words to names of people to things you want to invest in...

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Fast-forward to December 2015. You are sitting in a café, musing over the last 12 months. Where do you want to be...

... in your **head**? (work, dreams, goals)

... in your **heart**? (relationships, family, friends)

... in your **physical world**? (home, health, hobbies)

... in your **soul**? (beliefs, practices, self-love)
What do you want the next 12 months to look like? Using pens, coloured pencils, collage – or whatever else you fancy – map out your year to give it some shape and colour. Add words and pictures, dates and plans. Include actual events and made-up dreams, too. Be playful. Leave space for surprises. Doodle your heart out.
Now you've got a rough idea of your **plans and dreams** for 2015, let's engage our left-brain and **give it some more definition**. Use the grid to start brainstorming the details...

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THE THREES

List 3 things about yourself that you **positively love**

1. 
2. 
3. 

List 3 things about yourself you feel ready to **let go of**

1. 
2. 
3. 

List 3 dreams you would like to **manifest** this year

1. 
2. 
3. 

List 3 people you feel will **support** you in 2015 (friends, colleagues, mentors, experts)

1. 
2. 
3. 

List 3 passions/hobbies that you would like to **explore** more in 2015

1. 
2. 
3. 

List 3 duties or commitments you feel ready to **release** in 2015

1. 
2. 
3.
List 3 ways you would like to **feather** your nest (home) this year

1.

2.

3.

List 3 things you will aim to do each **morning** to start your day

1.

2.

3.

List 3 ways you will **be kind** to your body this year

1.

2.

3.

List 3 places you would like to **visit** in 2015 (at home or abroad)

1.

2.

3.

List 3 ways you’ll **connect** with loved ones this year (dinners, days out, letters, calls)

1.

2.

3.

List 3 treats you will **gift** your beautiful self in 2015 (big or small!)
Okay, let’s really rev up the positive energy -- use this page to describe what 2015 looks like in your ideal world. Where are you desiring some forward-movement? What would saying YES to your life look and feel like? How do you want 2015 to FEEL? Write out everything your heart desires for this new year. Be bold.
MY 2015 FIRST AID KIT

On your less-than-great days, how will you look after yourself this year? Make a list of everything that makes you feel better, and be sure to add to this page as you find new things you love. Not sure what to write? Start with the books, people, websites, practices, meditations, prayers, places to visit, songs, films and recipes that inspire and nurture you.
Shuffle your favourite oracle or tarot deck then randomly draw a card for each month of 2015, noting down the results.

**Hot tip:** I like to shuffle 3 or 4 packs together into one gigantic deck to give the reading even greater scope. If you don't have any decks go to [www.susannahconway.com/oracle-cards](http://www.susannahconway.com/oracle-cards) to see my deck and app recommendations.
THE WRAP-UP

Complete the following sentences:

2015 will be the year I finally

I will nourish myself with

I will make more time for

I will practice courage by

This year I will open my heart to

I will pay more attention to
I will **learn** more about


I will **release** my attachment to


I dearly wish for 2015 to **feel**


This year I will say **NO** to


This year I will say **YES** to


**WHAT IS YOUR SECRET WISH FOR 2015? DECLARE IT HERE!**
I wholeheartedly believe that everything is possible in 2015.

Signed:
Imagine you are sitting in that café again. Across the table from you – looking utterly fabulous -- is your future self from December 2017. S/he has three years' worth of wisdom to share with you – what do you say to yourself? What do you tell yourself to let go of? What do you tell yourself to pay attention to… to believe in… to trust? Write a letter from your future self, starting with Dear (your name):
What do you want your life to look like by the end of **December 2017**? Where do you want to be... in your head (work, dreams, ambitions, intentions)... heart (relationships, family, friendships)... physical world (home, health, hobbies)... and soul (beliefs, practices, self-love)?

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If you've enjoyed this workbook and are hungry for more, I currently have **four courses** running throughout the year:

**The Sacred Alone** is a 14-day journey into the quiet knowing space in your heart that offers refuge, wisdom and calm. Each day you receive an email containing a short essay on the day's theme, a downloadable meditation and three powerful journal prompts to contemplate. In just 20 minutes a day you'll practice spending soulful time on your own in a structured nurturing way. Life is busy but at our core there is peace — I'll help you find it.

**Photo Meditations** teaches you how to infuse more soul into your photographs and includes in-depth lessons, assignments, narrated slideshows (these are v popular!), interviews and all my photography secrets. Featuring digital, film and iPhone photography -- because all cameras are beautiful -- learn how to see the world anew through your eyes and your heart and then translate that into a photograph.

**Blogging from the Heart** teaches you how to share your life online as a way to express yourself creatively, dive deep and meet like-minded friends along the way. The course includes insightful lessons, writing prompts, interviews and everything I know about crafting a blog that truly reflects who you are. If you want to go deeper with your writing, and find your tribe online, this course helps you do that!

In **Journal Your Life** I take you through the creation of your own journaling practice, the tool that's helped me heal my heart and realise my dreams for the last 30 years. Each week we focus on a specific area of our lives, excavating our own personal wisdom, getting honest with ourselves on the page and uncovering who we really are. Get ready to change your life (and gain a stationery addiction!)
Susannah Conway is the author of *This I Know: Notes on Unraveling the Heart* (Skirt! Books). A photographer, writer and teacher, her classes have been enjoyed by thousands of people from over 50 countries around the world. Co-author of *Instant Love: How to Make Magic and Memories with Polaroids* (Chronicle Books), Susannah helps others reconnect to their true selves, using creativity as the key to open the door. You can read more about her shenanigans on her blog at [SusannahConway.com](http://www.susannahconway.com).

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