



*Thank* what went well & *thank* the areas of “contrast” from 2023:

Declare that the contrast experiences unfolded for your highest good, full potential & personal journey.

•  
•

***Now, let's create 2024!***

## **1. Annual Intention**

*\*Write this in Present Tense*

### **A. This year, I am being...**

*\* What is your way of being? i.e Brave, Bold, Relaxed? If another word or statement comes to mind, USE it!*

### **B. And I will experience...**

*\* Examples: freedom, ease, growth, expansion, support*

## **2. Area(s) of significance/ growth/ attention/ commitment:**

*\*Think about all the areas of your life (specific or broad).*

*\*This year, my “focus” areas are:*

\_\_\_\_\_ ,

\_\_\_\_\_ ,

\_\_\_\_\_. & if the universe  
has other plans for my highest good, I’m open.

## **3. Career, Business, Professional Goals:**

Write a short, powerful summary of the most important goals, opportunities or tasks to accomplish this year.

Ask yourself: What is my professional vision and which piece of that will unfold in 2024?

*\*Remember! Check in to see if you’re writing down a 3 or 5 year goal. If you are, for 2023, you may want to break down the plan into a clearer, smaller action (For example: Publish a Best Selling Book would turn into “draft a manuscript” or “complete x amount of chapters and have 3 people read it”)*

## **4. Relationship Goals and/or Qualities to Embody & Experience:**

List the qualities & characteristics for this department of your life for 2024 (*i.e time spent with your partner, time spent with family, friends and community, creating space for a relationship*).

## **5. Health & Wellness Focus Areas:**

Write a list or a short powerful summary of the most important areas, habits or topics to focus on for your physical body and health.

## **6. Spirituality and Mental Health:**

Write a list or a short, powerful summary of the most important areas or practices for you

*(i.e nature, meditation, gratitude practices, quiet time, prayer, boundaries, therapy).*

## **7. Contribution & Impact:**

What are the areas (industries or groups, family members, community, self) where you'll contribute more deeply or on a large-scale. Write a list or short, powerful summary.

## **8. WHO I'LL BECOME...**

Ask yourself: Who have I grown into standing in 2024?

## **9. WHY:**

**POWERFULLY** write why any of these things are important to accomplish this year.

**Who** or **What** is at stake?

**What** is the driving force behind your goals?

### **Bonus!**

*Use this space at your leisure for anything to add or say about your past, present, and future.*

---

**NOW THANK YOURSELF!  
YOU'VE SET FORTH POWERFUL, CLEAR  
INTENTIONS!  
USE THIS GUIDE AS A NORTH STAR TO  
CHECK IN WITH YOUR GOALS & TO  
REVIEW AT THE END OF THE YEAR.**

**IT'S TIME TO START ON YOUR VISION  
BOARD!**

### **Tips:**

- Rewrite them on the board to commit them to memory!

- Cut out the sections and paste them to the board you create.
  - Cut out photos/words or other inspiration to represent your specific goals & dreams:  
VIA  
MAGAZINES/GOOGLE/PINTEREST.
- 

### **\*MAGIC BONUS:**

Sit, with your board and intentions (*eyes closed*) and feel how it feels to have excelled in EVERY AREA. Begin a thank you speech, to millions of people listening, about how it feels to have accomplished everything.

Questions to ask (and answer) AS your future self:

- How does it feel to have accomplished all of this?
- What was the moment you knew it was all

happening?

- Who do you want to thank?

**Have questions? Email: [patty@erikadelacruz.com](mailto:patty@erikadelacruz.com)**

**Looking to commit even further to your highest self? For a variety of exercises for your mental fitness follow Erika De La Cruz on [Instagram](#) & [Tik Tok](#).**