Unravelling the Year Ahead
2016
Introduction

There is something incredibly magical about writing things down. Words. Intentions. Dreams. Memories. This is the seventh year I’ve created and shared the Unravelling the Year Ahead workbook and I will warn you now — this might just change your life!

This year we have a few new pages to complete that’ll be fun to reflect on in a year’s time but I’ve mostly kept to the same content as last year. I really do love this yearly ritual and part of that is being able to see how my responses change and evolve as the years pass. My favourite thing to do in December is look back over the previous year’s workbook to discover 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 in my Creative Dream Journal (housed in an A5 Filofax). 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 tarot cards. There will be music. There will also likely be a few tears.

It doesn’t really matter if you fill out the workbook in an evening or over a weekend, 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 passing and tune into the year that’s coming. 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 REALLY HONEST
- ALLOW SPACE FOR POSSIBILITY
- DON'T TAKE IT TOO SERIOUSLY — LET'S PLAY!
Unravelling The Year Behind

Before we start unravelling 2016, let’s take a moment to look back over the last twelve months. Maybe there were lots of changes for you in 2015. 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 2015?

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 2015?

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What did you *let go* of in 2015?

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What *changed* for you in 2015?

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What did you *discover* about yourself in 2015?

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What were you most *grateful* for in 2015?

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When did **fear** hold you back in 2015?

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Where did you practice **bravery** in 2015?

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What **surprised** you in 2015?

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What made you **smile** in 2015?

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What **conclusions** did you reach in 2015?

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Let's think about your ACHIEVEMENTS in 2015. 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?

How has your life changed? What have you learned about yourself?
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 2015 (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?

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?)
Describe your **favourite day, moment or occasion of 2015** 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 2015 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?

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* 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 2015

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 2015 as a whole. As you cast your mind back over the last 365 days, consider the gifts that 2015 offered you on your life’s journey… What stands out the most?

Describe 2015 in 3 words:

If 2015 was the title of a book or the name of a film, what would it be called?
Before we finish with 2015, 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 2015, 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 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 2016. 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 2016?

* If you haven’t chosen your word for 2016 yet take some time to colour in the star while rolling possible words around your head. What feels good? What excites you? For more help head over to www.susannahconway.com/word to join my free mini course: Find Your Word!
If you lived and breathed your Word every day in 2016, what would be different for you?

________________________________________________________

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List some ways you are already being/experiencing this Word

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

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________________________________________________________

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 2016. 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 soul? (beliefs, practices, self-love)

... in your physical world? (home, health, hobbies)
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 2016, let's engage our left-brain and give it some more **definition**. Use the grid to start brainstorming the details…

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List 3 unhelpful **beliefs** about yourself you’re ready to release

1. 
2. 
3. 

List 3 ways you can bring more **ease** to your week-day routine

1. 
2. 
3. 

List 3 duties or commitments you feel ready to **let go of** in 2016

1. 
2. 
3. 

List 3 **books** you want to read this year

1. 
2. 
3. 

How could you bring more **calm** into your life (and head) this year?
List 3 things about yourself you positively love

1. 
2. 
3. 

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

1. 
2. 
3. 

List 3 ways you’ll connect with loved ones in 2016

1. 
2. 
3. 

List 3 people you could write a letter of thanks to

1. 
2. 
3. 

How could you bring more love into your life this year?
List 3 passions/hobbies you would like to **explore** more in 2016

1. 
2. 
3. 

List 3 ways you can feed your **imagination** this year

1. 
2. 
3. 

List 3 ways you could bring more **laughter** into your world this year

1. 
2. 
3. 

List 3 dreams you would like to **manifest** this year (personal or professional)

1. 
2. 
3. 

How could you bring more **creative energy** into your life this year? 

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__________________________________________________________________
List 3 ways you can **cherish** your home this year

1. 
2. 
3. 

List 3 ways you can connect more **deeply** with nature in 2016

1. 
2. 
3. 

List 3 places in your city, town or neighbourhood you want to **explore**

1. 
2. 
3. 

List 3 countries you plan to **visit** (soon or one day)

1. 
2. 
3. 

How could you bring a sense of **groundedness** into your life this year?
Okay, let’s really rev up the positive energy -- use this page to describe what 2016 looks like in your ideal world. What are your dreams for love this year? Where are you desiring some forward-movement? What do you wish for your health? Your family? Your bank account? How do you want 2016 to FEEL? What would saying YES to your life look and feel like? Write out everything your heart desires for this new year. Be bold.
The 2016 Forecast

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Using your favourite tarot or oracle deck, draw a card for each month of 2016 and note down the results. **Tip:** I like to shuffle 3 or 4 packs together to give the reading even greater scope. If you don’t have any decks go to [www.susannahconway.com/cards](http://www.susannahconway.com/cards) to see my favourite decks and app recommendations.
The Monthly Forecast

I like to do this spread on the first day of the month to get a feel for how the month might go down. Pick two cards for each week: the first is the general theme of the week, the second the ‘challenges’ or influences that may cross your path. I like to pick an extra card (often from a different deck) to give me an overview of the entire month. You may end up drawing nine cards or 11 cards, depending on how the weeks fall that month (it’s not an exact science!)

Tip: If you’d like to dig deeper into how to use your cards as creative tools, check out my latest class over here: www.susannahconway.com/daily-guidance
The Wrap-up

2016 will be the year I finally

I will nourish myself with

I will make more time for

I will recharge my batteries 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 wish for 2016 to **feel** _________________________________________________
______________________________________________________________________
______________________________________________________________________

This year I will say **NO** to _______________________________________________
______________________________________________________________________
______________________________________________________________________

This year I will say **YES** to ______________________________________________
______________________________________________________________________
______________________________________________________________________

*What is your secret wish for 2016? Declare it here!*
I wholeheartedly believe that everything is possible in 2016

SIGNED:
Close your eyes for a moment and imagine stepping into the shoes of you from December 2016, one year from now. You are one year older and one year wiser and you’ve lived every day of 2016 fully and completely. You have a message of encouragement about 2016. There’s stuff you want to share… stuff you’re eager to tell yourself.

When you’re ready, open your eyes, pick up your pen, and write a letter from your future self, starting with Dear (your name):
The Promise

This time next year I will be...

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This time next year I will have...

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This time next year I will feel...

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This time next year I will know...

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The Vision

In five years’ time I will be...

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In five years’ time I will have...

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In five years’ time I will feel...

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In five years’ time I will know...

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My Courses

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, videos 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 get a stationery addiction!)
Susannah Conway is the author of *This I Know: Notes on Unraveling the Heart* and forthcoming *LONDONTOWN: A Photographic Tour of the City’s Delights* (Chronicle Books, 2016). 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*, Susannah helps others remember their true selves, using creativity as the key to open the door. Visit her at [SusannahConway.com](http://SusannahConway.com) and say hi on [Instagram](https://www.instagram.com).