

# My Life Goals

elemental prompts for making 2019 magic



## Looking back on the Closing Year

You can journal the responses to prompts in this section, or, if you like, turn it into a tarot spread, if that calls to you. Or both (which is what I do).

When I do it as a tarot spread, I like to separate out the suits and pull a card from each suit to answer each question. That way you get an answer on the material, emotional, mental, and spiritual levels, which I find helpful.

When you look back on 2018, what do you think of? (this is where looking back through your photos can be a handy reminder)

What dreams came true this year?

I know myself more now because...

I was transformed this year by...

I let go of...

Which parts of my life did not work this year?

The wonderful thing I discovered about myself was ...

I am proud of myself for...

I am grateful for...

2018 taught me ...

My Word for 2019 is .... (If you don't have a word for the year yet, you can find my blogpost about that here <https://thestorywitchblog.wordpress.com/2017/10/05/choosing-a-word-for-the-year/> )

What currently doesn't resonate with my word? Which activities/ habits/ relationships/ emotions/ times of day do not reflect my word?

How can I stop or transform the things that don't resonate with my word in this coming year? How can I do more of the things that do?



## Getting Clear on My Goals for 2019

### **FIRE Goals (Spiritual/ Creative/ Career/ Adventure)**

Where do I want to go this year? (holiday or a move)

Who would I like to invite into my life?

What are my career goals?

What do I want to make this year? (projects, connections, money)

How will I feed my soul this year?

What adventure awaits me?

Some movies/ concerts/ shows/ exhibitions I'd like to see this year...

What is my **major** FIRE goal?

### **AIR Goals (Learning/ Ideas/ Reading/ Finding-Out)**

What do I want to learn this year?

How will I learn it? (research, books, courses, workshops etc.)

Who will be my teachers and mentors? (you don't have to know them in real life, it could be an author, or other content creator)

Which books do I want to read this year?

What topic(s) will I immerse myself in?

What is my **major** AIR goal?

## **WATER Goals (Relationships/ Community/ Love/ Joining-In)**

How do I want my relationships to feel this year?

Who do I want to spend time with/ connect with?

My family goals this year are...

Do I have the support systems I need?

How can I create a strong web of support?

How can I connect with my tribe/ community this year?

How do I want my community to change this year?

How do I want the world to change this year?

What causes call most deeply to me?

How will I donate my time/ money this year?

What could I do to change the world?

What could I do to make my community shine?

What do I need to thrive?

What is my **major** WATER goal?

## **Earth Goals (Health/ Wealth/ Stuff/ Caring-For)**

How does my body feel right now?

How do I want my body to feel?

What kinds of activities will make my body thrive this year?

Which foods am I looking for?

How will I care for my body this year?

Where do I feel I'm not currently caring for myself as best I could? How can this change?

How do I want my home to feel this year?

What could I do make my home feel that way?

How much money would I like to receive this year?

How will I make that happen?

What can I do to reduce my expenses?

What is my **major** EARTH goal?

## **Bringing the Elements Together: Getting Set for Success in the Coming Year**

How do I want to experience 2019?

This year I want to feel...

This year I will release...

What can I turn to when I am running low on energy or inspiration? (friends, books, comfort activities, healing tools) AND/OR My list of things to do when everything sucks (collage is a nice way to approach this one)

My goals that are so big and crazy that I'm not even sure they are possible are...

2019 will be the year that I ...

My goddess guide is ....

My tarot card is ...

(add your day and month of birth to the digits of the year e.g.

13  
+ 5  
2019  
\_\_\_\_ )

My theme/ focus/ magic word for 2019 is...

Once you have your answers to these prompts (there's no rush) put it to one side for a few days. Next time you take it out, read through. Do you still feel excited and energised by what you wrote (or at least not bored - daunted but excited is fine)? If you do, great, if you don't, consider crossing those things off. Anything that is a "should do" rather than "want to do" doesn't belong on a goals list in my opinion.

Then, spend some time turning what you have into a kind of "to-do" list for the year. Ideally these will be things that you can tick off once you're done (like, say, visit Bali) but usually you will find there are certain things that fall under the behaviour/ habit category, rather than a "goal" (e.g. read more). If you have some that you're not sure about, hold them up against your word for the year. Does it match? Try to keep your goals list to a manageable size (for me that means no more than a



When did i feel scared?  
What have i learned about myself?  
What inspired me?  
What drained me?  
When did I feel most like myself?  
What was my favourite day?  
What was my least favourite day?  
What did I learn from that?  
How have i looked after myself?  
What do i need more of?  
Describe this month in 5 words or less...

