



**EMPOWERMENT**  
COACHING & CONSULTING

the power is within you

## Letting Go and Letting 2023 Flow

365 New Days and 365 New Chances

### Letting Go 2022

1. Name one great thing that happened for you in 2022.
2. What was the best decision you made in 2022?
3. What did you learn about yourself in 2022?
4. What was most challenging for you in 2022. What did you learn?
5. What happened to make you feel grateful?
6. What is no longer serving you? Are you able and willing to let it go?

### Letting 2023 Flow

1. If a miracle happened and you could create anything new for yourself, what would it be?
2. What is one thing that you could start that would support you most?
3. What groups or people would inspire you most in 2023?
4. What limiting belief are you willing to let go of in 2023?
5. What can you do to take care of yourself in 2023?
6. How do you want to be of service in 2023?

*“Your future is based on your desires. Follow your heart to what is truly possible!”*

-Christy Belz

What are your desires for 2023?

What is your heart longing for?

What word or phrase can you create to capture your desire for 2023?