



# WHAT WILL YOU CREATE?

## Personal Growth + Spirituality

Write Your **MANTRA**:

List Your 3 Core I AM's:

I AM \_\_\_\_\_ I AM \_\_\_\_\_ I AM \_\_\_\_\_

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA), what are you committed to creating in the space of **PERSONAL GROWTH**?

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE	BY WHEN?
EX: I will read a new personal development book every month	To expand my knowledge about how I operate in the world, be the best me!	Buy a kindle, and post on FB asking for book recommendations	by tomorrow
1			
2			
3			

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA), what are you committed to creating in the space of your SPIRITUALITY?

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE	BY WHEN?
<b>EX:</b> I will meditate for 10 minutes every day	To create a space for silence and stillness, and listening/ accessing my inner truth	I will create a space in my house for this, buy a meditation CD, schedule time in my calendar	by Sunday---that's my start day!
<b>1</b>			
<b>2</b>			
<b>3</b>			