



# 2024 VISION

**IT'S TIME TO RISE.**

Hello love, I am so glad you're here. This is my signature process for reflecting on the year that has just past & creating what I desire to attract in the upcoming year.

You are an incredible manifestor, and when you pair your intention with energetics, you become unstoppable.

Thank you for allowing me to guide you through this process, it's truly sacred for me. I can't wait to see all you manifest in 2024.

Here's to a beautiful, abundant year. I appreciate you.

All love,

**SAMANTHA XO**

## **2023 REFLECTION**

What were your top 5 wins?

- 1.
- 2.
- 3.
- 4.
- 5.

### What were your top 5 learning lessons?

- 1.
- 2.
- 3.
- 4.
- 5.

What is the #1 thing you were most proud of in 2023?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What was your #1 most successful habit in 2023?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

What are the 5 things you are going to leave behind in 2023?

- 1.
- 2.
- 3.
- 4.
- 5.

What was your overall rating in 2023? (Rate the year from 1-10) & Why.

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What would have made it a 10?

- 1.
- 2.
- 3.
- 4.
- 5.

2024 CREATION

What will be the theme of your year in 2024

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What is the #1 thing you want to focus on? Why?

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Which positive habits will you bring implement in 2024?

- 1.
- 2.
- 3.
- 4.
- 5.

Which negative habits will you leave behind in 2023?

- 1.
- 2.
- 3.
- 4.
- 5.

What are 5 Big Hairy Audacious Goals (or BHAGs!) for 2024? (Dream big! Nothing is off limits.)

- 1.
- 2.
- 3.
- 4.
- 5.

What are your top 5 business/career goals?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your top 5 personal goals?

- 1.
- 2.
- 3.
- 4.
- 5.

## VISION CREATION

Let's assume it's December 31, 2024 and you've achieved ALL you want to achieve & attract this year. Write as if it's ALREADY HAPPENED and you're telling your CURRENT self what you've accomplished...

## Health

[illegible]

## Wealth

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

## Romantic Relationships

[illegible]

## Business

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

## Family

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Play & Fun

[illegible]

## POTENTIAL CHALLENGES & PIVOTS

On your path to achieve all you desire, you may come across challenges that will try and lead you astray. When we name these in advance and we find a route away from them, we increase our likelihood of staying on track. In the space below, name some of the potential challenges or roadblocks you might come across and your pivot for getting back on track.

Potential Challenge:

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Pivot:

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Potential Challenge:

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Pivot:

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Potential Challenge:

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Pivot:

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Potential Challenge:

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Pivot:

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Potential Challenge:

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Pivot:

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## AFFIRMATIONS

Tapping into the 'frequency' of all we desire and who we are becoming is an essential part of attracting. Before we attract our desires, we must first be a vibrational match to our desires.



Eg: If I want 10,000 people on my breathwork app by December 31st (which is one of my goals!!) then I get to first EMBODY that energy, BEFORE it happens. Feel into the feeling of it already being done. Pair this with an I AM statement:

'I AM A POWERFUL MANIFESTOR'

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

I Am: \_\_\_\_\_

Frequency: \_\_\_\_\_

### VISUAL REPRESENTATION

The final step is creating a visual representation of where we are going and what we are creating together. Look at your vision creation and find images that represent what you want to create.

Once this is complete, place your vision board somewhere you can see each day. There is something magical because allowing your mind to focus on these images each day, you'll see they will come into fruition without the effort & force.

Pinterest is a beautiful tool to use to create this vision board.