

Your Mindful Minute

What Are You Calling Into Your New Year?

Creating your year one intentional step at a time...

Listen to the guided meditation: [Intentional Living and Meaningful Impact Guided Meditation here](#). This will get you in the zone to start thinking about what you're creating in the new year for your business and your life.

Step One: Choose your word

What's your word for the year going to be? The active word that will be the driving force behind all you do?

My Word for 2024 is:

Step Two: What do you need to learn this year?

What topic do you want to learn more about this year that will help you achieve your goal?

Step Three: What is the impact that you wish to create this year?

Step Four: Based on the impact that you wish to create, what then is your mission for 2024?

Step Five: Who will you be impacting?

Who do you wish to reach with your heart, mind, talents and energy?

Step Six: In what ways will you have this impact with these people?

What will you be Doing, and who will you be Being?

Doing: Posting/Writing/Speaking/Gathering testimonials/Networking

Being: