

# 12 Questions

## We Must Ask Ourselves Before the New Year



### Why Do I Need This Guide?

Congratulations on taking the first steps to improve the overall quality of your life. I am delighted that you decided to be open to the possibilities and found this free resource to help you live the life you intended.

If you are tired of getting the same results year after year, understand that you are the common denominator of past results, or are looking to improve an area of your life and feel stuck, this guide is right for you. It will give the fuel and clarity you need to begin a new journey.

### Who is Ana Barreto?

I am an author, teacher, coach and mentor. I designed the Booklet and the "Bring Your Best Self Forward to Live the Best Year of Your Life" Program for women who are ready to change the old ways they go about living and is looking to reach their goals while living in harmony.

Over the past twenty years, I have worked with women helping them achieve their business and personal goals. I saw the same behavior pattern in women year after year: They needed the clarity, the confidence and the knowledge to build the life they wanted one step at a time. Most of the time, they didn't know what they didn't know. They worked in sales, operations, wellness, non-profit, startups, hospitality, pharmaceutical industries, and stay home mother.

I have study Business, Psychology, Metaphysics, Neuroscience, Meditation, and Feng Shui. I believe that harmony is possible when we use the mind, body, and wisdom to guide our intentions and goals.

## How Do I Use This Guide?

Whether you want to find a career, write a book, change jobs, make more money, start a side business or a new business, find a new relationship, or create happiness, the mindset to achieve anything in life is the same. The principals of achievement don't change based on the nature of your goals. All improvements happen because you change, first internally, and then external.

*It's time for you to catch up with who you are becoming.*

Before you start, please make sure your phone is turned off and that you can dedicate about 30 minutes to yourself. Some people may spend more time. Please take the time to read the short paragraphs that explains the questions in a little more detail. The questions are intended to improve your awareness of yourself, what you do and what is meaningful to you. Use the last two pages to answer the questions. Feel free to get more paper if you need more space to write.

Do not consider these questions as your New Year's Resolution. Resolutions are one-sided. Instead, use it as a tool to create your most authentic goals, the reason you get up in the morning happy and looking forward to creating your day. Also, starting January 1, 2019, you can sign up to the year-long Mentoring Program [“Bring Your Best Self Forward to Live the Best Year of Your Life”](#). The first class is free. In the 12-month Program you will learn:

- How to know your purpose and create your mission statement
- How to set intentions, goals, and create strategies
- How to practice self-accountability and “Timefulness”
- How to manage fear, make decision, hear your intuition
- How to build emotional intelligence, manage your energy, and more.

Visit [www.ana-barreto.com/Best-Self-Forward](http://www.ana-barreto.com/Best-Self-Forward) to learn more and sign up.

## Read the Directions Before Answering the Questions:

### 1. When I look at the past year, what can I celebrate?

*This question is about your successes. There are small, medium, and big achievements. Some people can only recognize big successes. Take the time to see the little ones, even if tiny. Think back and find every accomplished you made in the past year. Perhaps you got promoted, maybe you got healthier, you lost weight, or you moved to a new place. Find as many events as you can to celebrate. "What gets celebrated gets repeated."*



### 2. When I review the past year, what sucked? What I can't wait to release?

*As you recall the past year, list everything that brought you disappointment, anger or loss. You may vent and use all the profanity you feel necessary and then release it by adding to the end the sentence, "and I now release it to the universe."*

### 3. Did I give me the support I needed or did I let myself down?

*This question is about your self-care or self-sabotage. You will know if you gave the support you needed if you attended to your basic needs such as sleeping when tired, taking breaks when overwhelmed or burnout, ate when hungry and drank water when thirsty. Did you ask for help when you needed or did you push through? Did you voice your opinion and concerns or did you go home frustrated? Did you ask your needs to be met? Did you have your back?*

### 4. Did I trust myself?

*This question is about your ability to act on impulses towards your needs and desires. Did you follow your intuition? Did you make the space and time to hear your intuition? This is usually done through meditation, prayer, or a nature walk. Did you try to prove, protect or defend yourself? Did you overwork?*

### 5. Did I share any of my gifts? If yes, how? If no, why?

*Everyone has a gift to share with the world — no exceptions. People think of the gifts to humanity as a paint, composition, book and other artsy activities. However, baking cookies, teaching Sunday School, staying home raising children are also gifts to humanity. You will know what your gift is because it pleases you when you do it. You could do it day in and day out without losing your excitement about it.*

**6. What past goals and attitudes am I willing to let go today without resentment or regret?**

*This question is about creating completion in your life. If you set goals for the year, even if you didn't write them down and only had it in your head, which ones are you willing to forget about it and acknowledge to yourself that you changed your mind? Which ones will you let go even though your circle of people expects you to complete it?*

**7. How can I close this year with gratitude? List all of the good and not so good things that happened to you that you are grateful for.**

*To close the year, finding gratitude for the good, the bad and the ugly can bring power. Being grateful for the good is easy. It's even better to be thankful for the bad. Seeing a lesson in every negative event, help us build resilience, wisdom, and courage.*

**8. How do I intend to live in the new year? What is my overall intention for the year?**

*Before you set a goal, it's important that you identify how do you plan to live in the next years. This is not about money, job or housing. This is about your purpose and your missing. What is your overall emotion or sentiment you intend to recognize in your daily actions? If you don't know your purpose, start with what makes you happy. List everything that calls in your passion and find a pattern.*

**9. If I knew I couldn't fail, what would I do in the next year? What am I willing to commit to myself and the universe as my goals? List one to three goals**

*Ask yourself this question a few times before answering. And also ask yourself why do you want it. Take the time to respond. That will show you the naked truth hiding behind your fears. Too often we know what we want to do but settle for what we think we should or need to do. Many times, we are afraid of failure or afraid of success. This question calls for you to list one to three goals for the next twelve months. It's not something for you "to try" but "to do." Trying is a waste of effort. Trying gives us the easy way out. The two most important tasks here are that you understand why you want it and commit to 100% completion. Also, do not play the superheroine and make your goals super aggressive. Reaching small goals will give you momentum.*



*To set a goal, you must ensure that the goal is specific, measurable, achievable, relevant to your intention, and timely. The free class in the mentoring program will give you additional tools to complete this question if you need it.*

**10. How can I show myself and the universe that I am 100% committed to reaching my goals for the next year? What daily, weekly or monthly actions will show me my commitment to myself or lack of it?**

*This question is to create integrity. Most people set goals in January and don't look at them again until the following January. When you answer this question, you set up self-accountability daily, weekly or monthly to ensure you hold yourself to your word. A way to do this is to review the goal weekly and create action steps. Another way is to ask for an accountability partner or hire a coach.*

**11. How do I plan to share my gifts in 2019? How do I contribute to humanity? It doesn't need to be part of your goals; however, your improved life quality will be related to what you do for others.**

*The overall quality of our life improves when we can serve others. We may have a goal of starting a new business, but our personal gifts may be to grow roses and create moments of love and inspiration. Once you answer this question and mindfully establish the intent to incorporate the action of sharing your gifts into your life, regardless of how your goal turns out, the overall quality of your life will improve. People who honor their gifts are more likely to achieve their goals because they infuse their life with the energy of creation, abundance, and contribution.*

**12. What attitudes am I willing to embrace to be my best supporter, partner, and guide to improve the overall quality of my life?**

*This question may require a bit more time and the willingness to see our opportunities. You may identify an attitude that you don't possess at the time. Be willing to learn and ask for help. Attitude can be learned once we change our mindset and are willing to accept our shortcomings. We can't change what we don't believe needs changing. The ability to hear about our blind spots is a major key player in self-develop. Here are some of the attitudes of great achievers:*



- Drive
- Positive mindset
- Always learning
- Big thinker
- Personal power
- High energy
- Emotional Intelligence
- Passion
- Courage
- Consistency
- Organization
- Initiative
- Vision
- Leadership
- Clarity
- Focus
- Time Management
- Spiritual connection

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4. Did I trust myself?

5. Did I share any of my gifts? If yes, how? If no, why?

6. What past goals and attitudes am I willing to let go today without resentment or regret?

7. How can I close the year with gratitude? List all of the good and not so good things that happened to you that you are grateful for.



8. How do I intend to live in the new year? What is my overall intention for the year?



9. If I knew I couldn't fail, what would I do in the next year? What am I willing to commit to myself and the universe as my goals? List one to three goals



10. How can I show myself and the universe that I am 100% committed to reaching my goals?



11. How do I plan to share my gifts in 2019? How do I make a contribution to humanity? It doesn't need to be part of your goals



12. What attitudes am I willing to embrace to be my best supporter, partner and guide to improve the overall quality of my life?

