

**Destiny Workshop 2012**

Dear Cherished Friend,

I wish to acknowledge you for taking part in this very powerful exercise to unleash your genius and to discover your DESTINY.

This Destiny Workshop is a process to review your achievements, learning, experiences from 2011 and to pave the way for more magic and success in the powerful year of 2012.

I designed this workshop about many years ago using a lot of Anthony Robbins materials liberally as it was originally designed as a companion workshop to promote my favorite AR program, Date with Destiny. It's been revised over the years and when I was searching through my resource files a few years ago for something to help me set goals for the New Year, this workbook seemed very fitting.

I've made a few more amendments and combined some exercises from other sources to make it your very own personalized 2012 DESTINY companion.

This was designed and prepared with love and I hope you will feel the inspiration and excitement about your year ahead as you work through this.

It is important for you to understand the value of creating your future yourself, by understanding your own personal power and internal motivating force. You can then apply proven life strategies to create an extraordinary quality of life for yourself – **starting right now.**

From my heart to yours,



*Cecilia Yeung*

You have just completed another year of living your life. Do you have any idea what an achievement that is? Modern living is not a simple feat. Congratulate yourself for successfully accomplished living your life in 2011!

**1. What were your magic moments in 2011? What did you love about 2011?**

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**2. What were your major accomplishments?**

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**3. What were the major challenges you faced in 2011 and what you did you learn as a result?**

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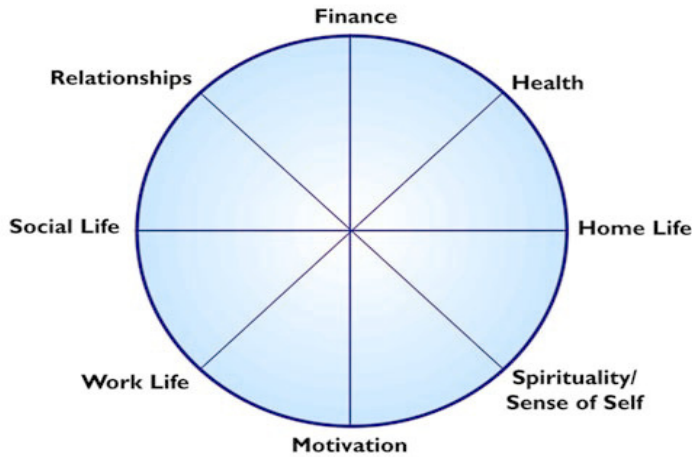
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# WHEEL OF LIFE



- Finance:** Financial mastery, earning ability and wealth
- Health:** General fitness, level of energy and physical being
- Home Life:** Comfort, sense of belonging, living environment
- Spirituality:** Sense of self, closeness with your maker
- Motivation:** Drive, mental state, level of learning
- Work Life:** Career fulfilment and achievement
- Social Life:** Connectedness, level of enjoyment
- Relationships:** With friends, family, intimate partner

Now it's time to start prioritizing the areas we want to start making giant steps forward in. Identify your score (0-10) in each of the areas and what progress you will make in the next 3-12 months to reach the maximum score in each area to make a well-rounded wheel. The more rounded and strong the wheel, the more momentum you will generate.

	NOW	3 MONTHS	6 MONTHS	12 MONTHS
<b>Finance</b>				
<b>Health</b>				
<b>Home Life</b>				
<b>Spirituality</b>				
<b>Motivation</b>				
<b>Work Life</b>				
<b>Social Life</b>				
<b>Relationships</b>				

*"Forget the past. Who are you now? Don't think about who you have been. Who have you decided to become? Make this decision consciously. Make it carefully. Make it powerfully. Then act upon it!"*

Focus on the areas that you would like to increase your score in and you can put together a separate action plan for each. Ask specific questions such as "If I am a 5 in my finances, what would I need to do to achieve a 7 in three months' time?" "What would I need to do to become a 9?" "What would make it a 10?"

You can break it down by developing a maximum of 3 areas in any 3 month period.

You can also use the below sections to chart your monthly progress:

Ask a better question, get a better answer
What was my biggest learning?
What were my achievements?
How am I progressing towards my goals?
What were the Magic Moments?

*"What's talked about is a dream. What's envisioned is exciting. What's planned becomes possible. What's scheduled is real"*

## Quality Questions for Your Destiny:

1. How precise are my dreams? How will I know when I have reached them?
2. Who and what are the greatest influences in my life? How can I upgrade them to three more powerful positive influences?
3. What skills do I need to achieve my results this month and who will provide them?
4. What do I enjoy most about life right now? What do I least enjoy, that serves me least?
5. If I were to define three truly magic moments for the month ahead, what would they be and what do I need to do to ensure they happen?
6. What am I doing to improve my health this month?
7. What am I most proud of right now?
8. What am I most grateful for right now? How do I make gratitude a habit?
9. What do I want to learn in the next month? From what or whom may I learn?
10. What is the biggest thing I have learned in the last six months?
11. What big questions can I ask now to ensure a massive learning in the months ahead?
12. What will be my legacy?
13. Who are the three people I will express my gratitude to this month? What will I do to express it with sincerity and originality?
14. How have I enhanced the quality of my life the last month?
15. What contribution will I make to someone in the month ahead?
16. Which three people have I always admired? What would I ask them? What will I do to meet them and ask them in the next month?
17. Where will I be a year from now? What will I be doing? What massive action will I take now so that I will look back with pride?
18. After one year, what milestones would I have completed? How has each one progressed me towards my life vision?









## WHEN IS NOW A GOOD TIME?

Never leave the site of setting a goal without taking some action toward its attainment. You must take immediate action. Please list 3 actions that you can take immediately. You will know exactly what these actions need to be. You have either been procrastinating or you have not had enough certainty to make the decision. Any action, however small, is a step in the direction of achieving your outcome.

ONE:

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TWO:

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THREE:

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**Celebrate! You are already on your way to your DESTINY! Did you know that writing your goals, having clarity and getting excited about them makes you better off than 95% of people who never follow through on their New Year's resolutions?**

Some additional tips for your success:

- Share this workshop with your spouse/life partner and commit to achieving your goals together
- Review this workbook every week or month to check in your progress
- Identify someone in your life who is committed to you achieving your goals and share this with them; keep them updated/posted on your progress
- Celebrate your wins, no matter how small
- Persist and never give up!

