UNRAVEL YOUR YEAR
2017
BY SUSANNAH CONWAY
I shared the first Unravelling the Year Ahead workbook (as it was then called) on my blog in December 2009. Back then it was a four-page PDF that I’d put together in Word and asked my designer to “jazz up”. I honestly didn’t know if anyone would download it but I knew it’d be fun to do with friends during an upcoming retreat. Seven years later that humble PDF has morphed into the workbook you see here today. There are more prompts and more pages but the intention remains the same: to mark the passing of the old year and the start of the new with mindfulness, honesty and gratitude.

These pages are portals to magic.

There’s something incredibly powerful about writing things down. Words. Intentions. Dreams. Memories. In the past I’ve unravelled my year in my journal, but using the printed pages of the workbook makes it feel more ceremonial, somehow. I love this yearly ritual and part of that is being able to see how my responses change and evolve as the years pass. My favourite thing to do in December is look through last year’s workbook to discover which intentions I managed to manifest. There are always things I didn’t expect, but starting the new year with a loose plan in place seems to open me up to even better results.

Awareness + intention is a powerful combination.

It doesn’t matter if you fill out the workbook in an evening or over a weekend, on New Year’s Day or on a random Tuesday. Do it with friends, or family, or on a sacred date with yourself. Gather treats and your favourite pens. Print out the pages or scribble down your intentions on a Post It note. What matters is taking a moment to reflect on the year that’s passing and tune into the year that’s coming. Paying attention to your intentions and dreams. Your big plans and little plans. There’s no right or wrong way to complete the workbook — I have a tendency to colour outside the lines and I encourage you to do the same!

The past is past and the future is coming, so let’s be here right now, in this very moment, and get ready for another rollercoaster ride around the sun.

Sending you all my love

Susannah
HOW TO USE THIS WORKBOOK

→ FIND SOME SPACE — AN AFTERNOON OR EVENING IS IDEAL

→ MAKE/POUR YOUR BEVERAGE OF CHOICE

→ PUT ON SOME RELAXING MUSIC OR BASK IN THE SILENCE

→ PRINT OUT THE WORKBOOK

→ GATHER A SELECTION OF YOUR FAVOURITE PENS

→ LET GO OF ALL EXPECTATIONS

→ START AT THE BEGINNING AND WORK THROUGH TO THE END

→ DIP INTO IT OVER SEVERAL DAYS IF THAT FEELS GOOD

→ LET YOUR MIND WANDER

→ DOODLE IN THE MARGINS

→ ENJOY THE PROCESS

→ BE REALLY HONEST

→ ALLOW SPACE FOR POSSIBILITY

→ DON’T TAKE IT TOO SERIOUSLY — LET’S PLAY!
Before we start unravelling 2017, let’s take a moment to look back over the last twelve months. Maybe there were lots of changes for you in 2016. Maybe it’s been a year of growing or nesting or exploring or letting go. Whatever’s happened this year it’s got you to this point, right now. Exactly where you’re meant to be. Pick up your pen and let’s do some digging.

First of all, did you have a word for 2016?

If you did, how did your word help to guide you through the last 12 months? Can you think of any specific examples?
What did you **embrace** in 2016?

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What did you **let go** of in 2016?

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What **changed** for you in 2016?

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What did you **discover** about yourself in 2016?

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What were you most **grateful** for in 2016?

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When did **fear** hold you back in 2016?

Where did you practice **bravery** in 2016?

What **surprised** you in 2016?

What made you **smile** in 2016?

What **conclusions** did you reach in 2016?
Let’s think about your ACCOMPLISHMENTS in 2016. List three things that went really well this year — personally or professionally, what are you most proud of?

1. 
2. 
3. 

For each accomplishment, consider the following:

What skills helped you make it happen?

How has your life changed? What have you learned about yourself?

How did you celebrate or acknowledge your accomplishment? (If you didn’t, how could you next time?)
Now let’s look at your CHALLENGES. List three situations that have tested your limits and patience this year. The big or the small — whatever challenged you the most in 2016 (there may be more than three so go with whatever comes to mind first)

1. 
2. 
3. 

For each challenge, consider the following:

How did you **deal** with the challenge?

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Did you discover any **new tools** or allies that could help you again in the future?

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How has your life changed? What have you **learned** about yourself? (If you're still working through a particular challenge, what outcome would feel good to you?)

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Describe your **favourite day, moment or occasion of 2016** in words and pictures. What did it taste like? Smell like? Sound like? Who was (or wasn’t) there? Where were you? What were you doing? What was awesome about it? And most importantly, how did you feel?
Gentleness alert! Did anything happen in 2016 that needs to be forgiven? Maybe it was something someone did or said to you. Maybe it was something you did or said to someone else — or to yourself? Maybe you feel you let yourself down in some way. Here’s the thing — we are all beautifully fallible human beings doing the best that we can with the tools that we have, so where can you give the gift of forgiveness to yourself or to another?

* If you’re not ready to do this in person yet (and that’s okay, you don’t have to!) let this page hold it for now. Say what you need to say here.
The Gifts of 2016

So we’ve dug into our accomplishments and challenges, remembered our favourite moments and considered who we need to forgive. Now I invite you to close your eyes for a moment and think about 2016 as a whole. As you cast your mind back over the last 365 days, consider the gifts that 2016 offered you on your life’s journey... What stands out the most?

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Describe 2016 in 3 words:

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If the events of 2016 were made into a film or a book, what would it be called?
Before we finish with 2016, take a few minutes to write out anything else you need to say to the old year in the box below. You might like to say some final goodbyes and thank yous...

GOODBYE

FAREWELL

AU REVOIR

Thank You
THANK YOU 2016
YOU ARE NOW COMPLETE!
I love how a new year holds so much POSSIBILITY. It’s a do-over, a blank slate, a new page to be filled with whatever we want. There’ll always be the responsibilities and routines of our everyday, but that doesn’t mean we have to keep doing things in the same old way. Whether you wish to bring in big changes or do a bit of fine-tuning, it’s all to play for in 2017. Let’s make it happen!

**First, choose a word to guide you through the next 12 months.** Pick a word that makes you feel expanded. Encouraged. Inspired. There’s no right or wrong answer so go with your gut.

What’s your Word for 2017?

* If you haven’t chosen your word for 2017 yet take some time to colour in the graphic above while rolling possible words around your head. What feels good? What excites you? For help head over to [www.susannahconway.com/word](http://www.susannahconway.com/word) to join Find Your Word, my free 5-day course!
If you lived and breathed your Word every day in 2017, what would be different for you?

List some ways you are already experiencing or embodying this Word

What could you do this year to bring more of your Word into your world?

Choose four extra words to support your Word this year. They could be anything from inspiring words to names of people to things you want to invest in...
What are you **looking forward** to in 2017?

What are you feeling **apprehensive** about?

What **life lessons** are you taking with you into 2017?

What area of your life do you most want to **develop** in 2017?

What part of your self do you yearn to **nurture** in 2017?
Fast-forward to December 2017. You’re sitting in a café, musing over the last 12 months. Where do you want to be...

... in your **head**? (work, dreams, goals)

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... in your **heart**? (relationships, family, friends)

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... in your **soul**? (beliefs, practices, self-love)

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... in your **physical world**? (home, health, hobbies)

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Okay, let’s take it up a notch. Use this page to describe what 2017 looks like in your ideal world. Be specific! What are your dreams for love this year? Work? Play? Where are you hungry for change? How do you want 2017 to FEEL? Use your answers from the previous pages to craft your ideal vision for the next 12 months. What would saying YES to your life look and feel like? Write out everything your heart desires for this new year. Be bold.
Now let’s give those dreams and plans some shape. Using pens, coloured pencils, ink stamps – or whatever else you fancy – sketch out a map of the coming year. Add words and pictures, dates and anniversaries. Include actual events and made-up dreams, too. Be playful. Leave space for surprises. Doodle your heart out.
Time to engage our left-brain! Use the grid to start plotting the details of 2017. If plotting feels too structured, use these two pages for visioning. Stick in found images and words that encapsulate your word for 2017.

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List 3 unhelpful beliefs about yourself you’re ready to release

1.
2.
3.

List 3 duties or commitments you feel ready to let go of in 2017

1.
2.
3.

List 3 skills you’d like to learn or improve in 2017

1.
2.
3.

List 3 books you intend to read this year

1.
2.
3.

How could you bring more calm into your life (and head) this year?
List 3 things about yourself you positively love

1.
2.
3.

List 3 ways you could be kinder to your body this year

1.
2.
3.

List 3 ways you could connect with loved ones in 2017

1.
2.
3.

List 3 people you could extend compassion to

1.
2.
3.

How could you bring more love into your life this year?
List 3 interests/hobbies you would like to **explore** more in 2017

1. 
2. 
3. 

List 3 ways you could feed your **imagination** this year

1. 
2. 
3. 

List 3 ways you could bring more **passion** into your world this year

1. 
2. 
3. 

List 3 **dreams** you would like to manifest this year (personal or professional)

1. 
2. 
3. 

How could you bring more **creative energy** into your life this year?

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List 3 ways you could bring more **mindfulness** to your mornings

1. 
2. 
3. 

List 3 ways you could **cherish** your home this year

1. 
2. 
3. 

List 3 ways you could connect more **deeply** with nature in 2017

1. 
2. 
3. 

List 3 places in your city, town or neighbourhood you want to **explore**

1. 
2. 
3. 

How could you bring a sense of **groundedness** into your life this year?

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The 2017 Forecast

Using your favourite tarot or oracle deck, draw one card for the overall theme of the upcoming year and then a card for each month of 2017. Tip: I like to shuffle 3 or 4 packs together to give the reading even greater scope. If you don’t have any decks go to www.susannahconway.com/cards to see my favourite decks and app recommendations.
Here’s a quick spread to contemplate with your morning coffee. Start by shuffling your cards in any way that feels comfortable to you. When they feel shuffled enough, draw two cards, face down, from anywhere in the deck, laying them out side by side, from left to right. Lightly hold the following question in your mind as you draw: what do I need to know today?

CARD 1: You, today
This card represents where you are today — in your head, your heart, your body, your soul. Think of it as the weather report of you. How is the card reflecting you back to yourself?

CARD 1: Your daily guidance
This card reflects something to consider that will support you as you go about your day. Might an inspiring word or two, something you can carry with you. Could be a reminder or advice. Maybe it’s something you need to hear right now. If you have time, get out your journal and jot down any thoughts or questions this card brings up for you.

Tip: If you’d like to dig deeper into how to use your cards as creative tools, I have the perfect class for that over here: www.susannahconway.com/daily-guidance
2017 will be the year I finally ____________________________________________

I will nourish myself with ____________________________________________

I will make more time for ____________________________________________

I will recharge my batteries by _______________________________________

This year I will open my heart to _______________________________________

I will pay more attention to ___________________________________________
I will **learn** more about ____________________________________________

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I will **release** my attachment to _____________________________________

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I wish for 2017 to **feel** _____________________________________________

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This year I will say **NO** to ____________________________________________

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This year I will say **YES** to __________________________________________

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**WHAT IS YOUR SECRET WISH FOR 2017? DECLARE IT HERE!**
I wholeheartedly believe that everything is possible in 2017.

SIGNED:
TIME TRAVEL

Close your eyes for a moment and imagine stepping into the shoes of you from December 2017, one year from now. You are one year older and one year wiser and you’ve lived every day of 2017 fully and completely. You have a message of encouragement about 2017. There’s stuff you want to share… stuff you’re eager to tell yourself.

When you’re ready, open your eyes, pick up your pen, and write a letter from your future self, starting with Dear (your name):

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THE PROMISE

This time next year I will be...

This time next year I will have...

This time next year I will feel...

This time next year I will know...
THE VISION

In five years’ time I will be...

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In five years’ time I will have...

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In five years’ time I will feel...

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In five years’ time I will know...

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MY COURSES

If you’ve enjoyed this workbook and are hungry for more, I have an array of creative courses running throughout the year:

**The Sacred Alone** is a 14-day journey into the quiet knowing space in your heart that offers refuge, wisdom and calm. Each day you receive an email containing a short essay on the day’s theme, a downloadable meditation and three powerful journal prompts to contemplate. In just 20 minutes a day you’ll practice spending soulful time on your own in a structured nurturing way. Life is busy but at our core there is peace — I’ll help you find it.

**Photo Meditations** shows you how to infuse more soul into your photographs and includes in-depth lessons, assignments, narrated slideshows (these are very popular!), interviews and all my photography secrets. Featuring digital, film and iPhone photography — because all cameras are beautiful — learn how to see the world anew through your eyes and your heart and then translate that into a photograph.

**Blogging from the Heart** teaches you how to share your life online as a way to express yourself creatively, dive deep and meet like-minded friends along the way. The course includes insightful lessons, writing prompts, interviews, videos and everything I know about crafting a blog that truly reflects who you are. If you want to go deeper with your writing, and find your tribe online, this course helps you do exactly that!

In **Journal Your Life** I take you through the creation of your own journaling practice, the tool that’s helped me heal my heart and manifest my dreams for the last 30 years. Each week we focus on a specific area of our lives, excavating our own personal wisdom, getting honest with ourselves on the page and uncovering who we really are. Get ready to change your life (and develop a stationery addiction in the process!)
Daily Guidance is a fun 3-week class exploring the creative potential of oracle and tarot cards. Far from being woo woo, the cards are a dynamic tool that help us examine our lives and connect deeply to our intuition. You'll learn how to connect to your decks, create your own spreads and instinctively interpret the cards as we explore how to bring them into our everyday lives as part of our own personal guidance system.

78 Mirrors is a 6-week deep dive into the tarot, a beautifully elegant system full of symbols and archetypes that speak to our unconscious mind. We’ll explore the tarot by number, suit and element, create our own “Little White Book” of meanings and associations and find our own stories within each card. By the end of this course you’ll feel confident reading for yourself and have a deeply supportive ally on your side.

The Inside Story is like spending a whole day with me learning exactly how I run my business as a highly sensitive introvert. With seven hours of video + audio sessions, four insanely useful ebooks including How to be a Lighthouse: Consciously Creating Community and Make Magic: A Course Planning Workbook, a wonderfully supportive Facebook group and bi-monthly Q&As, this is truly everything I know about heart-centred business.

There is an infinite source of wisdom inside us we can access whenever we want. Whether you call it your intuition, instinct, soul or higher self, in Your Soul Speaks I’ll teach you how to connect to this inner knowing using an inspiring mix of journaling techniques, collage prompts and mindfulness exercises. By the end of the course you’ll know how to hear and trust the gentle voice that will never steer you wrong.
Susannah Conway is the author of *This I Know: Notes on Unraveling the Heart* and *LONDONTOWN: A Photographic Tour of the City’s Delights*. A writer, photographer and teacher, her classes have been enjoyed by thousands of people from over 50 countries around the world. Co-author of *Instant Love: How to Make Magic and Memories with Polaroids*, Susannah helps others remember their true selves, using creativity as the key to open the door. Visit her at [SusannahConway.com](http://SusannahConway.com) and say hi on [Instagram](https://Instagram).
I'VE BEEN ABSOLUTELY TERRIFIED EVERY MOMENT OF MY LIFE AND I'VE NEVER LET IT KEEP ME FROM DOING A SINGLE THING I WANTED TO DO.

GEORGIA O'KEEFFE