

Brigitte van Tuijl

*Build a thriving, soulful business - on
your own terms, in your own way*



Powerful Questions to Let Go of 2014 & Open Up to an Amazing 2015!



Take some time to answer these questions. **All of them**. Not just the ones that speak to you or seem like the most fun to answer ;-)

The questions you feel like skipping are most likely the ones that will bring you the most. The questions that will free you up, open you up, and set you free.

If you answer them, of course. Even powerful questions have their limits :-)

So... grab some tea, coffee, or wine. Relax. Make yourself comfortable. Take a couple of deep breaths. Close your eyes for a minute, and focus on your breathing. After that, you're ready to go...

Enjoy!

Question #1



What (or who) disappointed you this year? What dreams didn't come true, which goals didn't you achieve, what didn't turn out the way you wanted it to?

Make a list of everything that comes to mind. You don't have to describe it in detail. Just write it down.

This may not seem like a fun thing to do, but it's VERY transformational, liberating and healing.

We all experience things we don't like or didn't plan for. If you don't let go of it, it drags you down and limits you. It stands in the way of dreaming new dreams and going for them.

It's important to let go. And this process is how you do it.

Question #2



For every item on your disappointment list, write down what your inner critic has to say about this. You know, that little voice that tells you that you should have known better, that you're not good enough, or that you're not meant to be successful. Or whatever your inner critic tells you.

Again, this may not sound like a lot of fun. But the inner critic is there. And she won't shut up until you listen AND transform what it tells you. So just write it down. Without buying into whatever your inner critic tells you.

Think of it as doing research: you're exploring the negative thoughts that hold you back the most.

Question #3



Now you move on to the perspective of your soul: what does she has to say about each of those items? What did it teach you? What became possible for you? What did you learn? What was the hidden gift? Why is it important you've experienced this? And how does that help you do better next time?

Question #4



Anything else you need to rant or rave about? Things, experiences or people that sucked? Don't search for it – if there's anything you need to vent you know it already :-). Just write it out of your system.

Question #5



Now, make a list of all of your successes, big and small. What did you create? What new things did you learn? How did you grow? What did you achieve? Write down anything that comes to mind. Open up to feel GOOD about this. Feel proud. Or at the very least satisfied :-) You're allowed to feel good: you created this!

Yes, even if you think it was luck, or you had help, or you have no clue how the heck you made it happen. It's still your creation, your success. Own it!

Question #6



What are the top-3 lessons you learned this year? How does each of those lessons help you achieve even better results next year?

Question #7



What are you grateful for this year? Write down everything you can think of, big and small. And really feel how warm and wonderful this makes you feel.

Question #8



Come up with a ritual to let go of your disappointments and what you needed to vent about. For example: burn it; or shred it and toss it in the old paper bin. Or whatever else comes up that feels like the perfect way to physically let go of it. And perform the ritual this week.

Question #9



Come up with a ritual to celebrate your successes, everything that made you happy, and everything you're grateful for this year. What feels like a fun and beautiful way to you? Take some time this week to actually celebrate. (Multiple celebrations are also OK ;-)

This PDF is one of three gifts from me, Brigitte van Tuijl, to help set you up for an amazing new year.

And if you want to make 2015 the year you finally create the business (and life!) you've always dreamed of, my brand new 6-month online group program **Success On YOUR Terms – Unlock the real you and finally manifest the business (and life!) you've always dreamed of** is exactly what you need.

Until Monday, December 29, you can sign up for it for a super affordable special prelaunch investment – it's a crazy low price that will NEVER EVER come back.

You can read more about what you'll learn, what kind of results you can expect AND the incredible bonus (that's worth even more than the investment for this program!) in this blog (there's no sales page yet):

www.mybusinessmyterms.com

Oh! and stay tuned for the other 2 gifts that are coming your way in the next couple of days:



***Gift 2:** a PDF with heart-opening questions to help you uncover what it is you REALLY want this year.*



***Gift 3:** A checklist to create a year plan you LOVE – a plan that excites you, and helps you manifest the business of your dreams.*