



make light manifesto – 2018

Grab your favourite beverage, a pen, this worksheet and about an hour of quiet time to help think through your hopes, dreams and goals for changing the world in the coming year. (And if you need more space, continue on the back of these sheets, or in your journal.)

1. What were my biggest successes of the past year?

What did you do in 2017 that you're particularly proud of? What challenges did you face, and what about how you handled them felt like you were standing in your values, regardless of outcome? What new things did you try, things that felt like success even in just the attempt?

2. What did I learn from this past year, and what lessons do I want to take into 2018?

What did you learn about yourself in 2017 that you are grateful for? How can these lessons serve you in 2018?



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3. What am I passionate about?

Make an exhaustive list of the things, people, ideas and concepts that you're passionate about -- and remember that "passionate" can mean things that thrill you, but also things that make you angry. For example, my list includes: my husband, my daughter, photography, blogging, philanthropy, leadership, travel, LEGO, connecting with people, storytelling (things that thrill me); discrimination and bigotry (things that infuriate me). But there's so much more. Write down everything you're passionate about that you can think of, whether professionally or personally.

4. If I could, how would I change the world?

Imagine you had a magic wand: if you could, what would you do to make the world an amazing place? Use the list that you made in (3) above to inspire your thoughts here.



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5. If I knew I couldn't fail, what would I attempt in 2018?

This is your time to dream big: what is something that you'd love to try in 2018 – something that perhaps is inspired by your answers in (4)? Or what would you do with the amazing the lessons you've learned that you've listed in (2)? Or alternatively, what crazy thing would you try just because you've always wanted to? Make your list here, and don't be shy – remember, for the purposes of this exercise, *you cannot fail*.

6. What one outrageously awesome goal would do I want to work towards in 2018, one that excites me (and maybe scares me a little) just thinking about it?

Looking at your previous answers, what one goal would you like to work toward in 2018? It can be learning something new, a skill that could help you accomplish something you wrote down in (4); or perhaps it's one of the items that you wrote down in (5). As you write it down, if it fills you with excitement at the possibilities ahead for you (even if it scares you), it's probably a great goal.



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7. What's your word of the year?

Inspired by how you want to change the world (4), what you'd like to attempt in 2018 (5), or even your outrageously awesome goal (6), think of a word that encapsulates that exhilarating feeling you have when you think about your answers. This might take a moment, so if you need to take a break and think about your answers for a bit, and then come back to this, then do. If a word comes to you that feels close, but not quite right, look up other words that mean the same thing in a thesaurus, to see if one of those feels closer.

Once you've found your word, write it down here. And then, look up its official dictionary definitions, and write those down here, too. Write down why this word has meaning for you, and why it feels right. And then, in 2018, keep it close – think of it as you create your to-do lists and as you make decisions over the year. Think of it as a guiding light.