



How to prepare
for a year filled
with *love,*
adventure and
connection.

ALICE ALLUM



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Life is about constantly
connecting to the rhythm
of who you truly are.



Hey you!

Wow, what a year it's been! Laughter, joy (lots of tears!) and love!

I remember this time last year. Lisa and I were just about recovering financially. The majority of our income was going straight out the door on old debts, I was trying to build a business that deep down I knew wasn't aligned with my truth and I was feeling pretty crippled by my situation. I was getting to the point where I couldn't stand to look at myself in the mirror, I felt so disappointed and disgusted by myself. In all honesty, I was lonely and in need of some...well friends! I didn't really have anyone in my life who was on a similar journey to me and to make things worse, our landlord had just told us our flat was going up for sale...so pretty soon we were about to become homeless and move back into Lisa's parent's house...for the second time in 2 years!

Real talk though, although my situation wasn't, well, ideal...I somehow knew that it was all part of a bigger plan.

And this year, I was sick of waiting...I was ready to become the brave one for once. I was sick of looking at people on Instagram thinking 'I want to be like them'. I decided I was going to become my own inspiration!



I'm gonna miss 2017, it's literally been the best year of my life! Although we struggled financially in the first half of the year and I faced some of my biggest demons, I wouldn't change one thing.

That's the funny thing about struggle, it always leads us to strengthen our faith, find gratitude everyday and get focused on building the new.

My struggle last year was the driving force behind me finally building the business I truly wanted, build a new tribe of soul sisters and lay down a brand new foundation for my life...and to be able sit here right now and share this story with you, knowing somehow in the midst of all the fear...somehow I managed to pull it off...it's just incredible.

I know it came down to 3 things;

1. gaining absolute clarity on what I wanted my life to look like and who I needed to become to make it possible.

2. Taking daily aligned action and understanding the importance of consistency.

3. Implementing a daily ritual that kept me connected to my truth.

Today, as we welcome in the New Year, I want to focus on number one - gaining clarity and who you need to become.

But first, let me tell you what's different about my life today so you can see what's possible when you live a life on purpose.

So what's different about my life today than 12 months ago?

Here's a few things;

- I live in a stunning apartment right by the sea*
- I make a living doing what I love!*
- I finally decided to face my fear of public speaking and launch self-love retreats for women (I just finished my 3rd one in September)*
- I've built an incredible village of soul sisters, mentors and teachers*
- I finally got round to launching my 10-week programme - My Beautiful life*
- I have a daily spiritual practise in place that makes me feel like a sexy bad ass*
- In March I spent a few weeks in LA (in which 4 days were spent with Tony Robbins at his legendary unleash the power within event - yes I walked on fire!!)*
- When I look in the mirror I'm proud of the woman I've become and feel blessed to live the life I've created - who would have thought?!*

Now, lets get to work on 2018!



If you don't
know what
lights you up,
how can you
possibly set
fulfilling goals?


Take the time to
reflect.



PART ONE.

Your year in *reflection*

REFLECTION IS KEY
TO CREATING A YEAR
FILLED WITH LOVE,
ADVENTURE AND
CONNECTION.



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connection.



Why is this important?

A couple of years ago I wouldn't have given my past year any thought or reflection. Yes I would have looked back and remembered that maybe I got a promotion, or went on a nice holiday, but honestly, that was as far as it went!

Here's why reflection is super important if you want to prepare for a year filled with love, adventure and connection:

-If we don't reflect we're at risk of falling back on bad habits

- What got you here, will not get you to where you're headed. If you do the same thing, you'll get the same results. Even if you had a great year in 2017 (which I hope you did!) you most likely are hoping for more love, adventure and connection in 2018...and that will demand a higher version of yourself.

Remember success leaves clues... what clues did 2017 leave behind for you?

On the next page I'll take you through a series of questions to help you identify what you can turn the volume up on in 2018 to make it a year filled with love, adventure and connection.



What were the highlights of your year?

What memories will you cherish from 2017? What events happened that made you feel alive? What are the positives from the past year? What makes you feel good when you think of 2017?

Take at least 15 minutes to reminisce and be honest with yourself. It doesn't need to be something spectacular, although that's cool if it is. It can be small and humble. Don't rush over this, it's super important! We want to bring more of what lights you up into 2018 and this is the starting point!



What were your biggest lessons of 2017?

Maybe you learnt that family is most important or that meditation makes you feel like a rock star. Maybe you learnt that you wish you had more friends in your life or that you expense too much of your energy in the wrong places. Whatever you learnt, good or bad, write it down. Lessons are always blessings and the universe will deliver our lessons when we're ready to learn them.



When did you feel most 'YOU' in 2017?

Think of a time in 2017 when you just felt so YOU. How were you feeling each day? What activities were you doing? Go into detail, even think about what you had for breakfast and the clothes you were wearing - these are all things that impact how you feel.

A series of 18 horizontal dashed lines for writing.



What habits served you well this year?

Habits build our daily life. They play a direct role in the quality of your future. Getting clear on what habits serve you vs which don't will allow you to raise your awareness on what needs to change to make sure 2018 is a year of love, adventure and connection.

Maybe your habit of meditating has really served you well this year, you just need to work on making it a daily practice...meanwhile maybe your habit of turning to sugar when you feel down has made you tired and given you bad skin.... first start with writing down what habits served you well...on the next page we'll delve into what habits have held you back.

5 habits that have served me well in 2017 and why;

1.

2.

3.

4.

5.



What habits have held you back?

Well done for getting honest and facing the things that are holding you back in life, it's the only way to make a positive change. Maybe you got into a habit of sleeping in until 10:30am and that makes you feel lazy, or maybe you got into the habit of skipping your yoga class even though you know it makes you feel amazing, or maybe you got into the habit of rushing out the door without having breakfast. Remember to bring compassion to this exercise. No one's perfect. Write down the habits that have held you back this year, it's time to raise your awareness and make conscious aligned decisions.

5 habits that I'm ready to let go of from 2017 and why;

1.

2.

3.

4.

5.



What relationships served you well vs which didn't?

Relationships are tough. They're personal, they're complicated and they're also sacred. They play a big role in our life. Surrounding yourself with the right people is so important - when you're surrounded by the right people you create an environment for you to truly grow and blossom. The right relationships can make our life truly joyful...Or they can drain us and lead us down a destructive path. The truth is, in most situations, we can choose who we spend our time with and that's exactly what I'd encourage you to reflect on. Who in 2017 has had a positive impact in your life? Vs who in your life has had a negative impact?



What choices/decisions did you make that served you well?

Each and every moment we are making a choice. A choice to step closer to our true selves, or a choice to step further away. Sometimes it can be easier, in the moment to step away from our true self because it's more comfortable, however we usually find that when we have the courage to make choices aligned with our truth, however hard they may be, they usually become some of the best choices we ever made.

A good choice might have been introducing a weekly yoga practise or leaving that job you hated. Maybe you invested in a coach or a spiritual workshop. Maybe you made some really tough choices like leaving behind a relationship that no longer served you or finally told one of your clients that the way they speak to you is unacceptable and you can no longer work with them. Write them all down, they're so important.

Take 15 minutes to answer this question.



Check list for part one.

I've completed all the questions above.

I'm ready to think about my intentions for 2018!

Enjoy reflecting on 2017. There's no rush to set your intentions for 2018, spend the whole of January reflecting if you must...remember success leaves clues! The more you take the time to understand what went well and why, the better.


Once you've completed all the questions, why not treat yourself to a chai latte, yoga class or hot bath? It's important to celebrate what went well in 2017 and what you learnt! Celebration all the way! Massive, high five from me!



OKAY! YOU'RE NOW
READY TO MOVE
ONTO PART TWO.

Exploring your *desires.*

PART TWO.



How to prepare
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A new perspective...

When we think of setting goals and intentions, we've almost been conditioned to immediately think of promotions and work goals or weight loss and fitness. Whilst these can be important, to live a life of love, adventure and connection, we have to consider all areas of our life.

To find true joy, we have to find balance. We have to feel connection with our girlfriends and connection with our work projects. We have to feel secure in our business and also secure in our relationships. We have to feel healthy in our body and also in our mind. We have to feel like we're growing and also give ourselves enough time to rest.

In the next few pages, I'll be asking you some questions that will help you set balanced intentions for the year ahead starting with "how do you want to feel?"...the most important question of all.

Don't be afraid to write down all your ideas, this is just an exploration, in part three you'll be writing your intentions, so for now, just enjoy this exercise and write down what comes to mind.



How do you want to feel in 2018?

I remember when I was first asked 'what feeling do you crave to feel?', I was reading Danielle La Porte's book; Desire Map (If you've not read it, it's a must read!) and it changed my life forever. I realised that I was focusing my energy in all the wrong places. I wanted to feel deep connection, sexy in my body and alive. Yet I was spending all my time behind my laptop working and following the same routine each day - not sexy, I didn't feel particularly alive and I certainly didn't feel deeply connected to myself never mind anyone else. As soon as I got clear on my desired feelings, I started to take action focused on the feeling I wanted to create. I bought a new workout outfit and started going to yoga weekly - I felt pretty sexy! I set out on a mission to meet new friends and spent hours having coffee dates chatting - wow, I was starting to feel super connected! And I started to do things I'd never done before - like attending spiritual workshops, traveling to new cities, switching up recipes in the kitchen, boy was I feeling alive again! When I did this, something magical happened, my business started to grow in ways I could never imagine, I suddenly had amazing friends and I had found the courage to do things I always wanted to do (like run my self-love retreats!).

So, take your time to answer this question. Get clear on how you want to feel in 2018. Maybe you want to feel loved and so there may be a call for you to introduce a self-care ritual into your life (love doesn't always come from a partner or a friend, it can and should start with you giving it to yourself). Maybe you want to feel energised and so there may be a call for you to introduce a fun exercise regime like dancing or surfing!

So...how do you want to feel in 2018? (Remember, you don't attract what you want, you attract who you are...so you can see how chasing feelings not things can really create a massive positive shift in your life!)



How do you want to feel in 2018?

Why not get creative?

Getting clear on how you want to feel is SO important. You'll usually find that behind every action you take there's a deep craving to feel a certain way - loved, connected, excited, wanted.

Really let yourself explore how you want to feel. You could create a vision board or a mind map! Get your coloured pens out and have some fun here!



Why do you do what you do?

First, let me tell you. This is a VERY important question too. Actually, I encourage you to carry this little beauty around with you in your pocket!

When I was in my early twenties, I worked my butt off to get promotions, pay rises and learn as much as possible. In fact, by the time I was 24 I had become a share holder in the company I worked for, I was on a fantastic salary for my age (lets just say I never had to check my bank account - money was never a worry for me), I managed a great team and I was really getting into the swing of using corny business language!

But the flip side was I was working until 10pm at night, I was almost always skipping lunch and my health was suffering, I'd developed severe acne all over my face, back and chest, my personal relationships were degrading...quickly! and my family were getting very worried about me.

But why was I doing it?

Well, I was doing it because I thought 'getting to the top' equalled happiness. I was doing it because I thought money could buy me adventure and holidays (by the way holidays mixed with emails and stress do not equal adventure.) I was doing it because I wanted to make a difference. I was doing it because one day I wanted to live by the sea. I was doing it because I thought it would buy me freedom. I was doing it because I wanted to experience abundance.

Well, the reality is, working till 10pm, neglecting your health and relationships is not the way to create abundance...in fact, I've learned, the hard way, it's the complete opposite.

We don't have to sacrifice half our life working ourselves into the ground to feel free or abundant or to make a difference. When you think about it, it sounds total bonkers doesn't it?! We can start doing it now. Yes, we can! We can make a difference through sharing our voice online or arranging meaningful meet-ups. We can live by the sea by...well renting a flat by the sea! We can feel free by choosing to make a living in a way that suits the lifestyle we desire. We can feel abundant by being in nature, building deep friendships and building strength in our body. We don't have to wait.

So, before you set your intentions in part three, I want you to get to the root of what you truly want. Why do you do what you do? There may just be a quicker way of getting there!

If you're unsure of where to start, start here...

"I work really hard because....."

"I do what I do because one day I hope..."

"I spend my days doing XXX because..."



Why do you do what you do?



What fears would you love to overcome this year?

Be brave here. Don't worry I'm not going to force you to do anything but bringing your fears to the surface can be a good thing - I promise. It really allows you to get clarity on what's holding you back. For me, public speaking has always held me back. But I had a huge realisation that if I never put the work in to overcome this, I'll never create the life I truly want - I would have to say goodbye to my dream of running retreats. I decided I just simply wasn't willing to do that.

*So I set an intention last year to overcome my fear of public speaking...or at least not let it hold me back. I started telling everyone...did you know I'm terrified of public speaking? It was like a confession. People were so surprised because I'm super chatty. I always felt that if I were to run my retreats, people would have such a high expectation and that scared the sh*t out of me. So confessing was a first great step for me. I then started speaking up at any possible opportunity. When my yoga teacher would ask 'does anyone want to share anything?' at the end of class, I'd put my hand up and share something just for the sake of getting used to having all eyes on me as I speak! I joined chanting and meditation singing groups so I could begin to open up my voice. Then one day, the day I completed my meditation course (I was obviously high on good vibes!) I booked a venue and announced my dates for my first ever retreat. Putting the work in to overcome that fear was the best thing I ever did. It was like the flood gates to my happiness just opened. It was incredible!*

Anyway, enough about me, more about you. So, simply setting an intention to over-come a fear can have such a positive impact on your life. What comes to



What new relationships are you ready to welcome into your life?

Strong, relationships are super important because they allow you to grow and blossom into the woman you know you were born to be. Your relationships create a strong and nourishing environment for you to express your truth.

Last year I made space to welcome new friendships and I spent a lot of time 'frating' - friend-dating. I'm so excited to say I now have such a gorgeous group of soul sisters in my life. I think for me, in 2018 I'm ready to welcome more teachers and mentors into my life. I'm really craving role models I can turn to and ask for guidance and support. What relationships are you craving in your life?



What would you like to make more space for in your life?

I used to crave space to just have fun! I craved space to enjoy my breakfast and zen out on an evening. I craved space to go to yoga without worrying about what time it was.

Understanding what you want more space for in your life can really help you make positive choices. For example, when I first started my business, I wanted to work with anyone and everyone, even if I didn't offer the service a client was looking for – but if I could do it, hey I wanted it! I soon realised that saying yes to all these random projects meant I was running around like a headless chicken and had no time to do the work I really wanted to do, I didn't have time for breakfast, meditation or yoga. So, ask yourself, what would I like more space for in my life in 2018? Simply raising your awareness will have a huge impact.



What skills would you love to learn or develop in 2018?

I've got a pretty strong feeling that you most likely have big dreams for your life and you're willing to put the work in to make them a reality but maybe you're not too sure where to start or what to do? So, this is a great question to ask. Think about everything you've written down above and ask; 'what skills will I need to make that possible?'

Last year for example, I wanted to really commit to a spiritual practise that felt good to me. I knew it was important to connect deeper to my truth and so I invested in a 4-day training to learn a new meditation technique. This year I'm going to begin my Kundalini teacher training so I can bring more life changing experiences to my retreats as well as my personal practise. What new skill would really help you create more love, adventure and joy in your life?

Perhaps you'd love to finally start your dream business and so you need to develop your marketing skills. Maybe you want this to be the year you finally feel confident and you want to learn skills in NLP, EFT or coaching. It could be that you've decided this is the year you save enough money to travel the world and you're ready to devote time to learn how to manage your money. Or maybe you want to feel energised and so you need to learn new cooking skills?



Check list for part two.

I've completed all the questions above.

I've taken a few days to let my desires stew and marinate.

I'm ready to move onto phase three: setting my intentions!

I bet you're feeling pretty excited after exploring your desires for 2018? Or maybe you're feeling a little scared...but then excited...but then scared again! I know the feeling!

Let your desires marinate for a few days, remember there's no rush to set your intentions, the clearer you get on what you truly want, crave and desire, the more likely you are to bring your vision to life. Take your time, slow down, relax.



OKAY! YOU'RE NOW
READY TO MOVE
ONTO PART THREE.

Setting your *intentions.*

PART THREE.



How to prepare
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adventure and
connection.



Bringing it all together

Well done for taking the time to reflect and really think about what your soul desires and craves in 2018.

We're now going to take the time to reflect on everything you've just written down and set 3 - 5 key intentions for 2018.

I say 3 - 5 because I find if I focus on more than 5 big goals a year, I just end up feeling overwhelmed, deflated and uninspired. (I know my clients feel the same!) You've your whole life ahead of you, let's take it one step at a time!

Setting intentions aligned to your truth just feels amazing, I mean doesn't it just feel great exploring your desires and gaining more clarity? Imagine how you're going to feel when you actually set intentions to work towards?!

We'll start by looking at whether there's a strong theme, feeling or pattern for you. We'll then narrow it down and even look to set a few actions to work towards your intentions.

Let's do this!



Giving your year a theme

I like to give my year a theme. It's so easy to get distracted and compare ourselves to other people. When we have a theme it's easier for us to pull ourselves back to our intention for the year. For example, my theme for this year is Mastery. I want to really focus on developing my skills so I can share more with you all. For example, a big intention for me this year is to begin my Kundalini Teacher Training. The Kundalini Teachings have impacted my life so deeply, specifically the mantra meditations, chanting and breathing exercises and I would love to share these practises with you all at our retreats in my own way. I know they'll have a positive impact! Last year my theme was 'Infrastructure' I knew that I had to invest my time, energy and finances into building a strong infrastructure. I needed to build a village of people who could mentor and support me, people who I could laugh and play with and people who I could turn to for advice. I needed to find spiritual and wellbeing practises that really supported me in... well being me! I needed to align my business even more to my truth and that meant stripping back the old so I could offer more of what really matters. Because I had a theme last year, whenever I was distracted looking at training programmes or thinking about launching a new project, I reminded myself that I have so much time, but right now, my intention is to build a stronger foundation in my life and business. It was so great to have that anchor to keep me grounded and aligned.

Reflecting on everything you've written in part one and two, what do you think this year is about for you? It's so important you think about what you WANT, not what you THINK you should want. Trust the messages arising, your soul knows the answers. Are there any patterns showing up?

Maybe 2017 was a tough year for you and 2018 needs to be focused on having fun and re-connecting with your truth. Maybe 2017 was the year you had so much fun and your life is overflowing with friendships and love and you want 2018 to be the year you launch your dream business. What's coming up for you?

Write down your theme below:



Getting clear on your intentions

Now that you're clear on your theme, it's important to get clear on your intentions for the year ahead.

Like I said before, it's so easy to get distracted by what other people are doing and try to compete with them. Having intentions will ground you and keep you focused.

For example, your intentions may look like this;

1. To build my own village - build a support system of at least three new friends and one new mentor.
2. To introduce a daily spiritual practise that suits my lifestyle and makes me feel incredible. I will commit at least 1 hour every morning to my practise at 7am.
3. To find a mentor who can help me launch my online coaching business. They must be local and have built their own online coaching business and be interested in spirituality.

I like to commit to 3 - 5 intentions each year. It's super important that we enjoy the process. Yes, along the way you will most likely have moments when you feel challenged and even frustrated, but if you set intentions that make you excited you will enjoy the process of working towards this and growing as a person.

Now, on the next page, it's time for you to write down your intentions. Take your time to look at everything you've written down from part one and two. Part two will have uncovered a lot of cravings and desires that maybe you weren't aware of before. Be careful not to slip into the trap of setting intentions that you THINK you should set and remember to ask, is this truly what will bring more love, adventure and joy into my life?

Also, did you notice how specific the intentions above were? The more clarity and detail you have on your intentions, the more likely you will bring them to life!



Writing down your intentions

Review everything you've written and list your intentions for 2018 below:

1. -----

2. -----

3. -----

4. -----

5. -----

Now, reflect on your intentions and challenge yourself. Is this truly what you want to experience in 2018? Will these intentions truly add value to your personal journey? Will they take you closer to the life you desire? Have you written any of these intentions to impress or compete with other people?

Remember if you want to live a life of truth filled with love, adventure and connection, you have to be brave and create a life on your terms...no one else's. So be sure to make sure your intentions make YOU feel good.



Check list for part three.

I've given my year a theme and I'm excited!

I've written down my intentions and they make me feel SO good about 2018!

I'm ready to move onto phase four and write my commitment to myself.

Wow, you've now set your intentions for 2018! How are you feeling? I bet you feel awesome! I know I do when I've finally decided what I'm working towards.

A little tip for you; if you share your intentions with someone you trust, you'll feel accountable for your actions. I always like to tell my close friends, my sister Amy and of course Lisa - it makes them feel real and possible!



OKAY! YOU'RE NOW
READY TO MOVE
ONTO PART FOUR.

Making a *commitment* to yourself.

PART FOUR.



How to prepare
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adventure and
connection.



Your commitment to yourself.

You'll see that being brave and taking aligned, inspired action every day really can be the difference between you living a life that fills you up vs living a life that disappoints you and makes you feel empty.

So with that in mind, take the time now to reflect on the intentions you've just set for the year ahead and write down your commitment to yourself.

You can print this out and stick it on your wall, you can leave it on your bedside table so you can read it every morning or you can keep it in your journal. Whatever you do, this is a sacred act, enjoy it, treasure it.

What commitment do you make to yourself in 2018?



Getting started in 2018!

Now, before we wrap up, it's important to get clear on the actions you're going to take to work towards your intentions. This is something you need to be doing frequently, at least once a month.

For now, you're going to write down the 5 small next steps you're going to take.

Before you do, I want to share a question with you that's served me very well:

What would this look like if it were easy?

5 steps I will take to work towards my intentions:

1. _____

2. _____

3. _____

4. _____

5. _____

A few tips for success...

Sit down with your calendar right now and block out time to complete the actions you've written down.

Schedule regular time in your diary to 'work on your dreams' even if you don't know what your actions may be. If you want to create more love, adventure and connection in your life, you have to make room for it regularly.

Begin treating your time the same way you treat your money - with respect! Your time is your most valuable resource, be aware of what you're saying yes to. Remember when you say yes to something, it usually means saying no to something else.

Take five minutes each morning to remind yourself of your theme for the year and your intentions, it will help you spend your time wisely throughout your day!



Check list for part four.

I've imagined both realities above and I know how I want to feel on 31st December 2018!

I've written down my commitment to myself and put it in a place where I will see it regularly.

I've written down the 5 small actions I'm going to take to get started and I've blocked them out in my calendar!

Well done!

I know that was a big process and the truth is, most people will barely give themselves the time to complete part one. The fact that you've completed all stages shows you've the commitment to create a life filled with more love, adventure and connection. It also shows they you're ready for more! This certainly is going to be a fab year!



Let's do this!

Thank you for setting intentions to create more love, adventure and connection in 2018. When you change your life, you change the world. The more love you experience, the more love we all feel! So thank you!

Before you go off to create some magic, I want to tell you something that's super important, something that took me a long time to realise and something that I remind myself of every single day.

If you want to create a life full of love, adventure and connection...you have to take the steps in making that happen. There is no short cut or easy road.

If you want to build deep friendships this year, you have to go on those awkward first friend dates... If you want to start your new business, you have to start building your offering. If you crave more adventure in your life, you have to be willing to invest in a trip to Bali or sign up to that new activity and actually turn up.

If you want something...only you can make that happen. All the reading, the meditating, the yoga and the visualising will not make it happen alone, you have to be brave and take the steps to get the results you want.

So, if you didn't write down your small actions on the last page, I'd really encourage you to go back and do so. Trust me, you'll thank the woman you are today that you did!



Make 2018 the year you create more love, adventure and connection in your life!

As always, it's been such a pleasure being on this journey with you! I know you know your life is meant to be magical, I really feel this is the year we all decide to surrender to the fear, the doubts and the challenges and we say...you know what? I'm going to do it anyway! Because this life we have the pleasure of living, well, it'll all be over one day (at least this lifetime) and I know, just like you do, I don't want to be someone who looks back and says...I wish I was braver!

I'd love you to reach out and let me know how you got on and what you're most excited about in 2018! My contact details are below.

I wish you a year filled with love, adventure, connection and so much more!

All my love,

Alice XO



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*The greatest adventure
is to create the life of
your dreams*

*Life is about
constantly
connecting
to the rhythm
of who you
truly are.*