

# Create Your Best Year!

Have you EVER felt like a failure after making your New Year's resolution in January, then wondering what your resolution was just a month or two later? I have. It is gone with the wind....forgotten and not completed. AGAIN.

I have created a class that will hold you accountable for your goals and help you to accomplish those goals. Here is what I offer in this life-changing class:

- We will start the class with a Holy Fire II Healing Experience. This experience assists you to remove blocks or negative energy that you may have in order to move forward in your life, whether it is completing goals or healing an issue that has been unhealthy for you.
- *Dream It!* We will discuss intentions and create a vision board\*.
- *Plan it!* I will facilitate a meditation for you to discover a word for you to focus on for your best year (2017). (Different than a resolution.) We will discuss negative behaviors and easily manageable methods to set goals. Together we will create a structure for your success.
- *Live it!* To ensure your success, we must consider the following topics: integrity and self-esteem. There will be a few questions for you to answer during your self-discovery process. Your answers will assist you to **Create Your Best Year!**

When: Check our calendar for future dates!

Time: 10:00 a.m. – 3:30 p.m. (12:00-1:00 we will have a pitch-in lunch)

Location: 8902 Otis Avenue, S103A, Indianapolis, IN (lower level)

Fee: \$60.00

To Register: [www.ReikiCenterofIndiana.com](http://www.ReikiCenterofIndiana.com) Click on Create Your Best Year! then click on Register for Create Your Best Year. Complete the registration and submit. Or call 317-259-4599.

Taught by Connie Bunting, Reiki Master Teacher and Life Coach

***Register early as space is limited!***

\*All materials are provided for your vision board. You may wish to bring additional stickers or decorations if you have preferences.