

# SUPERHERO LIFE

WITH ANDREA SCHER

Whether it's January 1st or August 24th, it's never too soon (or too late!) to declare the past year complete — and step into your future, with freedom + focus. Celebrate your bravery and grieve what's truly gone, with this swift + powerful worksheet.

This powerful clearing of energy makes space for new and awesome things to come your way. It is a great way to let go and step forward with renewed appreciation and strength.

**No matter what day of the calendar year, there is always a whole lot we can acknowledge ourselves for. What can you appreciate about YOU this year?**

What did you create?

What challenges did you face with courage and strength?

What promises did you keep?

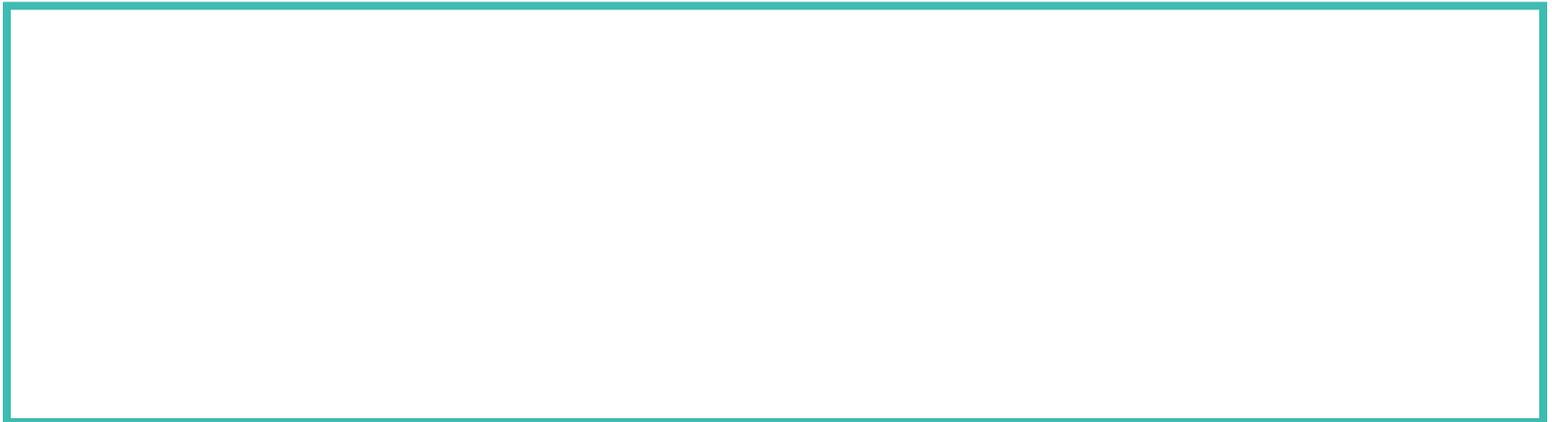
What brave choices did you make?

What are you proud of?



**What is there to grieve about the year so far?**

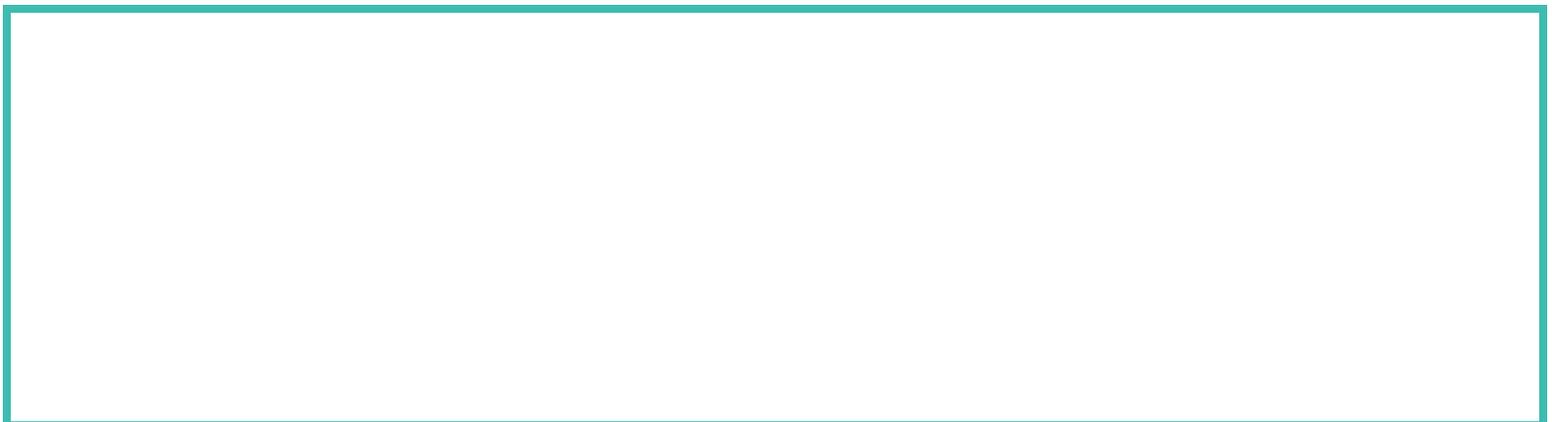
What was disappointing?



What was scary?



What was hard?



What can you forgive yourself for?



What else do you need to say to declare the year complete?



The next step is to say out loud, "I declare my year complete!"  
How do you feel? If you don't feel quite right, there might be one more thing to say...



**The final step is to consider your primary focus for the rest of your year. What is your primary intention or theme?**

Is it the year of joy? The year of self-care? The year of abundance? The year of ease? Stand up and say it proud:

**This is my year of:**

Be very mindful of the word(s) you. You are manifesting here. This is powerful juju. Choose a word that is positive, that is rich for you, that resonates deeply with the journey you are about to take.

**You are complete! And ready to make a Mondo Beyondo list.  
Download the Mondo Beyondo dream generator for some ideas about how.  
Or better yet, sign up for the next session of Mondo Beyondo.  
Dreaming is even better when we do it together.**