

happyBLACKWOMAN
— CREATE YOUR IDEAL LIFE —

2016-2017 ANNUAL REFLECTION GUIDE



ROSETTA THURMAN

ABOUT THE AUTHOR

“You can do anything you want with your life and no one can stop you...but you.” – Rosetta Thurman

Rosetta Thurman is the Founder & CEO of HappyBlackWoman.com, a global personal development company dedicated to providing black women with the tools they need to be happy, successful and free.

Through training, coaching and mentoring, Rosetta teaches black women all over the world how to transform their mindset so that they can reach their big goals faster than they ever thought possible.

Rosetta’s lifelong desire to help others was born out of humble beginnings.

She grew up in the public housing projects of Painesville, Ohio, where she was raised by a single teenage mom and a very protective grandmother. Her father committed suicide when she was 6 years old, before he had the chance to teach her how to ride a bike. Despite these challenges, Rosetta became the first person in her family to graduate from college.

Rosetta’s childhood experiences fueled a passion for social change, leading Rosetta to work in the nonprofit sector for over 10 years as a fundraising professional and leadership development practitioner. After more than a decade of working in nonprofit organizations, Rosetta realized that her true passion was in personal development – helping others find their purpose and create their ideal lives.



So, in 2010, Rosetta quit her 9 to 5 job to work for herself full-time as an author, speaker, coach and consultant.

That same year, she created HappyBlackWoman.com as a personal blog to document her own journey to transform her life.

Since then, the Happy Black Woman tribe has grown into a supportive community of women who are committed to pursuing their big goals. Today, HappyBlackWoman.com reaches thousands of women every day through articles, books, courses, workshops, retreats and coaching programs.

Rosetta holds a Master's Degree in Organizational Management from Trinity Washington University and a Bachelor's Degree in English from Virginia Commonwealth University. Rosetta has also taught leadership, business and management courses as an Adjunct Professor at Trinity Washington University.

Rosetta is the #1 Amazon Bestselling Author of *Launch Your Business: The 5 Step Solution to Do What You Love, Quit Your Job and Have the Freedom to Travel and Live Life on Your Own Terms* and has been featured in numerous media outlets, including JET Magazine, Dr. Oz' The Good Life Magazine, Huffington Post, Essence.com, BBC London, Atlanta Journal-Constitution and BlackEnterprise.com.

Rosetta currently lives in beautiful San Diego, California and travels the world educating, inspiring and empowering black women to transform their lives.

Learn more about Rosetta and the Happy Black Woman movement at: happyblackwoman.com.

YOUR ANNUAL REVIEW/PREVIEW REFLECTION GUIDE

"Learn to get in touch with silence within yourself, and know that everything in this life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from." - Elizabeth Kubler-Ross

The end of the year is the perfect time to reflect on 2016 as well as set intentions for what you want in 2017.

This is a special guide to the annual review/preview we are doing in the Happy Black Woman tribe to reflect back on 2016 and plan ahead for an amazing 2017.

Join us to journal and/or blog about your reflections and plans!

Why is it called a “review/preview?”

One of my previous bosses (and mentors) used to have all the staff submit a one-page review/preview on a weekly, monthly and quarterly basis.

The idea was to “review” the previous week, month, or quarter by looking at your accomplishments and lessons learned during that time period.

The review highlights what worked and what didn’t – what went well and what you could have done better.

The “preview” part came afterwards and it’s where you outlined your plans for the next week, month or quarter.

The preview was an opportunity to outline a game plan for future progress or set new goals for a specific time period.

I found it to be a powerful tool for my own productivity and growth in both my personal and professional life. So, now I'm passing my version of the process on to you!

In this guide, I'll be sharing a set of reflection questions that you can utilize for your own annual review/preview.

I encourage you to set aside about 90 minutes of quiet time in your bedroom or other private place to complete this journaling exercise.

You may wish to light a scented candle or incense to bring positive energy to the room as you go through this process.

What you'll need for your annual review/preview:

- A block of quiet time (at least 90 minutes)
- Your favorite journal or notebook
- Your favorite pen
- OR a laptop/tablet and a blank Word document, if you prefer to type
- Optional: a scented candle or incense to light and bring positive energy to the room

You can either write up your reflections in your journal or on your laptop/tablet OR simply print out this guide and enter your responses in the spaces provided.

You may also wish to post your responses publicly on your blog to create accountability for yourself in the coming year.

REVIEW 2016: REFLECT ON THE PAST YEAR

This is Part 1 of a powerful process to help you reflect on 2016 and plan for an amazing 2017.

Set aside at least 45 minutes to give yourself enough time to answer the following questions.

After 12 whole months, it can be easy to forget all the things that you experienced over the past year.

So here's your chance to reflect on everything that came into your life in 2016.

Below are 10 reflection questions that you can use to conduct your review of 2016.

It may be difficult to think back over the course of a year, but do your best to quiet your mind, be still and remember what was important.

WHAT I WANT TO LEAVE BEHIND AS I ENTER 2017

1. What was the #1 challenge I had to face this year? How did it affect me?

2. What goal did I make the least progress on this year?

3. What was the biggest mistake I made this year? What did I learn from it?

4. What area of my life did I neglect the most in 2016?

5. What do I want to STOP doing in 2017?

WHAT I WANT TO REMEMBER ABOUT 2016

1. What goal am I most proud of achieving this year?

2. What was the most valuable lesson I learned this year?

3. What was the best...
 - Book I read?
 - Movie I watched?
 - Artist/song/album I listened to?
 - Place I visited?
 - Restaurant I discovered?

4. What was my favorite experience or memory from 2016?

5. What word or phrase best describes my experience of the past year?

PREVIEW 2016: CREATE A NEW REALITY FOR YOUR LIFE

This is Part 2 of a powerful process to help you reflect on 2016 and plan for an amazing 2017.

Set aside at least 45 minutes to give yourself enough time to complete the questions.

Now that you've given yourself a chance to reflect on 2016, it's time to look forward to what you want to see in your life next year.

Consider this a “preview” of 2017.

The following set of 10 guiding questions will help you set intentions for what you want your life to look like in 2017.

Remember, this is YOUR vision, so be completely honest about what you want!

WHAT I WANT TO BRING INTO MY LIFE IN 2017

1. What do I want to say YES to in 2017?
2. Which relationships do I want to cultivate or strengthen in 2017?
3. What new experiences do I want to have in 2017?
4. What new places do I want to visit in 2017?
5. What do I want to cross off of my “bucket list” in 2017?

WHAT I WANT MY LIFE TO LOOK LIKE IN 2017

1. What 3 goals do I most want to accomplish in 2017?

2. Which part of my life do I want to pay more attention to in 2017?

3. What do I want to START doing in 2017?

4. What do I most want to learn in 2017?

5. What word or phrase best describes what I want to experience in 2017?

TAKE THE NEXT STEP...

Continue your reflection and goal-setting process by joining Rosetta LIVE January 13-15 in Tampa, Florida for our upcoming Manifest Your Vision 3-Day Mindset Retreat! [Click here to redeem your special 50% off early-bird ticket.](#)

Register Now for the 2017 Manifest Your Vision 3-Day Mindset Retreat!

Are you ready to transform your mindset and become the kind of woman who gets everything she wants?

Maybe there's an area in your life that you really want to take to the next level - your business, relationships, money, health or even your overall lifestyle.

Well, what if...instead of just WISHING that things were different, you gave your dedicated focus to that goal for an entire weekend?



If it's time for you to say YES to your big goals in 2017, I invite you to join me and our Happy Black Woman tribe in person January 13-15 for the Manifest Your Vision 3-Day Mindset Retreat in Tampa, Florida!

Manifest Your Vision is a live, 3-day event designed to help you transform your mindset, uplevel your sense of self-worth and strengthen your faith about what's possible for you.

[Click here to register now and get 50% off your retreat ticket](#)

The Manifest Your Vision 3-Day Mindset Retreat is perfect for you if:

- You're long overdue for some dedicated "me time" where you can indulge and reflect
- You're in the midst of a transition in your life and looking for guidance as you figure out your next step
- You want to build new friendships with like-minded women who are on the path to happiness, success and freedom
- You want to finally stop procrastinating and make progress on your personal and professional goals
- You want to be supported and be seen for who you really are without being judged
- You have been "in a rut" for months, years or even decades and it's time to get unstuck!
- You long to find your purpose and create more meaning in your life and work
- You're ready to eliminate the behaviors that are holding you back from being happy
- You know you're meant for more and desire to cultivate the entrepreneurial spirit within
- You need to get clear about your goals for 2017 and beyond

Over the course of 3 powerful days, you will learn how to retrain your brain, unlearn self-sabotaging behaviors and implement daily manifestation practices to achieve your big goals and create your dream life.

Day 1: Discover Your Purpose & Develop Your Vision

Today, you will discover your true purpose by developing a personal mission statement. Throughout the afternoon, Rosetta will be leading you through a powerful, step-by-step process to help you create a roadmap for your ideal life. Ultimately, you will shift from feeling stuck where you are in life to being

motivated and inspired about where you're going!

As a special bonus evening session, you will also enjoy Rosetta's signature "Girls Night In" Vision Board Party! This is your opportunity to create your very own inspirational vision board for 2017 along with like-minded, supportive women who are just as excited as you are about your big goals for the year.

During this fun, interactive workshop, you will tap into your creative power by visualizing your ideal life through an inspiring collage of pictures, words and quotes that will remind you of your passion and purpose. Throughout the evening, you will have a blast mapping out your vision with a glass of wine, delicious food and awesome music! All you need to bring is a picture of yourself and a camera. We'll provide all the necessary supplies, including the poster board, magazines, scissors, glue, markers and more!

Day 2: Break Through Your Barriers & Achieve Your Big Goals

Now that you've discovered your purpose and developed a clear vision for your future, you will map out a solid plan for moving forward with confidence and unwavering faith. Today, you will learn Rosetta's best manifestation strategies that will help you master the exact tools you need to create whatever you want to experience in your life and finally become the kind of woman who gets everything she wants!

Once you have a plan, the only thing holding you back are all the limiting beliefs that keep you from taking action on your big goals! That's why this day will culminate in a special bonus session where you will literally break through all the barriers, blocks and patterns that have been preventing you from being successful. We will teach you how to finally overcome and release self-imposed limitations through breaking a board...with your bare hands!

This intense "Board-Breaking Experience" will help you uncover your true power

and start to use it to break through any obstacles or challenges you may be facing in your life. In this environment of unconditional love and support, you will go from "I can't" to "Yes, I can!"

Day 3: Take Inspired Action & Manifest Your Dream Life

Today, you will finalize your "Manifest Your Vision" Action Plan for 2017 to make sure you actually follow-through on your goals for your life throughout the year. You will learn exactly how to structure your week for maximum productivity and commit to a daily morning routine that will ensure you stay in alignment with the big vision you have for your life.

In the afternoon, you will be guided through the process of building your own support network that will lift you up as you move forward with your goals. Get clear on ways to increase your energy and uplevel your "inner game" so that you can take consistent action and manifest your dream life.

At the end of our final day, you will participate in a Closing Ceremony & Affirmation Circle to help you "lock in" the intentions and commitments you created throughout the retreat. Plus, take the opportunity to get a professional photo taken with Rosetta during our "After Party!"

If you have any questions about the retreat, please contact us at support@happyblackwoman.com so we can help you ASAP before registration closes.

See you in Tampa!

[Click here to redeem your special 50% off early-bird ticket.](#)