



The Art of Scripting A New Year **By Barbara A. Clark, The Spirited Strider**

“Scripting” is a technique or tool used by people wanting to deliberately make changes in their lives. It’s a tool where you exercise your imagination skills and pretend that what you want has already manifested. One can script by writing it down and also by speaking it out loud, or even attending and pretending in “Act As If” parties, where you come in character of what you desire. If you love to act, scripting may be easy for you but I know there are those who find it challenging.

Every year at the end of the year, I lead a “Happy New Year!” scripting call at [Good Vibe University](#) (GVU), (*) a wonderful community created by Jeannette Maw and other deliberate creators. In our call, we celebrate our new year by speaking and celebrating our intentions for the actual year, as if it’s already happened. In other words, the December, 2015 call will be a celebration of all the good stuff from 2016, as we intend a Happy New Year for 2017.

Normally in scripting, we use the present tense but in these new year’s calls, we will often use the past tense, as we celebrate our “future selves” in the past tense since it happened “last year.” There are still opportunities to use the present tense, as we celebrate others’ successes and joys and tell everyone how happy we are from what manifested “last year.” And we are “presently” in the following year on these calls.

While we are speaking our script and acting as if our desires have already happened, my guidance for people joining the call is to prepare in advance at least a few days prior to the call. This handout is a guide and describes the process I use when preparing for my scripting “Happy New Year!” calls at GVU. You may develop your own system, but for those that don’t have one, here’s mine.

1. Sit for a minute and intend that you’re creating the best script ever for yourself and for others. Close your eyes and visualize having a ton of fun on the call. Get excited!
2. I organize my intentions into categories for the call. For example, I organize into categories of things like family, career, love, fun, health, the world, etc. In this way, it assists me in focusing on the areas of my life I want to manifest and keeps me organized during the actual call. In addition, I have the list handy when I’m listening to all the celebrations from people on the call and can jot down notes in that category for that person, too. This is useful when you want to intend for another person on the call by commenting and elaborating on their comments during the call, while mixing in some of your own around that category. The energy of joining in on



the joys and celebrations of others is contagious and makes the call a very high energy experience.

So figure out your categories and begin writing them on your paper with a pen. I prefer a pen over pencil because it feels more grounded, solid and less likely to be erased. I also prefer paper as opposed to a computer as it feels more magical to me to put words on paper rather than type onto a keyboard.

3. Now write your intentions for the upcoming year in each category. Ask yourself "Why?" you want this thing/person/situation. Write that down, too. Then examine each one and ask "How it makes you feel?" If it feels unreachable or you feel a doubt or worry about it, try using [Abraham's](#) technique of going general about it. Sometimes jumping ahead and getting very specific doesn't feel that good (at first). I find, however, if you can raise your vibe before doing this exercise, each intention can feed off of the other and create a lot of excitement as you do them.

So go general if it doesn't excite you, but find that sweet spot for each intention. I often mix a blend of "far fetched" with "just right" intentions for this exercise **IF they all excite me**. I know they excite me because I feel it and I can laugh at the idea that others may find my intentions "far fetched, unbelievable or unrealistic." If you've been able to not care a rip about what others think, this will likely be easier for you than it is for others who care what others think. Just keep in mind that here it is best to listen to how you feel - and go with your greatest excitement, as [Bashar](#) recommends.

4. I usually go back and re-write my categories with the intentions on another paper, leaving room for notes and inspiration that arises on the call itself for me to jot down.
5. Sometime before the call (maybe even days before), I re-listen to last year's call. You can find them on TalkShoe [here](#) or you can search for SpiritedStrider in iTunes under Podcasts. Listening to past calls really gets me in a happy place, and I find myself smiling and laughing at all the fun we've had on these calls. Even if the manifestations didn't exactly manifest as we told them, it's a really easy way to have fun for me.
6. Depending upon how many days in advance I do these intentions, I will think about some of them throughout my day with joy and fun and say affirmations in the present tense. I don't always do this but it's a good way to keep my excitement up before the call.



7. Before the call, I relax for a few minutes and set my intention for a very happy new year and for a fun call.
8. Plan ahead for specific questions during the call. Since I've done my preparations before the call, I'm very aware of just how specific I want (or) don't want to be on the actual call regarding certain topics. If you practice the tip of adding "or something/someplace/someone better" at the end of every intention, then you leave yourself open to the really good stuff the Universe has to offer. So, unless I've felt really, really good in being very specific in my intentions, I might answer a specific question posed by another person on the call in a more vague way. For example, if I'm having a relationship issue and I'm intending love for the year (thinking it would be fabulous to be with this person or someone better) and someone asks me for more details on that person, I can use the characteristics I'm intending as my answer. If they ask for his name (which I don't want to be specific about because I'm intending him or someone better), I might say, he's: Special, Lovely, Dear, Honey, Sexy, etc. And if all else fails and the person wants a name, I'll just say that we're waiting to announce everything at our engagement party. You get to be creative as deliberate creators!
9. After the call, I put my list away and don't look at it again. I find that listening to the previous year's call is a lot of fun and a good way to review what manifested. In fact, I find it exciting to listen to last year's call as I never remember the things I said. Putting the list away assists me in "letting it go." One could also make a little ritual out of it and burn the list as way to "let it go." You could even sing the song "[Let It Go](#)" while you do it!
10. One last piece of guidance: just have fun! As deliberate creators know, putting too much stress on "needing" something to happen only creates a bigger awareness of how it's lacking in your life, so that will only bring more lack or need! If you approach these exercises with the intention of having fun, you'll surely create a year of delicious fun and good times! Who wouldn't want that?

Happy Intending! Happy Scripting! Happy New Year!

(* Note: The GUV link is my affiliate link so if you sign up as a member, I do receive a little abundance in the form of a monetary deposit. You will receive a treasure full of abundance from joining this community. It's the best law of attraction party online!

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