

2016 YEAR END COMPLETION

There are no hidden meanings and no right answers. You don't have to do a big mind search or struggle with the process. What is necessary to be said will be apparent. Have fun!

ACCOMPLISHMENTS

List all of your 2016 accomplishments, large and small.

SOURCES OF PLEASURE

List all of your 2016 sources of pleasure, large and small. A look through your 2016 calendar may trigger things!

DISAPPOINTMENTS, SOURCES OF DISPLEASURE, UNFULFILLED EXPECTATIONS

Make a list.

What's the gift in each of these?

When complete, ask your mind to **delete** all of them.

WHO DO I NEED TO FORGIVE? – FOR WHAT?

Make a list. Say I forgive XX for YY. Don't forget yourself.

Forgiveness allows you to wipe the slate clean, let go and start over, creating a space for something new. When people don't forgive, it's usually because they want to blame another &/or be right. Yet in the end, when we don't forgive, we are the ones who suffer.

When complete, ask your mind to **delete** all of them.

WHO DO I NEED TO THANK? FOR WHAT?

Make a list. You can acknowledge them in your mind, to the person themselves or to someone else.

IS THERE ANYTHING ELSE TO ACKNOWLEDGE IN RELATION TO 2016 TO BE COMPLETE?

When done with the above exercise, DECLARE YOUR SELF COMPLETE!

GUIDE TO KICK START 2017

Now that you have completed the past, deleting select things from your mind, you can fill the space with new, positive, & exciting things.

IN REGARD TO 2017, ASK YOURSELF:

BIG PICTURE QUESTION:

WHAT'S MY VISION FOR WHAT I WANT MY LIFE &/OR MY BUSINESS TO LOOK LIKE IN 2017?

(Take time to day dream about this. Create a Word document and keep adding to it. Get excited about your ideas! If you already have a 5 or 10 year vision & objectives, pull from those to focus on what you want this year. I work with clients to create strategic plans for 5 or 10 years out, and then we focus on goals for the coming year. You can do this for yourself or I can help you. Your vision guides your Big Picture!)

WHAT DO I WANT TO ACCOMPLISH IN 2017?

*(What are your goals? Goals help you **FOCUS!** It's helpful to list categories; such as, business, personal, social, financial, physical, spiritual, etc. Make your goals SMART – Specific, Measurable, Attainable, Realistic, Timely. Start with at least 3-5 goals for 2017.) Review your list at least weekly.*

Which goal best supports the “Big Picture” of what I want for my life?

How can I be even more focused on accomplishing my goals for 2017?

How can I be even more aware of the unlimited opportunities surrounding me right now, especially those that support my vision and goals?

WHAT IS ONE THING I CAN DO RIGHT NOW THAT WILL ELEVATE ONE OR MORE AREAS OF MY LIFE?

FOR LEADERS – WHAT CAN I DO TO BE AN EVEN MORE EMPOWERING LEADER IN 2017?

HOW WILL I WORK EVEN SMARTER IN 2017?

HOW CAN I HAVE EVEN MORE FUN IN 2017?

If you'd like a complimentary coaching session to debrief or discuss how to kick start 2017, contact:

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