

## **2017 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 2017 accomplishments, large and small.

### **SOURCES OF PLEASURE**

List all of your 2017 sources of pleasure, large and small. A look through your 2017 calendar may trigger things!

### **DISAPPOINTMENTS, SOURCES OF DISPLEASURE, UNFULFILLED EXPECTATIONS**

Make a list.

What's the lesson &/or 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 2017 TO BE COMPLETE?**

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

## **GUIDE TO KICK START 2018**

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 THIS NEW YEAR, 2018, ASK YOURSELF:**

#### **BIG PICTURE QUESTION:**

#### **WHAT'S MY VISION FOR WHAT I WANT MY LIFE &/OR MY BUSINESS TO LOOK LIKE IN 2018?**

*(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 2018?**

*(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 2018.) 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 2018?**

**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 2018?**

**HOW WILL I WORK EVEN SMARTER IN 2018?**

**HOW CAN I HAVE EVEN MORE FUN IN 2018?**

***If you'd like a complimentary coaching session to debrief or discuss how to kick start 2018, contact:***

**Lois Carson, Executive Coach, Consultant & Speaker**

**Lois Carson Coaching & Consulting**

(949) 636-8217

[Lois@LoisCarson.com](mailto:Lois@LoisCarson.com)

[www.LoisCarson.com](http://www.LoisCarson.com)