



As We Cross into Another Year

We live busy lives. Each year there are more and more demands on our time. One of the casualties of our busy lives is we often don't take enough time for reflection or more strategic life planning.

Here then are a few questions that might help you put the past year in perspective and then plan ahead for a fabulous new year. Caution - Don't rush this exercise. Only do it when you have sufficient time to reflect.

Looking Back

- When you look back over the past 12 months, what was your greatest success?
- What did you learn about yourself from this experience?
- What was your greatest disappointment this past year?
- What did you learn from this experience?
- In the context of your whole life, what was a theme or metaphor that might aptly describe your overall experience last year?

Looking Forward

- When you look forward, what is your biggest dream (or goal) for the next year? (If it doesn't make you gulp or get your heart pumping, you might not be stretching yourself.)

- What would achieving this bring into your life?
- Which of your values does it honor?
- Who will you need to become (the type of person) to successfully accomplish your dream?
- What are the beliefs or behaviors you will need to let go of to become that person?
- What are the beliefs or behaviors that will assist you moving ahead?
- From the perspective of your whole life journey, what do you want this next year to be about?

Actions

- List the specific actions you will need to take to successfully initiate your journey towards your vision.
- List the support you will need to keep the focus and make the changes required to accomplish your vision.
- Pick a starting date, and tell your closest supporter of your intention.