



End/Beginning of Year Worksheet

After the holiday dust has settled and before the New Year horns blow, give yourself the gift of a moment of quiet reflection focused on just you!

Take a breath and recognize your gains and nuggets of learning of 2007 AND commit to making choices that will bring rare aliveness to 2008.

Complete the old and create the new! As Mary Oliver eloquently put it, “This is your one wild and precious life.” How do you intend to create it?

When you have completed this process, let’s spend some coaching time going over what comes up and set a course for what’s ahead.

Completing the Old: 2007

Step One

Looking at all the areas of your life, reflect on 2007.

- List all of your top 10 Wins, Gains and Breakthroughs. (Our culture teaches us to skip this activity... Tsk.)
- List all of your Losses, Disappointments and Breakdowns. (And accept them)
- Bring this list to our next appointment (or email me with your nuggets of learning)

If you choose, we’ll talk about what it means to be “complete.” We’ll talk about each item and make sure that you are ready to move on from here. Regardless of whether the item is a “gain” or a “loss,” you are not as likely to take on the next opportunity in your life unless you are “complete” with past events.

Step Two

Look at 6-8 lessons you have learned this past year that you want to carry into 2007. Remember, when thinking of what to include, that you will want to consciously use the lessons in the coming year.

Here are some examples:

I learned:

- To accept and let go of “circumstances” in my life
- To be computer literate
- What makes me genuinely happy
- What makes me bark at the ones I love the most
- That I can skip/delete/avoid some habits that no longer serve me

If you choose, we can talk about your list, refine it, and clarify lessons learned.

Creating the New - 2008

Step One

Imagine ahead to December 2008. Write a list of your Wins, Gains and Breakthroughs for 2008.

Be specific and write them as though they have already happened or they happen routinely. (For example, “I allow myself to have a date with just my husband weekly.”)

Look at each area of your life and make the list as long as you like. In your coaching session, we will look at how to make this list happen, setting out the steps needed.

Step Two

Name the year to come. Some past names have been:

- Year of Life is Delicious
- Year of No Kidding
- Year to Make it Happen

This process is yours to make your own. Many clients have loved the focus it brings to the New Year and the opportunity to consciously create your life.

Make 2008 your most potent, enjoyable year so far.