

The Year in Review - The Year Ahead of You!

December feels like a perfect time to pause, acknowledge and celebrate all the growth and shift in the year just ending, and to create intentions for the year ahead. As your coach, I would like to support you in the process.

Below are a few questions that you may be drawn to journal about - or not! If they spark your interest, I invite you to spend some time with them in the coming weeks and send your responses to me before our next connection. You may choose to use your work here to guide that last session and develop a clear sense of direction for work over the next twelve months.

Or not! In the co-active relationship of coaching, you get to choose. I will say that the exercise comes from my coach with her permission. My first experience with it in 2006-07, I initially dreaded - in a BIG way!!! Then I did it. My activities in the year just ending floored me! And visualizing clearly through my writing where I had lived "small", gave me a powerful desire to grow and envision so much more for the year ahead. The final step, creating a theme for that 2007 year, was nothing but gift and became the year of "[I Stand in My Strength](#)" (which itself became my [theme song](#)).

The exercise, if you choose to accept it, begins with reviewing anything that we have done together: the initial discovery questions, any work with values, any notes that you have taken along the way. This is just to remind you of where you were and where you've traveled. Then get out your computer or journal or loose sheets of paper, and:

- 1) On one piece of paper or in one section, write down **without judgment** all of your disappointments, breakdowns or failures for the year just ending.
- 2) On a second piece of paper, record all of your successes, wins, breakthroughs, accomplishments, joys, and even miracles (!) for the year just ending.
- 3) On a third piece of paper, write down how you will apply what you've learned about yourself in the coming year, for example:

"Saying no to things I've tolerated is helping me to achieve my goals faster -- I'll say **No** more often to _____."

4) Now, imagine it's one year from now. What successes, wins and breakthroughs have happened? Write these down specifically, as though they have already happened or they happen routinely, for example:

"My creative work has been published and I am paid well."

"I work with and for people whom I respect."

"My appearance on the Oprah show was amazing!"

"My creative business is booming!"

5) Commit to one or more visualizing actions (not a detailed task like getting your resume together) which will enhance your specific goals, for example:

"I will spend 5 minutes a day visualizing my success - how it looks, feels, smells, tastes and sounds."

"I will journal as if these successes have already occurred."

"I will find a visioning partner to exchange ideas as though they have already occurred."

"I will paint, draw, script, or use modeling clay (!) to create an image that reminds me of my intentions."

"I will make an attraction box that includes things I desire like brochures of places I'd like to go, business cards of folks I'd like to work with, etc."

6) Name this coming year like it was the title of a movie. Really have fun with this. For example:

"The Year of Limitless Possibility"

"The Year of Courage"

"The Year of Risk Taking"

"The Year I Live MY Life"

"The Year I Rock the World"

Are you ready to create the next year of your life?

I'm with you!

Jeanne