

A Gift to Yourself

Reach Beyond Your Limits to Create Your Own Success for 2006!

Amidst busy holiday goings-on, give yourself the special gift of quiet, reflective time with the most important person in your life--you! This practice is designed to ensure that you are committed to making choices that will bring **more meaning and aliveness** to 2006.

It's called Completing the Old and Creating the New. I have attached a Word Document that you can use, or feel free to just grab a few blank sheets of paper and complete by hand. The instructions below explain things more fully. If you send me the results by email or fax, we can use them in your next coaching session or two.

Completing the Old - 2005

Step One

Looking at all the areas of your life (family, career/job, personal relationships, finances, fun, spirituality, health, romance, and personal growth) *reflect on 2005.*

- * List all of your Wins, Successes, and Breakthroughs
- * List all of your Losses, Disappointments and Breakdowns
- * Send the lists to me for your coaching session.

We'll talk about what it means to be "complete." We can talk about each item and make sure that you are ready to move on from here. Regardless of whether the item is a "win" or a "loss," you are not as likely to take on the next opportunity in your life unless you are complete with past issues

Step Two

Look at 6-8 lessons you have learned this past year that you want to take into 2006. Remember, when thinking of what to include, that you'll want to consciously use these lessons in the coming year.

Here are some examples:

I learned:

- * To come from a powerful place more consistently
- * To make time for my self care
- * To read books more quickly
- * That it is ok to fail

In a Coaching Session we will look at this list, refine it and clarify the lessons learned.

Creating the New -- 2006

Step One

Imagine ahead to December 2006

- * Write a list of your Wins, Successes and Breakthroughs for 2006
- * Be specific and write them down as though they have already happened
- * Look at each area of your life and make the list as long as you like.

In your coaching session, we can look at how to make this list happen, setting out the steps needed. We can go over this list at each quarter, to see how it is progressing and what adjustments need to be made.

Step Two

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

- *Year of Openness
- *Possibilities Realized
- *Year of Exuberant Dancing
- *Year of Yes
- *Year of No Kidding

This process is yours to make your own. Adapt it as you like and use it to bring focus to the New Year and the opportunity to consciously create your life.

Make 2006 your most en**JOY**able year so far!

Happy New Year!

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