

END of YEAR COMPLETION

This is an exercise I started long ago with my first coach. It's an excellent process to close out the year...and begin anew.

Momentum Mastery REVIEW:

7 Keys to Closing Out the Year with Success and Inner Peace

1. Addressing **FUZZY GOALS**:

When we set goals that are less tangible, how do we get inspired or stay on track or know we've accomplished them, or not??? Goals like "inner peace, " or "deepening connection with partner" or "organization", or "feel more confident". Unless a goal is super specific, such as lose 15 pounds, or save \$15,000, or publish my book, a goal can fall into the "fuzzy factor". Here are some ideas that we discussed to bring more life to these types of goals.

* It's important to **clarify the goal** as much as possible. Write a paragraph. Bring in the emotional qualities, activities, actions, and elements that would be present if you reached this goal.

* Ask yourself -- **What percentage of my day is spent in _____?**
(inner peace, happy, in love, etc.)

* Track the **times you're clearly NOT being your goal**...and monitor that.
(notice when "reacting", when "breathing is tight".

What is supporting you most in cultivating inner peace in your life?

Organizing Principles:

- * Creating SPACE for you
- * Creating time to CONNECT with you
- * Being in the present moment. Living in present time.
- * Embracing reality
- * Daily rituals like meditation or being in nature.

2. **INSPIRED ACTIONS**:

What are the **top two inspired actions** you're intending on doing toward each of your top three goals?

(WRITE THEM DOWN) -- keep this as a great structure for yourself each week.

Look at **commitment** levels -- What would take your commitment level to a

10?? Do you want it to be a 10??

- * a shift in belief about realizing the goal
- * a new skill

3. Appreciations:

Writing down 5 each day like Oprah does!!! Sherrie Austin's Journal www.365daysofgratitude.com is the perfect place to write them in (cover design by Colleen McGunnigle). Order one from her if you'd like to use this as a structure. I love mine!!

3. Visions: When is the last time you read your vision?? Be sure to make any adjustment you need to over the next few weeks. Does it still ALIGN with you?

4. Daily Rituals: Remember, one of the key purposes of a Daily Rituals is to elevate your energy. It's not about having SHOULD on your lists, it's about looking forward to enjoying your daily rituals.

- * What's really working with your Daily Rituals?
- * Are there any Daily Rituals you'd like to eliminate from the list?
- * Which ONE Daily Ritual do you want to up the ante on?

How can you keep Daily Rituals alive and do them consistently?

- * incorporate them in your lifestyle
- * checklists...spreadsheets...giving yourself checkmarks or Stars
- * keeping them in front of you

5. NOW Practices to focus on this coming week...

6. Emotional Muscles:

Think of your vision or goal as though it has already been achieved. What feelings would you be feeling?

An emotional muscle is often the one that is harder to access.

An emotional muscle is a "**feelings**" that **ALIGNS** with your ideal vision or goal.

- * adored/cherished
- * self-acknowledgment
- * being seen
- * willingness

An emotional muscle can also be a "**bridge emotion**" that helps you to feel that

"feeling".

- * vulnerability can help you ultimately feel "adored/cherished"

- * self love/self-acknowledgment could help someone feel "being seen"

How do we discover the emotional muscles we need to flex first?

1. Think of your vision or goal as though it has already been achieved. What feelings would you be feeling?

Example Col (in a previous Bootcamp): Organization

- * ease, at peace, not overwhelmed, blissful

2. Which of these are HARDEST to feel?

- * for Col - "not overwhelmed"

3. What "emotions" could offset "overwhelm"? (What emotions could offset whatever predominant negative emotion is most present as you think about your goal? Could be "fear", "hopelessness", etc.)

- * ease

- * centered

- * focus

4. Which of these emotions are HARDEST to feel?

How to exercise "emotional muscles"?? (to make them strong and make sure that when you realize your goal -- you're emotionally aligned with it.)

1. Ask a question that will allow you to step into the desired state.
(i.e. How would a courageous leader show up in this situation?)

2. Take an ACTION that is in alignment with the emotional muscle. Even if it's difficult.

3. VISUALIZE a scene where you'd like to FEEL the emotional muscle in the future. Elicit the desired feelings by thinking of past experiences where you felt the emotion in a different situation. EXPAND the feelings a little bit each time you visualize. 2-5 minutes. The goal is to simply FEEL the emotional muscle in some way, as you allow it to expand.

4. Set up a DAILY RITUAL or structure that consciously allows you to flex the emotional muscle.

(i.e. Setting aside time each day for "self-acknowledgment".)

(i.e. Toastmasters could be another example of speaking regularly to get comfortable and confident in front of a group)

7. END OF YEAR COMPLETION (see worksheet)

1. What are your disappointments, failures, and breakdowns?

Let's acknowledge what these items are. This is an opportunity to let them go, carry them forward, or make a new promise.

2. Make a second list titled: Successes, Wins and Accomplishments.

This is a chance to celebrate and own who you have become this year. Where did you step into your power and greatness? Please don't skimp on these. The little stuff counts. NO modesty allowed. Let's validate all your accomplishments. Look through your organizer and any notes from our coaching calls to remind you.

3. What have you learned about yourself and your life? What insights have you gained?

True insights have the transformational capability of shifting us into a new, more alive place! As we are blessed with insights it is important to nurture and deepen these new understandings.

4. What are you grateful for?

This list might include some of the above and anything else you truly appreciate about yourself or any other area of your life. There is a basic principle. Whatever you appreciate and give thanks for will increase in your life.

5. How will you celebrate and honor your year 2010 accomplishments?

What would be a fun, special thing to do for yourself?

CONSCIOUS COMMITMENTS:

1. Complete the End of Year Completion worksheet -- if inspired.
2. Begin the New Year Creation questions
3. ENJOY the holidays...and see how much inner peace you can bring to each and every interaction.