

End of Year COMPLETION

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?