

Mary Allen:

Okay, let me officially welcome you to Momentum Mastery Monthly. This is our success call here for December, and I'm very excited about what we have lined up here today. As we're getting ready to complete this year, it's a good time for end of year completions and really beginning to think about gearing ourselves up for the New Year.

As we kick off today's call, I want to welcome our new listeners. I know that there were quite a few new folks who took advantage of a program offering and are a part of a 90 day Momentum Mastery program. So welcome to all of you. For those of you that have been with Momentum Mastery for a while, this is actually a fantastic call for all of you, because we are going to be doing a little bit of our review in addition to our end of year completion.

So a lot of foundational pieces that we have covered throughout the year, there is an opportunity to check in and really see how we are leveraging each one of these components and how we can bring them even more alive in our life.

I do want to just point to a couple things. There's the fabulous Ning forum where there are so many resources available there. I wanted to just point out that if you go into the Ning forum and click the "Forum" tab, there is an opportunity where you can start different discussions and so forth. Here, there are always three features in this section under forum: Follow-up Notes from the most recent call, Recordings & Transcripts, and Handouts. I definitely recommend hopping into the forum and printing the follow-up notes - maybe add those into the work book as you are going along. In Recordings & Transcripts, you can download the MP3 or listen online to any of the previous calls.

The Handouts section includes all of the exercises and handouts. This week there is a handout, which is End of Year Completion & New Year Creation. So you can find that all under the forum tab in the Ning forum which is MomentumNow.Ning.com.

And just as a note to those of you that are part of any kind of a special package including access to the MP3s through Momentum Mastery Monthly. It's only \$27.88 per month. If you want to upgrade to the CD version at any time and actually get two CD's shipped to your home every month, it's only 37.88. So ridiculously affordable and available to you if you really like having tangible CDs that you know you can pop into your CD players for that listening.

Before we get into the End of Year Completion, I want to do a mini review. We talked about 7 Keys for Success and Inner Peace Going into the New Year. A lot of these keys really relate to our review here so I'm going to pop in some of those. For those that are here on the live call line, we can maybe do some little check-in's and see how these are going for you. Then as we get into the end of year completion questions I would love to really have each of you share some of these to just add to the inspiration and get the juices really going for everyone.

We talked about the keys for working the Momentum Mastery program - really selecting three goals that you are going to focus on over the course of the year. Maybe you haven't set those three goals, maybe you have. But one thing that we know is that if we set any goal that's got any kind of fuzziness to it at all, that it makes it more challenging to know when we have actually accomplished that. For example, increasing having greater everyday inner peace or maybe it's about deepening connection with the partner, or it could be around organization or feeling more confident. Each of these are awesome goals. It's a little different than something that's very specific like losing 10-15 pounds or saving \$15,000, or having your book published, right?

So first, just look at your goal and its fuzzy factor. Is it in the fuzzy factor? So if you have got a goal like inner peace or deepening connection with your partner or feeling more confident, come back and really look at clarifying the goal as much as possible. You might write a paragraph about that. It might bring in some of the emotional qualities, activities, actions, the elements that would be present if you reach this goal.

If it's about deepening connection with a partner, it might be what the type of conversations that you would have, the level of intimacy, maybe what kind of touch would be going on, feeling understood, feeling like you really understand and really get your partner; right, really just taking the goal, clarifying as much as possible, and bringing in kind of, making it more robust.

Another way you can check in on a potentially fuzzy goal is to ask yourself what percentage of my day is actually spent in 'blank', what percentage of my day is spent in inner peace or spent feeling happy, spent feeling in love, right? That can be another way to more quantify something that is a little bit fuzzier, and then here's a third tip:

You might track the times that you are clearly not “being” your goal. So if you are reacting, if breathing is tight, just really checking again, when am I not in that goal? Maybe you’re doing it because it’s an intention for you and there is focus on it; maybe you are actually even doing a great job, but where the opportunity can be is in those times when you are *not* in that goal.

So that’s kind of one of the first of seven keys to greater success and inner peace as you are closing out the year, really begin to look at those goals, really make sure that you are clear about what those top three goals are for you, and bring some added clarity, transforming some of the fuzziness factor.

So, let’s go to the second key, and also just to reference as it relates to goals, you can go back earlier in the year, when we talked about creating a yearlong vision. That could be a good CD or MP3 to go back to, if you really want to set yourself up for a new year. It’s a good time to be looking at, and we will talk next week about creating and setting yourself up for the New Year creation, and one of those keys can be creating yourself a 12 months vision.

So I highly recommend that call, and you will find that there in the Forum under recordings. So look for that Creating Your Yearlong Vision. Second key is to check in; we have also had a call about taking inspired action. So we can take each one of your top goals and really check in.

What are the top two inspired actions that you are intending on taking towards each of your top three goals? This is a great time right now to make a couple notes. Take your top three goals: what are the top two inspired actions that you can take to move yourself towards those, and for it to be, of course, an inspired action, I recommend really listening to that sense of intuition, that guiding force behind you to get the nudge of what’s next.

Another way to get inspired action is of course to brain storm a whole bunch of actions, and then kind of allow yourself to be magnetized towards one or two of them.

So inspired action - if we look at inspired action, we might take a check at your commitment levels. Are you really committed to taking those actions, and what would it take for your commitment level to be a 10? If it’s not already, sometimes, it could just be me, but I have things on my to do list, and they sort of get carried over to the next day, the next day, the next day.

And if I go back and look, it's like "oh, I had this written a month ago and it's not happening". Well, if we want it to be a 10, what would have to happen to shift that commitment level to be a 10?

Do I need to shift a belief about realizing the goal? Do I need to develop a new skill? Do I need to reach out to a different resource? So really look at your commitment level as it relates to those inspired actions. [Another key piece to review – we have a whole call that we did around Inspired Actions.]

Next key, number three, is Appreciations. We had a whole call related to Daily Rituals. We'll also talk about daily rituals, but Appreciations being kind of one of the key things to really keep us in high vibrational state. So you might write down, what are five things that you could appreciate right here and right now?

Five things to appreciate right here and right now. This is one of the practices that Oprah Winfrey started years ago, and it's a phenomenal way to keep yourself in the high energy vibration - so really phenomenal.

Number four is your Visions. I just was referencing the Yearlong Vision. When was the last time you read your vision? And as you read that vision, assuming that you put one together, check in and ask is there anything you need to make an adjustment to have it be even more in alignment with where you are going and what's important for you.

I was speaking with one of the participants in my Ultimate Impact Program, who's also private client, and talking about her vision and she said, "yeah, I just was re-reading my vision, and as I was getting into it, I kind of was feeling - maybe not resonating so much with the first part of it, but then more and more like the rest of it went on, it was really resonating."

And so she said she really needed to go back and adjust the first part of that vision, so that it's immediately juicy and aligned. Because that can be another thing - if we're really not clear about where we're headed, then very often we can stay in those holding patterns.

So, Visions. Again, I highly recommend going back and listening to the Creating Your Yearlong Vision CD, and as you are getting ready to gear up for the New Year, this is just the best time to either rewrite it, or maybe even write your first one. So Visions - that's the fourth key.

Fifth key really is Daily Rituals. We have had a whole call in Daily Rituals, so in addition, I kind of hold Appreciations as separate, because it's such a key one to just continue to do consistently. But let's just check in with your daily rituals.

First off, one of the key purposes of Daily Rituals is to elevate your energy and to really keep yourself connected and grounded into that place of inner peace.

Alright, and it's not about having 'shoulds' on your list, and the things you 'should' do. You should really feel inspired about what is on your list. Are you enjoying them? Are you really working with your daily rituals, really embracing them, or is there anything that needs to be eliminated from your list?

And if there is one Daily Ritual that you would want to up the anti on, what would that be? Is it meditation? Could it be around exercise? I was just saying to another colleague that the man's path to enlightenment is through meditation, but a woman's path to enlightenment is through feeling her feelings.

So maybe is there a structure you can create around really giving yourself full permission to just dive into your feelings and emotions. Maybe that becomes a practice for you, a Daily Ritual.

Maybe it's around drinking a certain amount of water each day, or lighting a candle, having fresh flowers in your room, your office. So just to check in here, how can you keep Daily Rituals alive and do them consistently, incorporating them into your lifestyle?

I'm not sure we have it as a resource, but I'll add it, which is having a little spread sheet. It's a great structure for staying on track with Daily Rituals, and giving yourselves check marks or stars, as you really allow the compounding effect of choice to give yourselves the benefits of each of the Daily Rituals.

But it's really important just to keep those in front of you, and again I invite you to head back to the Forum and dive into the recording of Daily Rituals, or listen to that on CD, of course.

Number six, the sixth key to success in Inner Peace as we close out the year is embracing those Now Practices. Again, there is a whole call we've done on Now Practices, and for those of you that are here participating, are your Now Practices alive? What are those top two Now Practices? Is it showering? Is it eating? I think I

remember Gayle had one around sweeping the front porch. It could be making the bed. My father's was emptying the dish washer. A Now Practice really is here as a structure to help you consciously develop that muscle of being more present. It absolutely works miracles.

And then the seventh key is a little reminder around Emotional Muscles. I think of an Emotional Muscle as it's like the feelings that help you align with your ideal vision or goal. So to really look at and think of your vision or goals as though they've already been achieved.

And really check in - what are the feelings that you would be feeling? If it's in a relationship, maybe it's about really feeling adored and cherished. If you've just recently published a book and are really getting out there and making your mark in the world, maybe the Emotional Muscle is around being seen or having a sense of acknowledgement.

Maybe simply you need the Emotional Muscle or willingness if it's about embracing a new exercise program; just the willingness to keep stepping into those little actions that are going to give you the compounding effect that you are wanting. And we did a whole call on Emotional Muscles, so there's another one to go back and review again, or again listen to on CD.

Let me just do this. I'm going to just open up the lines. I popped it into question mode; there is a little bit of background noise. If you have any noise in your background, you can press *6 to mute your line.

I'd love just to see any questions or comments or inspirations that come from just going through a little bit of the mini review of some of the things that we have covered here in Momentum Mastery Monthly.

Gayle: Mary, it's Gayle.

Mary Allen: Yeah Gayle!

Gayle: First off, wow!

Mary Allen: A mini review, huh?!

Gayle: There is so much that you have shared with us, and I was present to the entire conversations, and what I got out of all of them, and it

just feels really great to have a review on it. But two things really jumped out at me that I'd love to share.

One is for a woman to have enlightenment is fully feeling her feelings. I'm sure I've heard you say this before, and I've heard you say that, but it really ran this time like, oh I'm taking that on!

Probably a daily ritual to actually be present to looking for the feeling that is flowing and be willing to feel that fully.

Mary Allen: Oh I love, what a great...

Gayle: And I want accountability around that.

Mary Allen: Yeah, good, okay.

Gayle: And then the other thing was inside of the last piece of practicing being the vibration of being seen and acknowledged. I have been more or less perspective at practicing the thing that I said I would, but that one I never put in the list. What was that again, the emotional muscles?

Mary Allen: The emotional muscles.

Gayle: I'll have to add in being seen and acknowledgement.

Mary Allen: And acknowledgement, really good. And so for acknowledgement, what really allows you to feel that? Describe acknowledgement, what it's really like to have that alive in your nervous system.

Gayle: Well, I actually had this experience this evening. We had somebody come for a Craig's List ad and came and bought some stuff from us, and when I emailed her, my email was that the book was for sale.

And she showed up the house, and she said I'm so glad that you told me about your book! It's exactly what I'm looking for. I'm looking for a spiritual book. I'm going to go home and buy it. And I have those experiences.

I have the experience of being seen but also being acknowledged for having put it out there. There was an experience like oh I share about it and then people see it, and then they are glad. You know it makes a difference for them, so it's like the experience is people either just seeing this, that they are being purchased, I love that.

That's an acknowledgment in itself, watching the numbers go up, but to also have people say thank you for telling me about that, or even just they acknowledge that they know that it's available. So there are probably many, many ways that I can practice and begin to look for and listen for as acknowledgement that we have a contribution to make and that it's out there.

Mary Allen: Yes, exactly. And what I'm hearing in this too, is as you're receiving the acknowledgement, it's like acknowledging the *value* that you brought to that person.

Gayle: Oh yeah that's good.

Mary Allen: Right? It's really anchoring in the value, because if I'm not emotionally connected, let's say somebody buys a book or program or something, but I'm not really feeling anything. But it's different when I really can absorb that wow there is value in that, because of course anything that we really *feel* is an Emotional Muscle that we work, and we are going to attract more experiences that help serve and support that experience.

Gayle: Yeah thanks, and when you said that, the whole realm of ways and haves in my life that I could practice and expand, and being willing to receive that. You know that client, all the places where I make a difference or a contribution where I provide value, my clients, my partner, my friend, anybody, we just really practice and look for that.

And I love the way you shared that. It's like it's not just the acknowledgement with me but there is an acknowledgement of the mutual co-creative event that served everybody.

Mary Allen: Exactly. And I would just love to acknowledge you right here now for bringing that into the space, so that could be a guest here to everyone listening here tonight and through the CD and MP3 in the future.

Gayle: Let's feel great, everybody, try it, it happen instantly.

Mary Allen: Look at that! Love it, thank you for that. So, who else would like to chime in about something that popped for you as we were going through these seven keys around success and inner peace, the mini review of Momentum Mastery. What popped for you?

Michael: This is Michael.

Mary Allen: Yeah, Michael.

Michael: I have to share a little story with you. As you were reading off your review, I was reminded of just two nights ago. One of my sons, he is generally a very happy kid. He is always smiling; he is always in a good mood. It's great. That night, he just had a break down, and he is a very emotional boy. He doesn't fairly understand his emotions yet, much less how to express them, and it just became overwhelming for him. And the first thing that came to my mind was the tips that you gave us on the last call of how to bring back inner peace.

You gave us seven tips, and I just started going through them with him and talking about each one. For example, being present, authentic expression, recognize reality for what it is and not worse, loving yourself fully.

And as we were going through these, he started to feel better and he started to understand how to get back to that place where he loves to be.

Mary Allen: Aww, wow! I love that.

Michael: And I want to thank you very much for that. These are all things that I have done in the past, but I never actually had them as a list like it is to share with people, and it really works. What can I say?

Mary Allen: That's right. Well, they do, and I really thank you for putting them into practice, because I noticed with just more and more looking collectively at all of my clients and whatever they're coming to the calls with, and I know we are usually working on things that aren't working 100% right or addressing some aspect that sort of put a hamper on our sense inner peace.

There is not all the same flavors, and yet there is a variety of tools that depending on what kind of flavor of non inner peace you've got going on, there's things we can do for each one and the good news is, usually there is two or three things we can do for each one if we can just be willing to pull out a tool and be willing to go back to place of inner peace. So great to see they also work on children too.

Michael: Oh, they do indeed, thank you.

Mary Allen: Oh fantastic!

Michael: You are welcome, thank you for sharing there, good. Anyone else want to add something about just what they are taking from the review, something that popped for you, something that you want to kind of up the ante on commitment, as Gayle kind of pointed to.

Mark: Sure, this is Mark, hi.

Mary Allen: Hey Mark, how are you?

Mark: Great! Funny, one thing was popped was fresh flowers, and they just completed this picture for me, because I've wanted my study where I work to be an inspiring place, and it's like the missing link. So, that felt just right, like, oh thank you for that, and I also really like the idea of upping the ante one of these daily rituals.

So, this is, I don't know if it is daily, weekly, it's the way I set my goals, kind of on the -- right at the nitty-gritty scale, like in the calendar and so on, and that there is a way that I'm doing that, but I like to up the ante a little bit, and so that's a really nice boost.

Mary Allen: So what's one way you can up the ante on your goals?

Michael: That instead of kind of going, instead of setting my to-dos on a daily basis, which tends to be a bit reactive, going to weekly. It may be adjusting as I need to, but really on the Friday, this will be Friday morning, really identifying what I want to accomplish the following week and calendaring main chunks of it.

Mary Allen: Beautiful, love that! I find that very effective - that's actually how I do it. Usually once a month I do kind of a big brain storm of what are all the big term projects, what's the big picture, are usually way more that I can possibly accomplish in that month, but here's the big focus. But then weekly, what piece do I really want to focus on and pulling from that list, and I think that really ends up helping a lot.

Michael: So your monthly list is allowed to be somewhat overflowing?

Mary Allen: Yeah, my monthly list is a little bit more big picture of what's going on, and then from that, what are really the big priorities? Sometimes I will even map it out, as we were getting ready for the Inner Peace Immersion Retreat, to really look at what things needed to happen over the course of the month.

What number of calls, what emails needed to go out, what other pieces needed to be in place, so sometimes it is actually very

specific for that month, but sometimes it's a little bit bigger and kind of more general.

Okay, these are the things I'd like to do, and part of that is I'm a possibilities girl, and I love having lots of options, so that I can allow my own inspiration to kind of pick and choose what I'm called to do.

So that really works for me. But then on the weekly, I really, not that I always gauge perfectly, but I really like to - whatever my weekly list is - I really like to try and nail it by the end of the week. Doesn't always happen, but boy, I do try.

Michael: Great, thank you. That's a nice link. I've been mulling that relationship, so that's good.

Mary Allen: Yeah, good, excellent. Anyone else for any thoughts or comments from our review before we jump into some end of year completion?

I have got whoever's on 914, there is a little bit of static from your line, so you got muted. If you want to speak, just press *2, I will know that you want to raise your hand, and I'll get you off. Just checking our Forum. Anyone that's in the Forum, you're also welcome to add your comment there. Alright, let's talk to 914.

Stephanie: Hi, Mary, this is Stephanie.

Mary Allen: Hey, Stephanie.

Stephanie: I actually came to the call a little late, so I didn't catch all of the review, but just one thing I wanted to touch base on. For me over the course of the Momentum Mastery session, daily practices really help me to reconnect to inner peace and to step into what I'm feeling and really be able to pin point places that are causing me overwhelm or stress, and be able to reconnect to my purpose and my focus.

Mary Allen: So true, and I love that you really have that commitment to your daily rituals because they really do have that calm. You get both the immediate benefit of the day and how that sets up your day for affecting your inner peace but then you also get the cumulative effect which has an even more powerful impact.

And what's one of your favorite practices that you have been working.

- Stephanie:* Meditation actually came to the forefront for me; it's really allowed me to clear lot of mind chatter that comes up. I found that I have become more creative out of that, so meditation definitely.
- Mary Allen:* So lovely, and definitely a huge contributor to inner peace when we have less of that mind chatter stuff going on.
- Stephanie:* What I would like to step up for myself I think would be emotional muscles and one particular is being seen and being able to put myself out there and really connect with that emotionally, and be able to take action in that area.
- Mary Allen:* Good, so being seen, so, let's play with that a little bit like we did with Gayle on the acknowledgement one. So if you were to just step into how it feels, give some more articulation about how it feels to be fully seen, how you would describe that emotionally.
- Stephanie:* I think for me it would feel, I feel confident, I would own it, I would feel ... how can I describe - I feel like I could step into it, something that came up that I had to go to a conference the past two days and at the end of the conference we had to do a mini teach back.
- And going into it, I used my meditations & really said to myself and clear that the nervousness and mid way through it, I felt like I owned the room and I felt like I was really connected to the material that I was delivering, and it's the first time I really felt that way so that was -- they said okay maybe this is what I'm supposed to feel like. It wasn't that oh I'm so nervous, am I stuttering. I really feel like I owned the material and I knew what I was talking about. I feel that confidence come up and I think that's how it would feel for me.
- Mary Allen:* Beautiful I love that articulation too. So owning the room, that confidence, like you can really get a sense and then when we tie that into being seen, it's doing all that in front of a group of people of some sort, being connected with content.
- Connected with your material - that's beautiful, I love that, and it's like with each one of these, the more we work just a little bit we really allow that compounding effect of choices to accumulate, and this is what effects transformation, so yea! Love that.
- Stephanie:* I would love to see more of that for myself in the new year.

Mary Allen: Well good, well help that in and a little bit each day of what it is to really stand in that confidence, owning the room, being seen, connected to your material, it's a beautiful place to be, and I have a feeling that more than one person listening in will be embracing that idea for themselves as well, nice.

Michael: Mary, could I ask a follow up question? I totally connected with that, thank you, and what would a little bit each day look like.

Mary Allen: Right, so great question. It can look like maybe taking one minute, two minutes. Say I'm focusing on that emotional muscle. I might be sitting here in my office, and I would just stop maybe for a minute; I might close my eyes, and I will just kind of stand in the emotional image of being seen.

Imagine being in front of an audience. I can pick the size. I might even, each day, grow that size of the audience. Each day I might start with maybe a group of 10 or group of 20 and maybe that would be one thing in my visualization, each day, that would expand, but I would literally create some kind of image, and as I create that image, stand in it as though I'm there in that place of confidence.

How does it feel to just really own the room and see if I can find it in my nervous system - just a little bit more each day and what it feels like to be fully seen for who I am.

In my particular uniqueness in the world, not trying to be somebody else, just being seen for who I am. I would stay with the image or the feeling rather until you can really connect just a little bit more maybe than the day before.

So the whole idea we are working in the emotional muscles is really on the *feeling*. Here we are kind of mentally talking about it, but it's another thing to also step into the *feeling* of it.

So if you have done that - even if it's 30 seconds - Abraham Hicks talked about 20 seconds of pure positive thoughts. If you can hold that feeling for 20 seconds, 25 seconds, 30 seconds, it will be great. You can go back to your day as you would normally, and then next day feel great for just 30 seconds again to connect in.

And each time is just expanding. Maybe it's the size of the audience; maybe it's the deepening of the confidence; maybe a deepening of owning the room and really connecting all the way to the very person, the very back edge; to feel what it's like maybe to

be doing work with somebody in front of the room and or answering a question.

Focusing on handling anything, and again, focusing on feeling. So, does that help?

Michael: Yes, awesome thank you.

Mary Allen: You are welcome. Very good. Alright, let's dive in to end of the year completion. This is a process that was introduced to me, literally from my very first coach, probably almost 12 years ago. I remember doing it back then and then I felt my practice; I started passing this one to my clients. So if you have ever worked with me, you have probably seen this arrive either in the news letter or your inbox, sometime around this time of year, and I have really found it to be one of the greatest ways to get complete with your year before wiping the slate clean and starting in a brand new one.

And really doing these questions personally, so we will talk about it here. There are a couple of key questions that will be fun to get answers from our live audience here today, but where the real value will come is by you being in you own home and getting a cup of tea, and sittin' by the fire, and just really allowing yourselves (I like to pull out my calendar for the year) and just to really allow myself to go through and reflect on each of these five questions.

So there are five questions here, and this is a two part exercise. There is End of Year Completion and then next week we'll be talking about the New Year Creation and kind of playing around with that, and for those of you that plan to be on the live call, what would be great is even to go through and begin to dive into the new year creation questions, and we can do some of the sharing live on next week's call there.

But lets go through these five questions for End of Year Completion, the great way to close out the year & really put a nice period at the end come December 31st, to be, charged and ready to go for the new one. The first question is what are your disappointments, failures, and break downs?

We want to do this one as a group conversation. I don't want to put people on the spot about this. We might pull out the tissue box because you had great aspirations to get a certain project done that didn't happen, things like I haven't got my book on CD. Well yeah maybe it will still happen before the end of the year, but I can go

through well I would've liked to have even more participants at my Awakening Beyond Achievement events or my Inner Peace Immersion Retreat. So those are the things I could say, but now I'm real disappointments that really get you down to the bone.

So there is probably some disappointment in that, but how do you kind of sit with yourself on that question, and here more than anything, as we acknowledge this, because the biggest thing is about acknowledging. I'm not trying to make you feel bad about this, but it's an opportunity to either let them go or carry them forward to make a new promise.

Alright, so let them go, carry them forward, or make a new promise. What are your disappointments, failures and break downs? Really look at those and bring a tone of compassion and grace as you do.

Let's go to number two. We are making a second list and this is success, wins, and accomplishments. This is really your chance to celebrate and own who you've become this year. Where did you step into your power and greatness?

Now it could be little things; it could be anything validates your accomplishments. You might look through your organizers - any notes that you have taken in your journal throughout the year. No modesty is allowed; don't skimp. Really, what were the successes, wins, and accomplishments? I'd love to take a little tally from our listening audience here.

What are some of your successes, wins, and accomplishment? Who would be willing to share?

Michael: Hi Mary.

Mary Allen: Yeah, Michael.

Michael: This is Michael. Alright - one of my accomplishments is actually a goal that I set in one of the first calls in the group, and it was to adjust my sleeping hours, because I had been going to bed at 2 o'clock in the morning for the last two years or year, or something like that, and now for almost three weeks I have been on a normal schedule.

Mary Allen: Excellent, nice.

Michael: Oh I'm very happy about that.

Mary Allen: Excellent! Fantastic! Any other big successes, wins, or accomplishments to pass out here? Any others for you, Michael?

Michael: I'm thinking.

Mary Allen: Okay.

Michael: I have started my own special interest group for coaches who want to create retreats specifically for men, and that's been going on now since about two months. And that was the spur of the moment decision actually. I was on a call and I was asking about retreats specifically for men, and somebody said well Michael if you are so interested, why don't you do something about it, and two hours later I sent out an email to the Yahoo group that this call was associated with, and I had 10 people sign up.

Mary Allen: Nice, well, way to go! That's a good one.

Michael: It's not something that I normally do, something that's spontaneous. I have no idea how I was going to do it, and I just went out and did it.

Mary Allen: Fantastic, congratulations!

Michael: Thank you.

Mary Allen: And who else would like to share a success, a win or an accomplishment?

Gaile: Well this is Gaile. I can't pass up the opportunity, so we published a book, I got engaged, and it's been a banner year. If this call was next week, I'd be able to say I got married.

Mary Allen: So right that all happened within a few weeks. I'm so excited about you are getting married on Saturday. I'm so excited that I get to be there with you.

Mary Allen: That's fantastic and your book is Remembrance?

Gaile: Remembrance: the Keys to Creating and Experiencing Heaven on Earth and is available on Amazon.com.

Mary Allen: Beautiful! Well, good, now people can go check it out. And I know you've also got a great Fan page on Facebook called...

Gaile: The Beloved Page.

Mary Allen: The Beloved Page, great! Good, people can check that out.

Gaile: Yeah it's really been an incredible year. Thank you for all that you have contributed to it and being in conversation with me

Mary Allen: My pleasure. I would certainly put as far as success, wins, and accomplishments my five city Awakening Beyond Achievement Tour with most gracious support of you, Gaile, as well as the Inner Peace Immersion Retreat. So those are definitely two biggies from my list as well as, come to think of it, Momentum Mastery got launched in this past year.

Gaile: And Ultimate Impact, too.

Mary Allen: And Ultimate Impact. This has been a pretty good year. Love that! So we kind of get the idea there.

I'm going to throw out this next question: so what have you learned about yourself in your life, what insights have you gained? And true insights, if you think about it, have the transformational capability of shifting us into a new more alive place and so often we do learn things and when we don't really name and claim them, sometimes their impact isn't quite as pervasive as it can be when we say I really got this.

So to really claim those learnings about yourself, your life, nurture those so that as you deepen those learnings, they can really have an even more long lasting impact. Who would like to share something that you have learned about yourself in your life, maybe some insights that you have gained that really make a difference moving forward in the new year.

Michael: This is Michael.

Mary Allen: Yeah, Michael.

Michael: It's not so much something that I learned about myself; it's more something that I had forgotten about myself that I was reminded of this year.

Mary Allen: Okay, I think that qualifies for this category.

Michael: And it is to not be afraid to ask for what you really want.

Mary Allen: So you learned that you *can* ask for what you want.

Michael: No, I have learned that if you ask for what you want you got a better chance for getting it, and I have noticed that in my life the more I ask for what I want the greater the chances are that I will get it.

Mary Allen: Great, beautiful. Love that; true enough.

Michael: An example of that is I have been having trouble with my eldest daughter and relating with her and at one point she had a conversation with me where she said she wanted to have a more mature relationship with me. And I thought okay let's have a more mature relationship. We talked about it and I made her realize that a more mature relationship means that we are going to have a more mature relationship both ways. At first she was a little hesitant, but then she realized, that makes a lot of sense, and my relationship with her in the last few months has transformed completely to one of respect. And I mean three weeks ago, she actually spent a whole evening with me at her own free will, I didn't ask her or anything.

And I thought wow, this is what I have been after for years, a couple of years! Daughters aren't the easiest thing.

Mary Allen: Right, this is very true.

Michael: And it was all because I just told her what kind of relationship I wanted to have with her and I asked for that relationship and I got it.

Mary Allen: I see you really got the correlation that if you ask for what you want, you increase the chance of getting it, and I also see how capable you are of asking for what you want.

Michael: Absolutely, and its something that I had learned in the past but it was only within the last few months that I realized that I hadn't been doing that in six months or a year or two year.

Mary Allen: Right well, congratulations, and welcome back to this insight, a good one, a really good one. Who else could have one around something you have learned about yourself or your life, an insight that you have gained in the last year, and Stephanie, I'll unmute you just in case you have one of those.

Stephanie: Hey, Mary, Stephanie.

Mary Allen: Hey Stephanie.

Stephanie: Hi, for me, I have learned to honor myself. When I think about a lot of the, if I think of all the choices that I have made in my life, or things that are showing up in my life, I have come to realize that when I have honored myself and my value, yes, I get what I want, but also the outcome is desirable. But when I'm making decisions for or making choices that I think are better for others or will work out better for work or things like that, and I'm not honoring where I am and what it is that I want, that's when a lot of inner peace is disrupted and it's the turmoil that comes with that.

So from the practice of really honoring and stepping into my value, I learned a lot about myself and my outcome is much better.

Mary Allen: Right such a powerful one. I truly believe that when we honor our own sense of integrity and what we're really doing, that it really ends up servicing everyone. Sometimes I forget that and when I have to readjust the commitment and so forth but then I always go back and trust that if it's really in alignment with me, it's going to actually probably serve others too. Nice one - oh really good one.

Excellent! Let's go to question number four. What are you grateful for and this is a list. This is the where you might list some of the things that you have named in terms of insights or successes or wins, anything that you truly appreciate about yourself or any area of your life, and the basic principle to get is that whatever you appreciate and give thanks for will increase in your life.

And here is where I go and just get kind of ridiculous what I feel grateful for throughout the year. I really have my calendar right there with me and really think about magic moments that I had with people and what the significant events were. I think I have done some pages where it's two, three pages long, four pages long - being grateful for all the little nooks and crannies in my life, whether that's snuggling on the couch with my significant other, DVR that allows me to capture the shows that I love most, or books that I have read or the weather, to watching the hummingbirds outside - literally everything that I can name that's really present. I love to do just a huge gratitude out-poring.

And for the sake of time we will just bump to the next question and then the fifth question is how will you celebrate and honor this year's accomplishments? What would be a fun, special thing to do for yourself? Sometimes you may think, is this exercise something I really need to do? Coming back to that acknowledgement piece,

when we really take that extra special something and almost maybe in a ritual way, could be in the fun way, just honor and celebrate the year. It could be doing a special evening for yourself; it could be you got an image of getting a helium balloon and writing the year on it and letting it go into the universe; could be having a dinner party with your favorite people, could be indulging in a massage or facial or an extra treat that maybe you wouldn't normally give yourself. Really think about how you will celebrate and honor your year accomplishments.

And let me just check in with our listening audience and see if any thoughts or ideas that you have got that you could add to the mix as far as how you celebrate this year's accomplishments. I'll pull Stephanie up just in case you've got something to add. Anyone else have some idea about how you will celebrate and honor your year's accomplishment?

Michael: A beautiful long walk.

Mary Allen: Oh love it.

Michael: May be climbing a mountain.

Mary Allen: Oh I love that too, I love it. Any other ideas? Oh, is there one more?

Michael: This is Michael.

Mary Allen: Yeah Michael.

Michael: I'm not sure if this qualifies but the first thing that came to my mind is taking the time to sit down with my family and just have each of us share our, what we feel our accomplishments with rest of the members of my family.

Mary Allen: Yeah, love that, really, to have everybody go through their own, spend a little bit of time with each of the questions and then come together and really share openly about their list. It's a way to acknowledge each person and gain learnings. What a fabulous idea.

Michael: Exactly because sometimes you go through life and we have the accomplishments, and we think we have done well. But, and maybe that we did something for somebody, and we are really proud that we did that, but the other person isn't even aware of it

and so you get this support and mutual appreciation going between the people.

Mary Allen: Yes absolutely. I love that and really, how precious would it be to explore the questions, what you have learned about yourself in your life, what insights you have gained with each of your children or your significant other. Another extra benefit is not only are you getting these insights of your family but as each person shares them out loud, it's one thing to do the exercise where you just do it for yourself and write down your answers - very powerful, so valuable - and if you can share with somebody else to really articulate them, then there is a different level of depth that comes, different sense of intimacy. I can't wait to hear about that. Please report back.

Michael: May I ask a question.

Mary Allen: Sure.

Michael: Do you think that that would be coming from the ego, wanting to share your accomplishments with others?

Mary Allen: We could say it's coming from the ego, but what struck me is more that it's coming from the place of being seen. It's more of an act of self expression, being who you are, just a sharing of who you are and on the surface to celebrate who you are. The ego gets a bad rap. Unfortunately, I think people end up getting into the habit of minimizing themselves; they don't want to be egotistical. It's also equally the ego to minimize your accomplishments and to want to squash who you are.

So I would say in the spirit of being seen and owning the room and just owning who you are, I say go for it. We can acknowledge all of our accomplishments from the place of humility.

Michael: Well, thank you I appreciate that. It's been something that's been on my mind since I don't remember which call it was but one of your calls, where you discussed about ego, and I have given quite a bit of thought since that call and considered are the things that I think coming from the ego or are they not.

Mary Allen: Well, there is almost no way to separate out 100% the ego. We want to have a good healthy ego, especially for doing anything where you're a service professional or speaker, putting work out into the world. We need a certain amount of ego. The real question is is it really controlling you? Is it completely running the

ship or are you using it to support the highest expression that you are? We want to use it as a friend, as an ally. I mean it's just a part who you are. We can't, even if you wanted to, completely divorce your ego. It's physically impossible best I know. But the question is is it running you, and just the fact that you are asking these questions and looking at it, tells me that you probably have a healthy balance with it right now.

Michael: Okay, thank you.

Mary Allen: Yeah, so thanks for putting that out there. Great question, excellent. Hopefully we have got a commitment from everyone here listening tonight or listening to this via CD or MP3 to really take yourselves through these five questions as a way to close out the year and get yourselves geared up for the new year. Just before we close out, if there is any final comments, thoughts; what are the takeaways from today's call? Any last final comments?

Stephanie: Hi Mary, Stephanie.

Mary Allen: Hey, Stephanie.

Stephanie: For me the takeaway is to celebrate myself.

Mary Allen: Absolutely! You so deserve celebrating.

Stephanie: Thank you.

Mary Allen: Other take aways?

Michael: This is Michael.

Mary Allen: Yeah Michael.

Michael: I know you just went over quickly but when you are talking about what are you grateful for? I could really associate with what you are saying about making that long list there. I was watching a video recently, and it said to be grateful for running water and something that just never occurred to me, to be grateful for, and it really got me thinking about all of these different things that one can be grateful for that we just take for granted.

Mary Allen: Yeah that's such a big one. Hot running water is one of the key transforming gifts of the western world. I think I'm grateful every single time I'm in one of those beautiful hot showers, one of my

favorites! Oh good, thank you for presenting that, and Mark how about for you? A takeaway from today's call.

Mark: Well one is the importance of raising the vibration, just having that feeling be present, and the other is the compounding effect of these practices and that's all just kind of, coming home, I am really inspired to make some changes from this call.

Mary Allen: Excellent I love that, fabulous. Pleasure having you on the call and I know we've got a few other folks. Anyone else want to chime in with a takeaway from today's call? Of course we don't need, we love listening ears as well. Our next and final call for 2010 is next week. We are going to be talking about New Year Creation and getting ourselves refocused on what's coming in the new year. I encourage everyone to go to the MomentumNow.ning.com Forum. Go under the button Forum, and download the worksheet, and I would love if you got a head start on some of that between now and next week and we also have some other goodie relating to New Year Creation for next week all.

So with that, thank you everyone for being with us tonight. We will look forward to chatting with you all on the next call, bye everyone.

Michael: Thank you, Mary.

Mary Allen: Bye, bye.

Michael: Bye.

Mark: Thank you, Mary.

Mary Allen: Bye, bye.

Mark: Bye, bye.