

Wendy Balman, CPCC, ACC—630.464.5555 • Shannon Bruce, CPCC, PCC—360.308.8292

Acknowledge Your Accomplishments and Launch into 2012!

One of the greatest gifts you can give yourself is to celebrate your growth and accomplishments from this past year. Before you can really start to think about 2012, make the time to reflect upon 2011 to embrace the gifts, learning, joys and opportunities you have experienced. This wisdom is the catalyst that will launch you into the best 2012 you can imagine!

So create the space to reflect on all of the transformation that has happened within you and in your life this past year. Pull out your calendar and decide now when you will give yourself the gift of this reflection.

Here are some questions to guide you in reviewing the previous year:

What were your greatest successes?

Think of the most important areas of your life and what you are most proud of or what you have accomplished in each area.

Remember to celebrate! What will you do in the next 30 days to acknowledge your successes?

How have you evolved? Who have you become?

Are you more loving?

More patient?

Were you more courageous, adventuresome or _____ in 2011?

Coaches Tip: Who we become is much more powerful than what we accomplish...

What are you most grateful for in 2011?

This is the time to count your blessings and to be thankful for what you have in your life. What is on your gratitude list?

What were the five most important lessons you learned this past year?

What do you now know that you didn't know as you entered 2011? These lessons can be the result of good or bad things happening. Use your "lessons learned" to accentuate the positive and avoid the negative as you focus on 2011.

What important things do you want to accomplish or change about your life during 2012?

Take some time to brainstorm—write whatever comes to mind. Then prioritize.

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What items on your list could be accomplished more easily with the help of other people?

Identify three people who can help you with each accomplishment or change you'd like to make. Write down their names along with a deadline to contact them. Know very precisely how you would like them to help you. Enlisting the help of others can be a powerful way to make things happen. You do not have to do it alone!

Who are the people in your life that have made the biggest difference to you this past year?

Make a list of who has played a pivotal role in your life. How could you show them your appreciation? A gift from the heart goes a long way.....

Ask yourself, honestly, what could you do that would bring more joy into your daily life and decide what you need to do to get that started?

Make a list and keep it where you will be reminded daily of how you can bring more joy into your life. Remember the simplest things in life can bring you the most joy.

As you prepare for the coming year, consider how ongoing coaching support can serve you in creating and achieving a thriving and fulfilling life in the coming year. I consider it a privilege to be a part of your journey!

Here's to your Success and Joy!

Shannon