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Launch 2009 with clarity and purpose

By Lora Cecca Lyons/columnist  
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MEDFIELD -

This is the time of year when most of us contemplate making new year's resolutions and begin to create business plans for the coming year. We may approach these tasks with dread and a sense of obligation. How about taking a different and very effective approach to creating a new year where setting goals, a to-do list and timeline are not needed?

Pretend it is already December 31, 2009. What did you accomplish this year? Now, write down all that you've done in 2009 as if you have already experienced it. The richer you make the picture the more you can 'live in' to that future. The more detail you add, the more you are able to fully experience this future you are creating. Our bodies are unable to discern whether we are practicing something or experiencing it in reality, which makes this a simple yet profound exercise.

I started this practice a few years with a group of friends and found it incredibly inspiring. What I found most astonishing was that a majority of my accomplishments were fulfilled throughout the year almost unconsciously without constant review, goal setting and planning. They just seemed to unfold on their own.

To those of you who create vision boards, this is along the same vein but is in a language format. I encourage you to take some time for yourself to dream big and tap into rich possibilities. Avoid worrying about how you are going to fulfill these accomplishments and if they are realistic or not. Think big and without limits.

Here are the simple steps:

Take time over the next couple of weeks to write down your 2009 accomplishments and aim to touch upon the following ten domains:

- Personal care & well-being
- Financial well-being
- Sex & intimacy
- Family & friendships
- Spiritual well-being
- Community & philanthropy
- Play & vacations
- Work & what occupies you
- Creativity & play
- Physical space & environment

Write your accomplishments in past tense, as if you are writing them on December 31, 2009 and looking back at all of 2009. Remember, be as descriptive as possible and allow yourself to fully experience these accomplishments.

Once you write them, I encourage you to read these aloud to a trusted friend. Speaking these to a listener is powerful - it gives you the opportunity to be witnessed and for you to be in the experience of having these accomplishments already have happened.

Review these this December and share these again with a friend. Celebrate and revel in what you created for yourself this year. For you, and only you are the true author of your life. So - create!

Lora Cecca Lyons, MA, CSC, is a leadership and somatic coach, expert, writer and founder of Lyons Leadership Coaching who supports people who want to powerfully design and lead their lives both on a personal and professional level. Download a free, comprehensive worksheet detailing the exercise in this column by going to [www.LyonsLeadershipCoaching.com](http://www.LyonsLeadershipCoaching.com) and registering for Lora's insightful quarterly newsletters. Lora can be reached at [Lora@LyonsLeadershipCoaching.com](mailto:Lora@LyonsLeadershipCoaching.com).

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