

## **Completing the Past Year and Launching Your New Year With Power and Clarity**

In order to powerfully design our new year with clarity and purpose, it is essential to acknowledge all that you have done and learned in the previous year. It is equally important to note the dreams and activities that you did not accomplish or are deemed as unfinished business. Acknowledging all that occurred for you in the previous year helps to set the stage for the new year with grace, power, clarity and ambition.

The act of completion is powerful. Distinct from finishing or ending, completing allows us to clear the decks, learn necessary lessons and reflect in a way that sets us up to create powerfully going forward. I encourage you to take some time with the questions below in the service of completing the year with dignity and purpose.

### **COMPLETING the Previous Year**

1. Look over any documents you created that forecasted how the past year was going to unfold. Where are you right now with respect to any promises or forecasts you made about this past year?
2. What was your biggest triumph?
3. What was the greatest lesson you learned?
4. What can you be really truly proud of this past year?
5. Who were the three people that had the greatest impact on your life?
6. Who do you need make amends with or thank?
7. What is the biggest risk you took?
8. What is incomplete that needs to be handled for the new year to be great?

9. What else do you need to do or say to be complete with the past year?

Completion ends when you have nothing more to say about the person or subject with whom you are completing, when the answer to the question, "Am I complete?" is "Yes." This exercise can be done in dialogue, in a journal or as a meditation.

You may want to create a completion ritual. What would give you the greatest sense of a pleasurable completion to the year? You might burn something, pray, go for a walk, write a poem or have a fireside chat with your loved one.

Once you declare that you are complete with the previous year, you are then ready to create your new year. You now have the opportunity to craft the new one from absolutely nothing and start totally anew. By going through the process of fully completing the past year, you have a clean slate to work from.

I have broken the creating your new year process into two parts. The first part is a series of questions to spark your thinking and creativity. The second part builds on the first part; your responses from the first part can then be fleshed out in more detail in the second part.

I encourage you to take some time to answer the following questions in order to inspire your thinking on how you want to create your new year with intention, clarity and purpose. As you work on these questions, I encourage you to find a quiet and comfortable space to reflect on what is most important to you and to be in the space of creation. As you reflect and answer the following questions, think not only about actions you want to take and accomplish, but also who you want to be or how you want to show up in the new year. (For example, say for the new year you want to reconnect with a loved one and create a loving and respectful relationship with that person. And in light of that, you see that you also want to practice being a compassionate and forgiving person.)

Light a candle, listen to soft music and nibble on something delicious as you partake in the practice of setting your intention for an incredible new year. Take your time and enjoy this process, for you, and only you are the true author of your life. So – create and have fun!

## **CREATING the New Year Part I**

1. What would you like to be your biggest triumph this coming year?

2. What advice would you like to give yourself?
3. What is the major effort for improving your financial results?
4. What would you be most happy about completing?
5. What major extravagance are you willing to experience or give to yourself?
6. What would you most like to change about yourself?
7. What are you looking forward to learning?
8. What do you think your biggest risk will be this coming year?
9. What about your work (or what you do) are you most committed to changing and improving in the new year?
10. What undeveloped talent are you willing to explore?
11. Who or what, other than yourself, are you most committed to loving or serving this coming year?
12. What one word or phrase would you like to have as your theme for the new year?

When you are complete with these questions, I encourage you to take some time to review them and allow your responses to sink in. You may want to put this list under your pillow and allow your unconscious to process these. The next step to powerfully creating your new year will give you an opportunity to create and write in more detail how you would like the

year to unfold. But before you proceed, I suggest that you take a mini-break to allow ideas to bloom.

## **CREATING the New Year Part II**

### ***ac•com•plish•ment***

*The act of accomplishing or the state of being accomplished; completion.  
Something completed successfully; an achievement.*

Now onto the second part of creating your new year. For this step you will have the opportunity to design the upcoming year as a set of accomplishments. Pretend that it is already December 31<sup>st</sup> of the new year. Yes, that's right - imagine it's 12 months into the future. What did you accomplish this year? Imagine all that you've done this year as if you have already experienced it. Write it out as if it happened, as if you lived it and can speak about from having had the experience of 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. Unlike goal setting or making resolutions, this practice engages your entire self into the process. Our bodies are unable to discern whether we are practicing something or experiencing it in reality, which makes this a simple yet profound exercise.

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. Be sure to write your accomplishments in the **past tense**. Dare to dream BIG.

Craft your accomplishments for each of following 10 domains. Following this list is a short and simple example of what it looks like to create your accomplishments that touches upon each of these areas:

- Personal care & well being
- Financial well being
- Sex & intimate relationships
- Family & friendships
- Spiritual well being
- Community & philanthropy
- Play & vacations
- Work & what occupies you
- Creativity & self expression
- Physical space & environment

**AN EXAMPLE OF New Year ACCOMPLISHMENTS**

- Personal care & well being – *I have taken great care of myself this year. I exercised 3x/week by running, doing yoga and took up boxing. I also did my meditation practice for 10 minutes every day. My entire body feels well and fluid. My anxiety has shifted to an overall mood of joy and ease. My overall health has improved greatly. I'm eating a salad every day and cutting back on breads. As a result of my weekly exercise routine and shift in diet, I feel lighter and my clothes are fitting me differently. I look and feel fabulous!*
- Financial well being – *I paid attention to where and how I'm spending my money. I've stopped my old habit of emotional spending and started contributing weekly to my savings account. I started incrementally saving \$5 a week and increased the weekly amount by \$5 every quarter. I also kept track of my bills' due dates and paid every bill on time this year.*
- Sex & intimate relationships – *I created room in my life for a companion. I threw away pictures and mementos of old boyfriends. I met with a therapist regularly to overcome my fear of commitment and learn to trust men again. I made incredible strides this year and am ready to date. I let it be known to close friends and family that I am open to dating. My sister and best friend set me up for a few blind dates this year and I had a really good time. I enjoyed socializing and getting to know new people. By the end of this year I have formed a steady relationship with someone I enjoy being with and share laughs with. We are first and foremost friends and are letting our relationship unfold naturally and easefully on its own.*
- Family & friendships – *I reconnected with an estranged cousin. I reached out to him at the beginning of the year and we spent the rest of the year getting to know one another again. We have put the past in the past, forgiven our differences and are starting our relationship over. It feels so good to have my cousin back in my life. My uncle (my cousin's dad) couldn't be more happier to have our family reunited. Our family is closer than it has been in years.*
- Spiritual well being – *I have explored and deepened my spirituality this year. Through daily meditation and joining a women's group, I have felt myself open up to new friendships. I have also gone to synagogue regularly.*
- Community & philanthropy – *Since rejoining my synagogue, I have become an active member in that community. I volunteered on a couple of community projects and have met some wonderful people in my town. These community projects have helped me get to know my neighbors – so now I finally know who lives on my street. Being an active member of my community has helped me feel more connected to people and less isolated.*
- Play & vacations – *This winter I planned a ski vacation with my neighbors who are also avid skiers. A bunch of us spent a whole week enjoying the slopes and the local shopping scene. This past summer I took a week off and visited my aunt in Colorado. I enjoyed visiting her new home and hiking on a number of beautiful trails.*

- Work & what occupies you - *I took on some high profile projects at work and was able to show my boss what I can do. I saw how I can contribute at work and fill a need that is currently not met and spoke with my boss about it. I was able to create a new position at my company that challenges and satisfies me. I feel fulfilled at work and am loving it.*
- Creativity & self expression - *I took a cooking class at the beginning of the year and by the end of the year, I came up with my own recipes. I released my inner Julia Child! For Thanksgiving, I surprised my family by preparing the turkey and a delicious side dish. My mom could not believe that I did it.*
- Physical space & environment - *I cleaned out my closets and threw away old things that I no longer need. I organized my storage spaces. My home office is organized. I have a system for sorting my papers and files and now can find what I'm looking for. It feels so good. My new organization system made me much more productive. I get so much done in half the time it used to take me because I used to spend most of my day looking for things.*

Once you write your accomplishments, 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. A move you may also want to make is to have someone you can trust support you and hold your intentions for the year. That way you have someone actively on your side and rooting for your success.

Review your accomplishments on December 31<sup>st</sup> and share these again with a friend. Celebrate and revel in what you created for yourself this year. Enjoy completing and creating your years for the rest of your life!

*Credits: Some of this content is from Way to Go! Inc., Seven Stones Leadership and the Boston Sufficiency Group.*