

## Clarity Success Coaching - New Year Reflections

As we approach the end of 2013 and touch the beginning of 2014, this is the perfect time to look back and reflect on the year that has passed and to look forward to envision the goals and dreams you would like to create for yourself in the coming New Year.

Following are two exercises which may help you to do this. You may wish to do them both or choose the one that feels best for you.

### **Looking Forward**

The following writing exercise asks you to make a list of all the goals and dreams you would like to achieve. If you did this last year it's a great exercise to do again and see if your goals have changed, or if you've achieved some of them, to add new ones to your list. I suggest you go to an espresso bar and buy a latte or put on a pot of peppermint tea at home. Set the stereo for the kind of music you like the best and start to write.

Write fast. Do not linger over the page. If you find yourself dismissing a goal as grandiose or far-fetched, write it anyway and put a star next to it. That's a live one. Do not be afraid of wanting too much. Write down even those ambitions which do not have practical means of accomplishment. Keep on writing. Write from your heart and make the list as long as you like.

For the second exercise, I invite you to think about the questions on the following page and muse a little bit about where you've been. Sit quietly again for a few minutes with a pen and paper or your journal and use the following questions to help you review 2013. The value of looking back and examining what we have learned from the lessons of the past year is enormous and helps us to move forward with even greater clarity. You may think of questions of your own to add to the list.

Please feel free to give me a call if you wish to share what you've discovered or talk about either one of these exercises.

Blessings for a happy and healthy new year.

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## **Looking Back**

What top three professional goals did I accomplish this year?

What top three personal goals did I accomplish this year?

What am I most proud of myself for accomplishing and achieving in 2013?

What things were difficult for me but I worked through them anyway?

What things did I tolerate that I have not yet cleared away?

Looking back at New Year's day 2013, how am I different now than I was then?

What is my favorite moment from 2013?

What was my greatest lesson learned in 2013?