



Acknowledge Your Accomplishments and Launch into 2010!

One of the greatest gifts you can give yourself is to celebrate your growth and accomplishments from this past year. Before you start to think about 2010, reflect on this past year. We encourage you to schedule time to embrace the gifts, learning, joys and opportunities you have experienced in 2009. Don't neglect to create the space to reflect on all of the transformation that has happened this past year.

Let 2009 be your catalyst to make 2010 your best year ever. 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, adventurous or _____ in 2009?

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

What are you most grateful for in 2009?

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 2009? 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 2010.



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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 us the most joy.

As you prepare for the coming year, we want to thank you for the opportunity to be a part of your team. We consider it a privilege to partner with you and look forward to witnessing the ongoing transformation in your life in 2010!

Here's to your Success!

The Coaching Team of Inner Wisdom Coaching Services
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