

# CREATING A FULFILLING & VIBRANT 2016!

**Good-bye 2015 and hello 2016! As we close a year and welcome a new one, now is a perfect time to harness the wisdom from the year and it's milestones, celebrations, successes, missed opportunities, challenges and "failures", and create a compelling and strategic vision for your greatest 2016.**

So, turn on some relaxing tunes, cozy up with a cup of tea or bevvie of choice, and take a moment from the hustle & bustle of your to-do's. Return to yourself with pen and paper as you reflect over the past year, and what you'd like to create for the new one.



Don't feel you need to answer all of these in one sitting. Break it up as needed. Take your time. Revel in your life and what you're creating. And not just parts of it... all of it. Everything in your life presents an opportunity to grow, to learn, to love, to become more, and to live your life's purpose.

Nothing is meaningless unless you make it so.

1. **What are 10 milestones, highlight memories, celebrations, and successful overcomings from 2015?** How is each notable?

2. **What personal qualities or traits allowed you to accomplish those successes and overcome the challenges?**  
(Great Story coaching clients, look to your Graces too – which strengths and powers did you really step into?  
What can you notice about the roles of both the light and dark side of the striver in each?)

3. **What 6 disappointments, challenges, “failures” or missed opportunities did you face?** (Great Story coaching clients, explore the emotional themes of each. What is there to acknowledge? How did the Negative Ego, Victim, Striver and Conscious Creator show up? How might these challenges layer into your Great Story?)

4. For each challenge, what are you pleased with? How could you have shown up better?

Challenge faced...	I am pleased with myself for...	I could have shown up better by...

5. **What 3 unexpected Game Changers showed up and shifted your focus and priorities?** How so/what was the impact?

6. **How have you grown and what are you discovering about yourself?** (Great Story coaching clients, what are you beginning to discover about your Triumph, Passions, Graces, Great Story?)

7. **Do you have any unfinished business that needs to be tended to in order to truly begin 2016 with a clear slate? If so, what needs to be completed?** (What energy would you like to do it from? What will support you in that?)
8. **Are you actively engaged daily in what's most important to you, what grounds you, AND what lights you up?**  
What are you doing that you want to keep doing?

What, if anything, is missing?

9. **In what ways do you hold yourself back from feeling, and being, your best? Look within rather than at outside circumstances unless you can tie them to yourself.** (Great Story coaching clients, where do you see the Core Lie, Limiting Decisions and Choices, and Backfires showing up?)
10. **What could you change to bring you better success? Include the “being” as well as the “doing”.** (Great Story coaching clients, look to the 6 raw materials: beliefs, attitudes, thoughts, feelings, and fundamental limiting decisions and choices)

**11. What is the one thing so thrilling of an idea that you get butterflies just thinking about it?**

**=> If you were to take 2 small steps towards that dream, what would they be? *If the dream feels too far away or unrealistic right now, then explore 2 action steps that would bring elements of that dream into your life immediately.***

(Eg. If the Butterfly Dream is to move to a tropical island and become an author, notice what elements attract you most, and how you could foster them now. For instance, is the deeper desire greater simplicity? Exploring your creative side? Travel and adventure? Living a lower-stress lifestyle? Being by water/nature? Enjoying more freedom and lightness of being? ...Any of these elements can be fostered right now, despite the tropical island or never having written anything before.)

1.

2.

**12. Who are your greatest supporters?**

**13. What other supporters/supports might you need to engage?**

**14. How does all this wisdom inform you for the coming year?**

- 15. If at this time next year you were looking back at an amazing 2016, what would it have entailed? Look not just to the details of circumstances, but also to how you felt and who you were. The more specific you can be the better.**

(Great Story coaching clients, this opens the doorway to the countless Luminous Futures available to you this coming year. You may wish to take a few moments to dream of a few different possibilities for yourself that involve different sets of details, but which include the three cornerstones of your Great Story: your Triumph, your Passions and your Graces.)

**16. If you were to give this coming year a “theme” name, what would you name it?**

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**17. If you were to focus on just ONE habit to change or establish for the coming year, what would it be?** Who do you need to be, what do you need to believe, how do you need to show up, what action do you need to take in order to make that happen?

### 18. The Wheel of Life Exercise:

Sometimes we may know something is missing from leading our most fulfilling life, but we can't always place our finger on it. This exercise helps decipher what you are most satisfied and fulfilled with, and what you are least satisfied and fulfilled with, providing a compass for where to begin.

The eight sections in the Wheel of Life represent different aspects of your life:

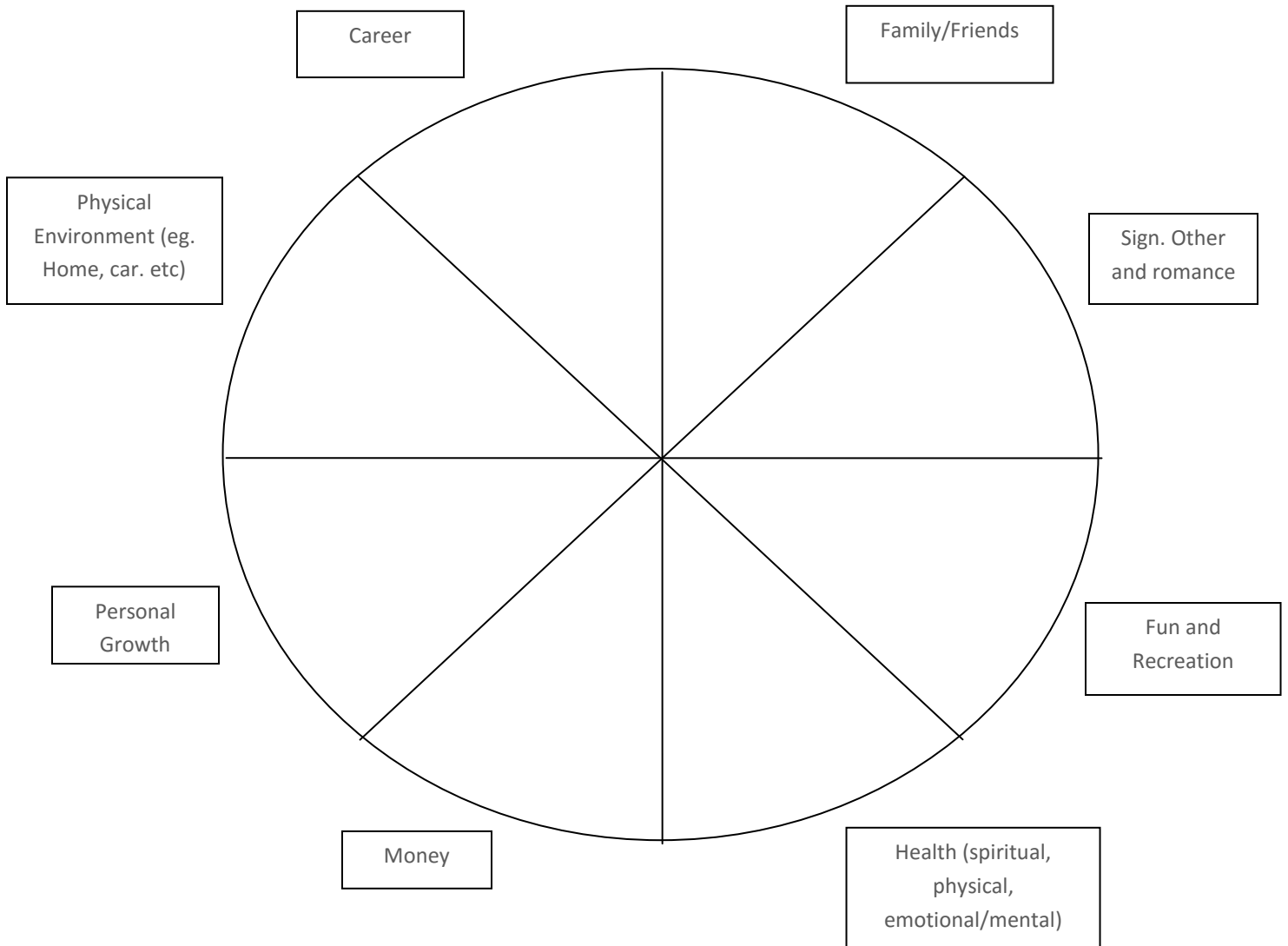
**Step 1:** Seeing the center of the wheel of 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge. The new perimeter represents the wheel of your life, and provides a diagram of where you may wish to focus your attention for a most fulfilling up-coming year.

**Step 2:** Give each section, as well as the entire wheel, a rank of 0-10: \_\_\_\_\_

**Step 3:** For any sections which you ranked lower than 8, what would life be like, who you would be, how you would be showing up, what you would be doing and not doing, what would be present and not present, if your rating was 1-2 points higher (for instance, if you ranked your relationship a 6/10, what would it look like at a 7 or 8/10?).

**What comes out of these reflections will provide a road map with action steps for improving that area particular area of your life in just the way YOU want.**

("The Wheel" is on next page.)



- ➔ Rate your satisfaction with your entire life wheel out of 10: \_\_\_\_\_
- ➔ For anything that scores LESS than 8 out of 10, what would be different if it ranked one or two points higher? (use other side of this page if needed for your notes)

### **Building Success and Fostering Achievement**

**This exercise comes from Jack Canfield who states that referencing one's successes helps to melt away fears or barriers that normally hold us back from achieving our higher potential.**

Success breeds success, and feelings of achievement support both further achievement and the confidence to go for the bigger and “scarier” things in life. Reminding yourself of what you have done, what you have overcome, the qualities you needed in order to do so, and what you are capable of all foster that “winning edge” - and provides that boost we all need every once in a while.

#### **Exercise:**

Begin with a blank sheet of paper and time yourself for 5-10 minutes. Write out 100 successes and achievements over your lifetime. *Include everything that you can think of whether seemingly big and significant or small and insignificant, including the growth and learnings you may not even consider successes.*

For example: learning to walk or ride a bike (notice how many stumbles, falls, and scraped knees it took to master the skill and how you did it not by feeling poorly with each stumble, but through encouragement each time you got back up!); learning a 2<sup>nd</sup> language or a musical instrument; graduating from high school and/or university; making a sports team; travelling; training for, or competing in, an event; overcoming an addiction; healing a heartbreak or broken relationship, and so forth.)

**Take breaks if necessary and add whenever you like. Place your list, along with your “butterfly dream” someplace where you will see and read it regularly.**

