

NEW YEAR REFLECTION

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New Year Reflection

A great year is crafted with intention. This process will help you clear out what no longer serves, and create what does.

	Summoning	Reckoning	Resolution
1.	Question	Disturb	Sift
2.	Choose	Destroy	Create
3.	Surrender	Let Go	Let in
	Restlessness	Disequilibrium	Realization

Phase 1 - Summoning

Leadership happens when we honour the restlessness. It is a summoning for something new, to let go and let in.

1. Question

Rate your satisfaction in each area

	Draining	Frustrating	Boring	Uplifting	Gives me energy	Fosters growth	N/A
People							
<i>Spouse/ partner</i>							
<i>Dependents</i>							
<i>Friends</i>							
<i>Colleagues</i>							
<i>Family</i>							
Places							
<i>Home</i>							
<i>Workplace</i>							
<i>Social (sport, community)</i>							
Work							
<i>Activity</i>							
<i>Stakeholders</i>							
Routines							
<i>Morning</i>							
<i>Evening</i>							
<i>Weekend</i>							
Health							
<i>Physical</i>							
<i>Emotional</i>							
<i>Mental</i>							
<i>Spiritual</i>							

What are the top three points of friction?

1.

2.

3.

What are the top 3 areas that give you a solid foundation?

1.

2.

3.

2. Choose

What do you need to change?

What do you need to consolidate?

What do you need to improve?

3. Surrender

Do you surrender to the process of change? YES NO

Do you surrender to maintain the status quo? YES NO

Phase 2 - Reckoning

Reckoning is when we cost our defaults, and discard what no longer serves.

1. Disturb

We need to challenge our default choices and patterns of thought and behaviour. Some may serve us, some may not. Complete the sentences below:

Overall my choices around health are _____

Overall my choices around personal routine are _____

On average, each day I mostly feel _____

Generally I think my social networks are _____

Mostly I think my work is _____

I would describe my life as _____

~

Which defaults are serving me well? _____

Which defaults are not serving me well? _____

2. Destroy

The creative process needs an aspect of creation. In my book, Composure, I describe this as Shiva and Shakti energy. It is also known as 'creative destruction'. Sometimes we need to kill off old parts of ourselves, or projects, or jobs, to allow the creative force to come in.

What do you need to kill off or cast away to make way for something new or to shift energy? (Favourite projects, the familiar, the easy, the comfortable, the routine)

3. Let Go

What do you need to let go of in order to create what you want? (for example, you may need to let go of limiting beliefs, fear, worry, doubt. Or you may need to let go of bad habits. Or expectations and comparisons.)

Phase 3 - Resolution

1. Sift

Review Phase 1 and 2. Choose three priority areas that will give you the biggest sense of progress and satisfaction. (Choose from People, Places, Work, Routine, Health, Defaults, Destroy, Let Go)

1.

2.

3.

2. Create

What do you need to create to allow this to come to fruition? (Network, skills, beliefs, habits)

1.

2.

3.

3. Let In

What do you need to let in? (People, beliefs, practices, compliments, support, success, coaching, training)

1.

2.

3.

Your New Year Intentions

Describe your life twelve months from now as if it has already happened. What are you doing? What do you see happening? What are you saying about your life? What are others saying about you? How do you feel? Describe that feeling in detail as if you could see it, touch it, and observe it.

Your New Year Intention Word

Based your description above, what is one word that sums up what you intend for the year? Be creative here. Use an animal, plant, object, movie character, archetype, song lyric, movie theme to really capture a vibrant picture of what you are creating.

My Intention Word for the Year Is:

Accountability

Sharing your intentions with others creates a compelling accountability structure. The fear of letting others down is somehow more compelling to us than letting down our own promises to ourselves.

Who will you share your intentions with?

You can also post them publicly on my Facebook page:

<https://www.facebook.com/InnerCompassLeadershipDevelopment>

p.s. Look out for a webinar I will host in the new year to encourage even more accountability and action.