

Mission: To change the way people feel about work...From just a paycheck to a fulfilling endeavor that is an extension of their purpose and passion.

## COMPLETING THE OLD, CREATING THE NEW

"Completion" doesn't mean that things are finished, or that things are rosy. Rather, completion is about making things whole, or fully letting things be as they are, or as they are not. When something is incomplete, it can drain energy from you. When you complete with something, or someone, you take that energy back. You accept (a loss), or celebrate (a win), or you just simply decide to complete the incomplete. Often times, a ritual helps, like burning the worksheet, or popping a champagne bottle. You get to be imaginative.

### COMPLETING THE OLD: 2007

#### Step One

Looking at all the areas of your life, reflect on 2007.

1. List all of your Wins, Gains, and Breakthroughs. And mark each one as either Complete or Incomplete. (For example, did you celebrate? Is there more to work on or do to apply what you learned?)

Next, find a date when you can complete an incomplete item. For example, you finished a marathon, but you haven't completed the fundraising aspect of it. Sometimes what completes a "win" is some kind of ritual to celebrate and acknowledge yourself.

2. List all of your Losses, Disappointments, and Breakdowns. (And accept them!)

Again, mark each one to see if you are complete or incomplete, and set a date to complete it. (If you don't know how to complete, it's ok, just set a date.)

#### Step Two

Look at 6-8 lessons you have learned this past year that you want to carry into 2008. Here are some examples:

I learned to

- \* let go of circumstances I cannot control
- \* listen to my own voice and intuition
- \* ask for help and support
- \* take more time for myself and I want more of that next year

## WORKSHEET

### COMPLETING THE OLD - 2007

Wins, Gains and Breakthroughs for 2007  
Complete? Needed to be complete?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

Losses, Disappointments and Breakdowns for 2007  
Complete? Needed to be complete?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

5-7 Lessons to Take from 2007 into 2008

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## CREATING THE NEW - 2008

### Step One

\*Imagine ahead to December 2008

\*Write a list of your Wins, Gains, and Breakthroughs for 2008. Be specific and write them as though they have already happened or they happen routinely. For example, "I have a lucrative and satisfying career." Look at each area of your life and make the list as long as you like.

### Step Two

Give the year to come a Name. If next year was a movie, what would its title be? Some examples could be: Year of Life is Delicious! Year of No Kidding.

This process is yours to make your own. Many clients have loved the focus it brings to the New Year and the opportunity to consciously create your life.

### Step 3

Wins, Gains and Breakthroughs for 2008

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My Name for the Year 2008 is \_\_\_\_\_