

# Reflections on ME

## *What did I accomplish this Year?*

Make a list of what you have done. No, not what you didn't do, or what you didn't get to, but what you did, how you helped, and how you grew. Some examples:

Learned to . . . Cared for . . . Cooked for . . .  
Career success, changes, challenges accomplished  
Attitude about (person, people, things)  
Personal 'stuck' situation resolved  
Community involvement - contributions (time, talent, treasure)  
Family  
Goals reached  
Dreams and visualizations manifested  
Who I was able to help

Sit with the list. Finish it and then go back and add more. The key is you have done more than you realized. Even a kind word to answer is an accomplishment helping the other person.

## *What Changes did I make this year?*

List the positive and not so positive such as:

Exercise program  
Stopped reading as much  
New focus on changing my career  
Efforts to get along better with.....  
Worked with a coach  
Reduced my fried food intake  
Started to work with a budget

## *What do I want to accomplish? Next Year? 5 yr? 10 yrs?*

You can do this backwards or forwards. Envision where you want to be, who you want to be, see it, feel it, and realize you need only to take the steps to live up to the vision of you. You have to envision it before you can be it.

Paint a picture of the ideal you at a point in the future. Then, what has to be done to realize that picture, to realize your potential, to be the you that you are proud of?

Once you envision it and it feels great, then it's a matter of the steps necessary. You know your time commitments and how you waste time. This is not a race. Challenge yourself with the steps and dates to complete them by. Ideally, It's a focused pursuit, but not done in haste.

Plan vacations, plan time to do nothing, and plan time to recharge. Take the calendar for next year and first block out vacation time for yourself and your family. Yes, first comes the free time, the vacations, the holidays, and the fun. Then, recharged, you can schedule the items you want to accomplish during the year.

If you just read this it seems overwhelming. If you take an hour or two to do it, you'll realize it's easy, It's fun, and it will give you motivation to do that which you want to do. You'll feel good about yourself and the year to come.

It's your life. Time can't be saved. It's used or wasted. Use it for you, your journey, and your ideal self.