

WISHING US A WONDERFUL YEAR

Purpose of the process:

To take a look at the year that's gone by and thoroughly prepare for the new year.

Before you begin the process, we invite you to –

PAUSE!

Recall the year that has ended, what you experienced: At work? In your personal relationship? For yourself? At school? Money wise? On a social level? Familial level? What was the most significant moment you experienced in the previous year? Which moment would you give up? Which moments were sacred to you? If you had to rank the year between 1 to 10 – which grade would you grade the past year?

Looking at where you are now, what do you wish for yourself for next year? Where would you like to see yourself at the beginning of next year? in terms of personal relationship? Livelihood? Friends? Family?

Randomly or openly choose 3 cards and work according to the following order. >>>

After completing the process...

and truly wanting to make an effort towards the wonderful New Year around the corner, let's get going, there's a lot to do. We invite you to write down your main insight from the process on the coaching ticket. Then write three actions that will actually express your insight in your own life and help you progress towards a magnificent year.

We recommend the following 3 actions:

1. One for next 24 hours
2. The second for the upcoming week
3. The third for the upcoming month

Lots of love
and wishing you a wonderful year filled with
endless, Points of View

1. What am I willing to give up towards the new year? What is it time to get rid off?

2. What do I wish for myself for the new year?

3. What am I willing / want to do in order to achieve that?

POINTS OF YOU

The Coaching Game

<http://www.thecoachinggame.com>