



# End of Year Integration Practice

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Most people are accustomed to setting New Year's Resolutions at the start of each year. Yet, when we only focus on the future, we miss some rich lessons from the year that just passed. Here is a retreat-style method you may follow to gain the most from the year that is done and to leverage the year to come.

**Best Practice:** Set aside a half-day or full-day retreat to reflect and get creative. You may follow this process solo, with your coach, with a friend, or with colleagues. It can help to conduct this process away from home. You can complete it at a coffee shop, take a hike, rent a cabin, or find another escape. If you choose to stay home, you can create a cozy retreat-like atmosphere as a gift to yourself.

## ~ The Ten Steps ~

1. List out all of your accomplishments from this last year.
2. List out what worked well for you this last year?
3. List what didn't work. What challenges did you face because of what wasn't working?
4. What lessons did you learn this year to take with you into the next year? What do you need to let go of this year?
5. What all do you wish to accomplish in the coming year? What lessons from last year will help you?
6. What empowering "quality" will be your focal point this year?
7. What are your specific goal statements for this year? List the priorities.
8. What is your empowerment statement for this year?
9. What are your timelines? (Plug these into your calendar)
10. Reflecting on your goals, how would attaining these goals leave you feeling? Create a vision board around these.



## Additional Considerations:

- Step One – You may wish to use a list of life areas, like the Wheel of Life or 8 Domains, to generate ideas. You may also want to ask your friends and/or coach to send you a list of things you have accomplished. Many of us forget just how much we did achieve.
- Step Four - Do a ritual for letting go. For example: Write down what you're letting go of on a piece of paper and rip it up or burn it in a fireplace.
- Step Six – The "quality" is one word or phrase that will be your focal point for the year. Examples: Alignment, Simplicity, Synergy, etc.
- Step Eight – Create a statement that powerfully reflects what you want and wish to integrate from what you learned last year. This statement should illuminate and support you in the year to come. You can read this statement at the start of each month to keep you on track.
- Step Ten – This step supports the energy of attracting what we want into our lives. You can take the answers from how it leaves you feeling and create a vision of you accomplishing your goals.

# Happy Goal Attainment!