



Look Back to Move Forward

The importance of reflecting on where you've been,
to influence where you want to go.

LOOKING BACK

As we move toward the end of the year, many people start to think about their goals for the next year. While it's important to spend time thinking about your future, we've found that it's more powerful to consider your vision for your future *after* you've taken a look back at your past year.

This month, take some time to look in the rear view mirror and reflect on the following areas of your life: head, heart, spirit, instincts, body, work, leisure, past, and future.

The reason we've chosen these areas is that they're global enough that you can explore your experiences in a broad category and they're also specific enough to get you thinking about the core areas in life that can lead to joy or can cause significant challenge.

If you find that there's another area that you want to address, please add or edit to make this work for you.

You may find it helpful to use your calendar/planner/checkbook/credit card statements to get a better overview of how you spent your time.

Here's to looking back!

1. HEAD:

- What opportunities did you take in 2021 to think and learn?
- What would you say were your greatest learnings?
- What do you wish you'd learned?

2. HEART:

- How have you listened to and been guided by your heart this past year?
- Where have you seen your heart's greatest impact?
- Where do you wish you'd given your heart more influence?

LOOKING BACK

3. SPIRIT:

- How have you honored your spirit in 2021?
- What has honoring your spirit looked like for you?
- Can you see ways that you ignored your spirit?

4. INSTINCTS:

- Have you listened to your instincts and wisdom this past year?
- If so, what key ways have your instincts/wisdom guided you?
- If not, would you do it differently next year?

5. BODY:

- How have you related to your body or your physical self this past year?
- What are you pleased about?
- What saddens or frustrates you?

6. WORK:

- What role did work play for you this year?
- What are you most proud of accomplishing?
- What had you hoped to accomplish that you haven't?

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7. LEISURE:

- Have you given yourself time to relax and play during 2021?
- What are the big and small ways you've found to enjoy leisure time?
- Have you let yourself have the leisure time that matters to you?

8. PAST:

- How have you observed your past influencing you this past year?
- What have you gleaned from the past that has served you?
- What have you absorbed from your past that has gotten in the way?

9. FUTURE:

- Throughout the year, have you let your hopes and plans for the future influence and guide you?
- If so, how have you seen that influence?
- If not, would you do anything differently?

Take some time to look back and think about how you've spent this past year.

**This will help you as you think about the various ways
you want to spend your time in the upcoming year.**

LOOKING IN

Using the same areas of your life that you used for Looking Back, we'd now like you to look in and create a visual that represents who you are today.

What?! Did you say a visual?

Yes, a visual.

We all get very comfortable in how we describe ourselves and how we show up with others so we're encouraging you to use this new and different lens to see yourself more clearly and to be seen by others in new ways.

Don't think we're asking for perfection here. While for some it's a literal self-portrait, for others it's a mix of words, pictures, maps, and colors...even graphs.

We're asking that you try to show yourself to yourself in a new way. Please...play with this...don't aim for perfection...explore YOU!

Feel free to get out the crayons, markers, or colored pencils and get creative. Then consider how you would represent the following areas either as one whole image or different images for each area.

1. HEAD
2. HEART
3. SPIRIT
4. INSTINCT
5. BODY
6. WORK
7. LEISURE
8. PAST
9. FUTURE

LOOKING IN - CREATE YOUR VISUAL

Feeling stuck? Consider getting together with a friend or loved one and create them at the same time. We've often used this process in our small groups to help each person reflect on themselves as well as get input from others about what they see.

LOOKING AROUND

Now, we'd like you to consider looking out and around at your world. Think about what friend, family member, or other loved one you could share your visual (or written) story with.

Think about these questions:

- What came out of the exercises that you could share with others?
- What did you learn about yourself?
- What did you accomplish?
- Where have you grown?
- What areas would you like to develop?
- What will influence your life in 2022?

Perhaps they can offer some feedback on areas you've missed and/or reinforce the ones you've identified. This can be a great way to connect with others and ourselves.

As you're telling your story, it's important to think about where you can use your learnings as a growth opportunity. What will you do differently this upcoming year?

**The stories we tell others about ourselves
reinforces the stories we tell ourselves.**

Think about the difference in these examples:

I was lazy, slept late, and then went outside for a walk.

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I've been pretty overwhelmed with work and family obligations, so took care of myself by sleeping in and then spending some time in nature where I could think about what's next for me in my career.

I guess it's just me. I haven't had any jobs where I felt passionate about the work.

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I realize that I haven't found the right fit in my career yet, so this year, I'm going to spend some time looking at the skills I love using and the environment and culture that's right for me. I'm excited to find my passion!

Think about the story you tell yourself and others. Is it your old story, your current story, or your future story? You get to decide! Then, look around your world and think about sharing your story of 2021.

**Make sure the stories you're telling others,
and therefore yourself,
support the future you're leading toward.**

LOOKING FORWARD

Now that we've looked back, in, and around, we'd like you to think about looking forward toward the future. What will 2022 look like? To help you, we're including a new assessment to help you think about what a "10" would look like in the areas of your life that we've been talking about – head, heart, spirit, instincts, body, work, leisure, and past.

We're going to start by inviting you to think big. Think about what it means for you to live a life that you're proud of, that supports your priorities, and that fulfills your sense of overall well-being.

This is your opportunity to imagine, *without limitations*, the future that you plan to create—a future where you matter in your own life and have the fuel to care for the people and organizations that matter to you.

Spend a few minutes thinking about the following areas of your life. Write some notes about what a 10 (your highest aspiration) looks like, feels like, and lives like for each of these areas. If there are additional areas you want to address be sure to add them at the end.

- If my **Head** (my intellectual stimulation and mental health) is at a 10, it will look, feel, and live like this:

- If my **Heart** (my deep connections and ability to listen to my heart) is at a 10, it will look, feel, and live like this:

- If my **Spirit** (living my priorities and my time in reflection or spiritual practice) is at a 10, it will look, feel, and live like this:

- If my **Instincts** (listening to my inner voice and connecting to myself) are at a 10, they will look, feel, and live like this:

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- If my **Body** (my physical health and mindfulness of my needs) is at a 10, it will look, feel, and live like this:

- If my **Work** (using my best skills and being in an environment where I thrive) is at a 10, it will look, feel, and live like this:

- If my **Leisure** time (doing things I enjoy and making time for myself) is at a 10, it will look, feel, and live like this:

- If my **Past** (learning from successes and challenges and releasing what doesn't serve me) is at a 10, it will look, feel, and live like this:

Now that you've described your life at a 10, use the wheel on the next page to **identify how you would rate yourself in your current life.**

LOOKING FORWARD

Using a scale of 1-10, with 1 being totally unsatisfied (at the center) and 10 being completely satisfied/your highest aspiration (at the outside edge of the circle) mark a line at your current level of satisfaction with each area. We've added in a blank slice to each section so that you can personalize this assessment.

Once you've completed the assessment, identify 1-3 significant goals that you believe will be in alignment with the success that matters to you.

