

REVIEW,  
REFRESH &  
RELAUNCH

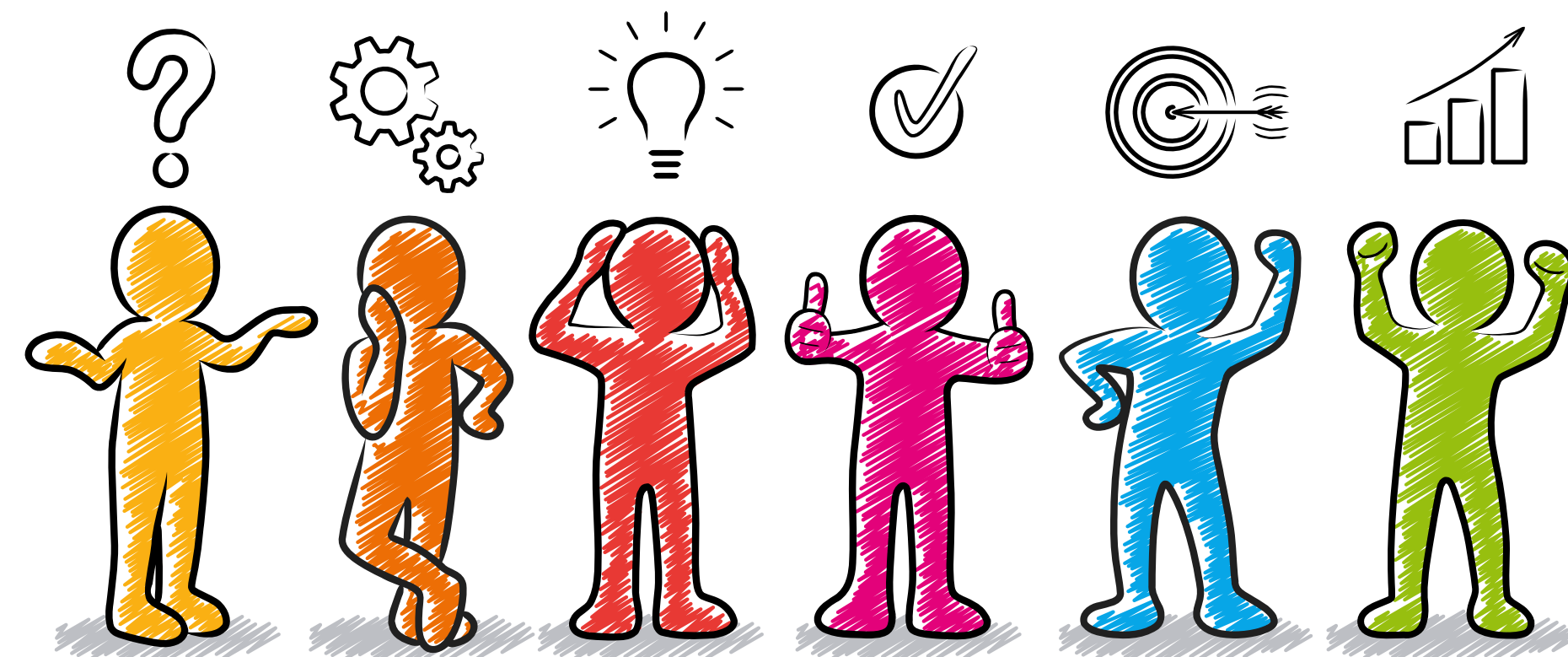




# Locking In The Lessons

*Looking back at the last 12 months:*

- How has my year really gone?
- How do I feel about it?
- How would I rate my year?
- How would I rate myself?
- How would I rate my effort?



# Life Audit

Once you've looked back at the year that was, it's time to look at where you are now, in this moment.

**It's time for a life audit.**

Take a broad look at the different parts of your life and see what's going well and what might need some attention.

Rate each of the following areas from 1 to 5 in terms of how fulfilled you feel in each.

*1 = totally unfulfilled*

*5 = completely fulfilled*

# Life Audit

1 = totally unfulfilled  
5 = completely fulfilled

1. Health & Fitness
2. Friends & Community
3. Love & Relationships
4. Family
5. Creativity & Adventure
6. Career
7. Money & Finances
8. Emotional Well-Being

Once you've rated each area, spend some time reflecting on why you gave it the answer you did.



# Twice A Year

Pick a time and place where you can be introspective & undisturbed for a long period.  
(2 - 4 hrs or 2 - 4 days)

**Get offline for the duration.**

Check on:

Your Values.  
Your spiritual beliefs.  
Your spiritual practices.  
Blockages.  
Underlying fears.

Decide on:

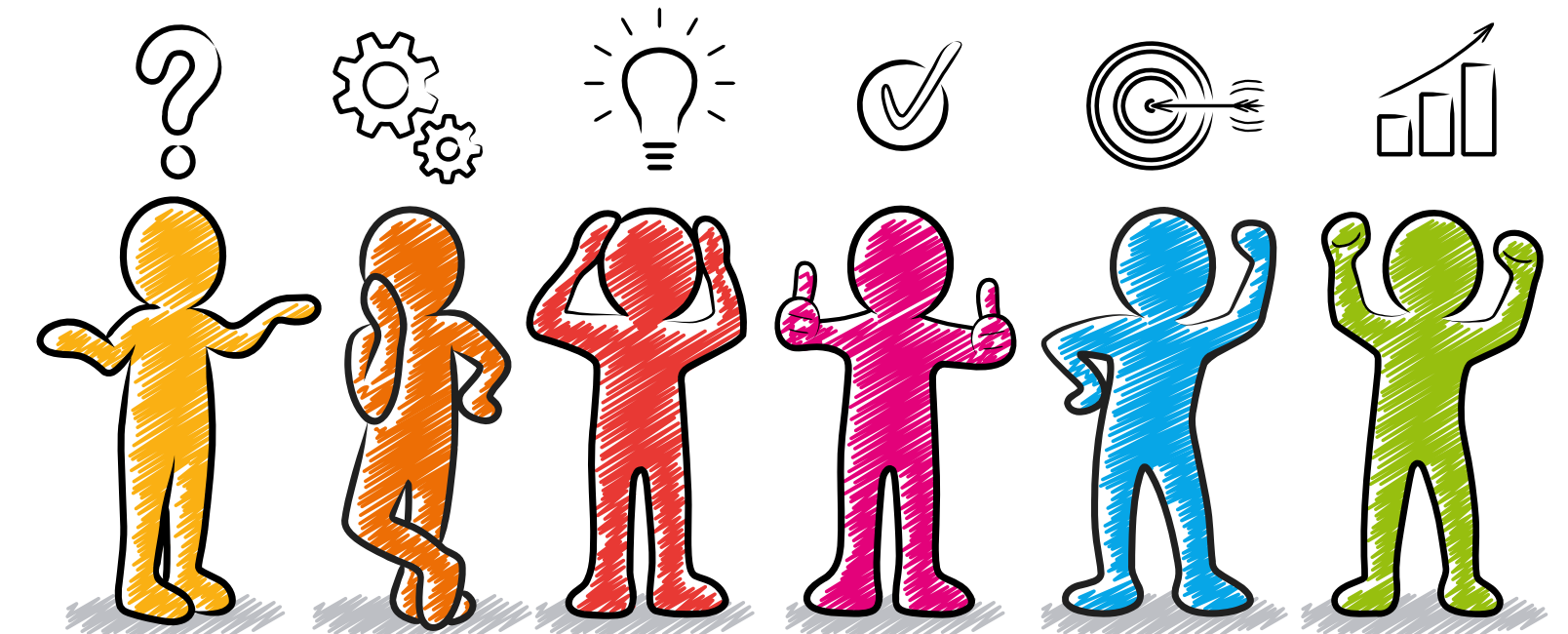
Your background emotion.  
Intentions for the year.  
Goals for the year.  
Breaks/holidays/adventures.  
Challenges/learnings.



# Planning The Future

*Looking forward at the next 12 months:*

- What is the background emotion you want to dominate?
- What is the system you will use to make that happen?
- Where will you be in 6 months...
  - physically?
  - mentally?
  - emotionally?
  - spiritually?
- What is the system you will use to get there?

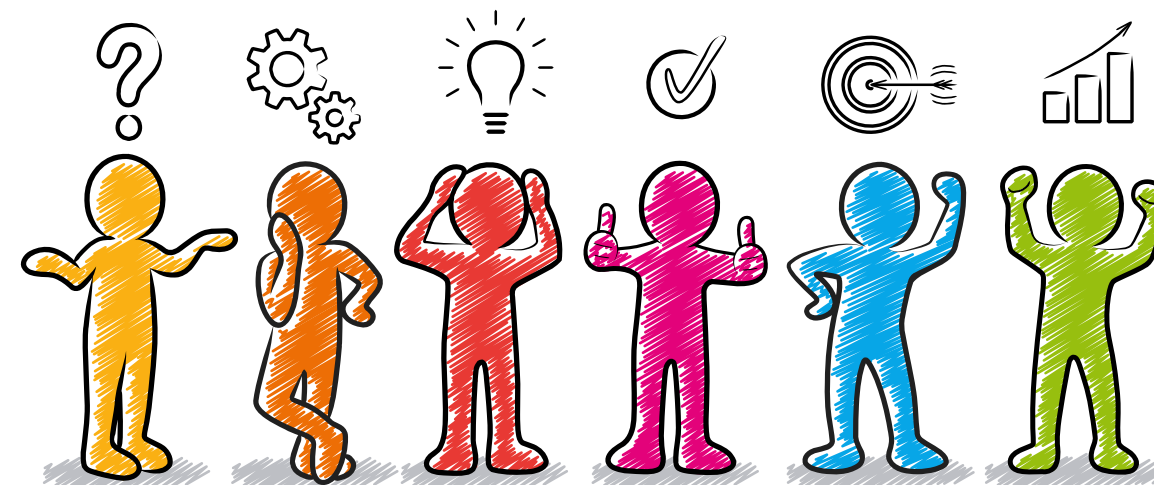




# Planning The Future

*Looking forward at the next 12 months:*

1. Map out what has to happen by when.
2. How will you hit your first milestone?
3. What happens after that?
4. Who do you need to get help from?
5. What will you have to exchange for the help?
6. What if you hit a roadblock?
7. How will you get to the next milestone?





Commitment is  
what changes a  
promise into reality.





Most people hit the holiday season still travelling at the speed they were maxing out on during the year.

A treat and relax seems like a fair reward.

So they go hard on the treats.

Which overloads their system - creating even higher levels of exhaustion.



REVIEW, REFRESH & RELAUNCH

Dec 1	Dec 2	Dec 3	Dec 4	Jan 1	Jan 2	Jan 3
	The year in review.  Learnings from last year.  Six monthly review.	Xmas day. Connect with loved ones.  Play, celebrate - go slowly.	Play rest, recuperate refresh revitalise.	Looking forward. Goals for the year.  Intentions.	Setting new up routines.  Adjusting	

5 - 7 days of:  
Fasting, exercising, reading, sleeping, meditation/prayer, forgiveness, alcohol free, off-line, mindfulness, comedies, nature, gratitude,



# Renewal

*For 5 - 7 days...*

**SPRING CLEAN:** Home, office, car...

**DETOX:** Fasting, alcohol free, acupuncture, herbs...

**EXERCISE:** Walking, biking..., Anaerobic, Cardio, H.I.I.T.,

**NUTRITION:** Sugar free, water, grazing, fasting...

**REST:** Early to bed, movies, reading...



# Goals For 2019

Dec 2018 - we are focussed on reviewing, refreshing and relaunching  
Jan 2019 we'll be spotlighting goals and targets and setting up your year the right way

**BUT**

Homework between now and then boils down to this exercise....

	Jan	March	June	September	December
Health					
Experience					
Fitness					
Work					
Relationships					
Contribution					
Learning					
Adventure					
Possessions					
Travel					

**Here comes the tricky bit...**



# Goals For 2019

Over the holiday period - cut the list on the left down to **FIVE** subjects.

	Jan	March	June	September	December
<b>Health</b>					
<del>Experience</del>					
<b>Fitness</b>					
<del>Work</del>					
<b>Relationships</b>					
<b>Contribution</b>					
<del>Learning</del>					
<del>Adventure</del>					
<del>Possessions</del>					
<b>Travel</b>					

# Goals For 2019

Therefore - in 2019 I'm focussing on...

Health

Fitness

Relationships

Contribution

Travel



# Planning The Future

	January	February	March	April	May	June
Week 1						
2						Break
3			Break			
4						

Which mileposts line up here?  
(how far towards the big goal should I be at this point?)

What's the target?

# Play

*For 365 days...*

Contribute

Giving/donating/mentoring

Create

Buy a coffee for the next person

Write to someone

Finish something

Do something scary

Spring a surprise

Make a game (CK Rhymes)

Get a massage (give one)



# Play

*Do I need to:*

Fly in a hot air balloon

Scuba dive

Live OS for a month/year

Buy a coffee for the next person

Go white water rafting

Fly in a hang glider

Take a 30 day road trip

Write a book

Learn to sing

Mentor someone

Volunteer overseas

Bungee jump

Build a veggie patch

Handle a snake

Do a Vipassana course

Camp out for a month

Take an oath of silence

Walk the El Camino

Learn Spanish

Build a boat/shed/business

# Personal Success Routine

*What is your daily version of:*

Exercise

Meditation/Prayer

Reading

Gratitude

Connection

Superior nutrition

Rest, relax, revitalise, renew...

Mindfulness





<b>1</b>	Identify your lessons from the last 12 months and develop a strategy to implement the learnings.
<b>2</b>	Choose which renewal strategies you will use and commit them to the diary.
<b>3</b>	After renewing the last 12 months and planning the next 12 months the major behaviour change I need to make is...