



Annual Reflections

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Each January we are faced with the turn of the New Year. An opportunity to take a snap shot of where we are in our lives and create a moving picture for where we want to go. What did you do this past year? What will you make of the upcoming year? Now is your chance to look back, look in, and look out.

Look Back: Looking back is a process of reviewing the past year. Take a moment to list the key things that you intended to do this past year. Make note as to whether you did them, partially did them, or didn't do them at all. What about other things that you hadn't intended on doing but did? Add those to your list as well.

Look back at how you lived your life this past year. In what way were you living just the way you desire? What would you change? If you have a journal, this is a good time to pull it out and start writing.

Look In: Once you have taking a quick look back, it is now time to take a deep look inside. How is it that you were able to do the things you did this past year? What kind of support did you have along the way? What thoughts and beliefs propelled you forward? On the other hand, for the things you did not accomplish, what got in your way? What thoughts or energy stopped you in your tracks? Do those things not matter to you in the end – perhaps they were 'shoulds' and not true desires, or do you still want them and would like to bring them into reality in the new year? Now is your chance to shift your thoughts and energy to allow them to materialize in the coming year.

Regardless of what you did or did not accomplish in the past year, embrace those things that you did achieve allowing yourself to feel the pride, the joy, or the relief of your accomplishments. At the same time, release any disappointments that are hanging on from the previous year. Dwelling on disappointments, will only bring about more of the same. Use that energy to move forward and create what you want from here.

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Look Out: Looking out brings your attention to the future and to the world around you. What is it that you want this year? Picture yourself this time next year, reviewing your year. What would you like to see in that snap shot? What would you like to be able to say about the way you lived your life? How you are with your family, friends, or co-workers? How you show up in your community? Where are you living – do you have a new home, have you remodeled, cleaned up your space? Are you working? What does that look like? Take this opportunity right now to renew your vision for the new year. Be as specific as possible.

Remember, you're always moving...what direction do you want to move in? Where are you going to end up at the end of this coming year?

If you would like coaching around this process to ensure it's effectiveness, please call Gretchen at (303) 642-3105.

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