REFLECT & RESET GUIDE

The different kind of Goal-Setting Guide

THE PERFECT BALANCE BETWEEN LEARNING FROM THE PAST YEAR AND APPLYING IT INTO THE NEXT YEAR FOR MORE FUN & ENERGY



I help high-performing professionals live life with more ease and energy! I moved from my 20+ years corporate career to focus on energy and well-being for myself and others!

I have been diagnosed with burnout before and I decided to make changes and live my life differently. I share all of my learnings and techniques in my Meditations, Courses and my Podcast!



I love taking some time to reflect on the past 12 months and reset for the coming 12 months - how about you? This is not like the typical goal setting you might find at work or in your weekly magazine. Instead, it focuses much more on YOU from the inside. Working through this guide you will get to know yourself better which will help you plan for your next amazing year with so much more fun and energy.

How about some planning ahead for more fun and energy in your life? Sounds good? Great!

If you like more guidance on how to complete this guide you can listen to Episode 22 and Episode 23 of the Raise your Energy Podcast.

PART 1: REFLECT ON THE LAST YEAR

Quite often we miss taking the time to reflect and learn from past experiences.

Maybe we just want to move on, start new and promise to do it better. That's quite dismissive of the growth we have gone through in the last year. And instead of celebrating and honouring it, we focus on the goals or things we did NOT achieve and dismiss the year. Maybe this is you, maybe not. Even if you think that the last 12 months have been pretty good or even great, by taking the time to reflect on them you can gain great insights for yourself.

Some of us might not want to look back yet because there are still some emotions attached to certain events. And reminding yourself of these events might still be painful or uncomfortable. I totally get that! Maybe you can still go through the reflection of the year from an observer's perspective - observing yourself as a dear friend that just wants the best for you. It might uncover some insights that can help you to turn these memories into wisdom quicker than you thought it would take.

Or you can just tell me: "Linda, this is not gonna happen. I am done with the last year and let's move on" Hey, that is ok, too. If this is what you want or need - just jump to the second part of the guide. Be kind to yourself and at the same time see where you can step a bit out of your comfort zone. It's all for your own good and your personal growth! You want to do this exercise for yourself and not for anyone else.

Going through the reflection process means that you can let go of some failures and defeats of the year more easily instead of carrying them with you into the new year. This is extra baggage that is just going to get heavier and heavier each year - just because you might not want to look at it. Take the opportunity to lose some of this extra weight and your steps into the next year will be much lighter.

Let's get started

Question 1: What have been your main events (personally and professionally) throughout the last year?

Question 2: Reflecting on each of these events now, are there lessons and learnings you can take away that can help you in the next year?

Question 3: What has given you energy this year? What have you enjoyed doing this year and would love to keep doing in the new year?

Question 4: What has cost you a lot of energy this year? Do you see an opportunity to leave it behind in your past and don't take it with you into the your present and future? How could that look like?

Question 5: What else are you holding onto from the last 12 months that is taking up space and energy in your life? Consider the 3D World, your relationships, but as well your thoughts, your beliefs and your feelings.

Question 6: What would you be able to do with that extra space and energy in your life, once you let go what does not serve you anymore?

PART 2: RESET FOR THE NEXT YEAR

If you have completed Part 1 of the Reflect & Reset Guide, now it's time for the second part and to reset for the next 12 months. It's important that you feel GOOD before starting. If you feel stressed, overwhelmed, or rushed, find a better time to do this very important exercise.

Quote "Begin with the END in Mind." - STEVEN COVEY

The second part of the Reflect & Reset Guide focuses on the end in mind. It uses the technique of jumping 12 months ahead and looking back from that perspective. It means you visualize a future version of yourself which is a great manifestation practice. And by jumping into the role of your future self you can imagine better what will have happened in one year's time - or better, what you would want to happen in the next year. Are you with me? Great, so let's dive in.

Question 1: How does your PERFECT year look like?

Imagine it's the exact date 12 months from now. As you look back and reflect on how well this year went for you, you decide it was PERFECT.

What made it so perfect?

What happened in order for you to call this year a perfect year?

Question 2: What did you do differently to create this perfect year?

Question 3: What did you LET GO OF to create this amazing year?

Question 4: Reflecting back on the new year...What worked for you? What gave you energy and fun? What achievements are you most proud of?

Question 5: How could you incorporate more of the answers from Part 1, Question 3 into the next 12 months to have even more energy?

Question 6: What´s a reflective and guiding question you can create and ask yourself every day in the next year that will make you focus on more joy and fun in your life?

Question 7: What is the first word or phrase that comes to you that symbolizes what you are going to create and experience over the next 12 months?

TO WRAP THIS ALL UP ...

Quite often it's not just about the answers but the process of even asking ourselves these kinds of questions.

We could all bring more quality questions into our lives.

Answers to some questions don't always need to show up immediately.

The subconscious will give us the right answer at the right time.

But if we never ask the question in the first place, we can wait a long time for a significant answer.

Make sure you subscribe to the Raise Your Energy Podcast to get your weekly energy dose to uplevel your life!

Thank you and talk soon
Linda