



# 2016 YEAR END WRAP WORKBOOK

Reflection brings the clarity that unveils your path,  
so your new journey can begin!

DEFINE DESIGN ALIGN

## Welcome

1. How do you feel right now?
2. What do you most want out of our time today?

## Reflection

3. Describe how you predominantly felt in your personal life in 2016?
4. Describe how you predominantly felt in your work in 2016?

5. Write down ALL of the things you accomplished, changed, navigated or completed in your personal life in 2016. Let whatever comes flow onto the page.

6. Write down ALL of the things you accomplished, changed, navigated or completed in your work in 2016. Let whatever comes flow onto the page.

7. How do you feel when you look at the lists above?

8. Now review what you accomplished and write down your top five high fives!

- 1)
- 2)
- 3)
- 4)
- 5)

9. What didn't work in your work and what are the lessons learned? What will you do differently in 2017?

10. What didn't work in your personal life and what is the lesson you learned? What will you do differently in 2017?

11. What are you DONE with?

12. How are you going to celebrate your high fives and lessons learned for 2016?

## CLOSING STATEMENT

Dear 2016,

## Expand Into 2017

1. How do you want to FEEL in 2017?

2. What are your top three greatest impact goals in your personal life for 2017?

- 1)
- 2)
- 3)

When you look at your goals above, what stories, beliefs, fears, questions come up for you?

3. What are your top three greatest impact goals in your work for 2017?

- 1)
- 2)
- 3)

When you look at your goals above, what stories, beliefs, fears, questions come up for you?

# Clear Your Path

## DDA SHIFT METHOD

1. **Stop + breathe.** If you need to, write down all of the thoughts that are flowing through your mind giving them a place to rest so you can breathe.
2. **Honour how you feel.** Without judgement, write down how you really feel.
3. **Identify the story.** Ask yourself, what is really happening right now? What is the story that you are telling yourself? Let whatever comes to you flow onto the page.
4. **Focus on your desired feeling + new story.** Write down how you WANT to feel and the NEW story that will support how you want to feel, replacing the old one. What is the TRUTH?
5. **Take action "AS IF".** What decisions are you going to make and actions are you going to take that is in alignment with your new story and will reinforce it?

NOTES: