



2017
DDA YEAR END WRAP

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

DEFINE DESIGN ALIGN



Reflect & Expand

- 1. Describe how you predominantly felt in your personal life in 2017?

- 2. Describe how you predominantly felt in your work in 2017?

- 3. Write down ALL of the things you accomplished, changed, navigated or completed in your personal life in 2017. Let whatever comes flow onto the page.



Reflect & Expand

4. Write down ALL of the things you accomplished, changed, navigated or completed in your work in 2017. Let whatever comes flow onto the page.

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

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

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



Reflect & Expand

7. What didn't work in your personal life and what are the lessons learned?

8. What didn't work in your work life and what are the lessons you learned?

9. Looking at your lessons above, what will you do differently in 2018?



Reflect & Expand

10. What are you DONE with?

11. How are you going to celebrate your high fives and lessons learned for 2017?

CLOSING STATEMENT

Dear 2017,



Reflect & Expand

1. How do you want to FEEL in 2018?

2. What are your top three greatest impact goals in your personal life for 2018?

- 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 2018?

- 1)
- 2)
- 3)

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



Reflect & Expand

DDA SHIFT METHOD

(Instructions)

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" and talk "AS IF".** What decisions will you make and actions will you take to align with your new story and reinforce it? What new language will you use when practicing your new story?



Reflect & Expand

S
Stop and breathe

.....
.....
.....

H
Honour how
you feel.

.....
.....
.....
.....
.....

I
Identify the
old story.

.....
.....
.....
.....
.....
.....

F
Focus on your
new story.

.....
.....
.....
.....
.....
.....

T
Take action &
talk "AS IF"

.....
.....
.....
.....



Reflect & Expand

Notes: Use this space to capture your ideas, thoughts and insights.