

“Some people
dream of
worthwhile
accomplishments,
whilst others stay
awake and make
them happen”

HAPPY NEW YEAR ! or is it ?

So here we go again.... the start of a New Year. This time of year for so many of us is a bit of a low. We may well have enjoyed a Merry Christmas surrounded by family and friends and now the week has flown by and we are back with our noses to the grindstone.

Insanity is.....

'Doing the same thing time and time again and expecting a different outcome'

Experience tells us that this is as good a time as any to reflect and position ourselves for the year ahead. We all have available information from the past 12 months on our performance...professionally, personally and socially. So why not take this opportunity to start 2012 as you mean to go on. This should take you no longer than 20mins.

EXERCISE.....

- In the top left quadrant list all the successful experiences you achieved in the last 12 months (2011). These can be personal and professional. This quadrant is named : SUCCESSFUL EXPERIENCES
- In the top right quadrant (named : UNSUCCESSFUL EXPERIENCES) list all the experiences you have had that you deemed less successful. These may appear as failures over the past 12 months and again can be both personal and professional, but none the less, they are experiences that you encountered that can provide you with valuable information
- Next in the bottom left quadrant (named LESSONS LEARNED) it's time for reflection. Taking away the emotional reaction to some of your unsuccessful experiences, list the lessons you have learned or can learn from these encounters now they have passed. What did each experience teach you ? Did a particular behaviour of yours have a less than desirable outcome ? If so what have you learned about this ? This is the most valuable part of the exercise as it enables you to change habits and performances that will enable you to align your potential in to optimal performance for an even greater success in the coming year. Additionally what did you learn from your successful experiences ?
- Finally in the bottom right quadrant (GOALS 2012) list the aspirations you have for the coming year. Once again these can be both personal and professional. Don't worry if they are not yet clearly defined or SMART at this stage. We can refine these a little later in the month. Listed items in this quadrant represent what you would like to see in your SUCCESSFUL EXPERIENCES quadrant in January 2013 when you do this again.

"Some people dream of worthwhile accomplishments, whilst others stay awake and make them happen"

SUCCESSFUL EXPERIENCES

UNSUCCESSFUL EXPERIENCES

LESSONS LEARNED

GOALS FOR 2012

PERSONAL

PROFESSIONAL

