

YAHOO, BOO HOO, AH-HA!



I use this exercise as an END OF YEAR ritual for my active clients. Here is how it goes: Take time to think and write about....

YAHOO'S

What did you accomplish/achieve this year?

What are you most proud of?

What were some of the best moments of the year?

What delightfully surprised you?

YAHOO, BOO HOO, AH-HA!



BOO HOO'S

What didn't you get to this year? What didn't get accomplished?

What were some of the failures, frustrations or disappointments?

What were the tough/sad moments?

What do you regret?

YAHOO, BOO HOO, AH-HA!



AH-HA'S!

What did you learn? How do you want to carry that learning with you into the next year?

NOW.

Pause. Review. Say *Thank you* for the experiences of the past year. Really feel that sense of gratitude - from your heart.

NEXT... say *Farewell*: fold up your paper and set it to the side. Better yet, tear it up and throw it away! ADIOS!