



131 Bobby Jones Drive
Hendersonville, NC. 28739
Phone: 954-854-3444
E-Mail: thea@beyondten.com
Web: www.beyondten.com

Completing 2023 -- Creating 2024

Why do I send out this document every year?

It has really worked for me to do this type of work to complete the year so I can powerfully create the next. And I hear the same from others.

I believe this exercise is powerful because provides questions that invite us to take the time, slow down, examine, articulate, and organize what the year has held for us. When doing this authentically, it's as if we're taking the opportunity to take a step back and observe life and our choices and outcomes from the outside looking in --- and, of course, this gives an entirely other perspective.

And once we've taken that time to look at the year and go through what worked and what didn't, we're much freer to create the year in front of us.

This is:

- Our chance to tell the truth about what worked and what didn't this past year.
- Our chance to truly be "complete" with all that has happened this last year.
- Our chance to have a blank slate to create as opposed to one that's constructed from the past.
- Our chance to take that blank slate and design something that inspires us, that is magical and freeing...not bound by the successes and failures of what's done and gone.

2023 has held every aspect of life for me. Great joy, sadness, excitement, fear, hope and hopelessness to name just a few.

This year has been, among other things, disconcerting for me. I imagine I feel that way each year and forget. But throughout this year I found myself introspective – personally, professionally, and as a global citizen. I think that's a healthy way to live – but it's not necessarily easy work.

Throughout the years I have found myself resisting doing this process – but this year I am hungry to look at elements of my life closely, figure out the places to learn, the places to let go, and the places to forge ahead as I create 2024.

TIPS

I know this can be an overwhelming process for some. Over the years that I've been doing it, I've loved it and not liked it at all. Some years I look forward to it and some years I dread it. My point...it doesn't really matter how I've felt about doing the exercise – I can "almost" promise you that once it's done, you will say that the time and thought given to it was more than worth it.

- Schedule the time to do this – whether you do it in small bits over several days and weeks or in one fell swoop, getting it in your calendar as something you're committed to really helps.
- Reference your calendars, photos on your phone, promises & goals, to do lists and journals from the year. If you don't have any of that from last year, no worries – just do your best. ***If you sent me last year's document, I have it and would be happy to send it to you.***
- When I am creating the upcoming year, I find it useful to compartmentalize the different areas of my life. It's easier for me to consider all of my goals when doing it that way. (Home, body, work, community, relationships, education, friends, etc.)
- Show it to people you trust to make sure you're not forgetting anything.
- When you've completed the exercise, set up a structure to look at these documents throughout the year. I set a quarterly reminder for myself to go through and assess how I'm doing.
- **If you'd like to send it to me so we can go over it, I love that...**it also allows me to support you.
- Once I get into it, I love it and it really makes an impact – I hope you find that happens for you as well. If there's anything I can provide during the process, please reach out – I'm happy to help.

Name:

Completing 2023

(Sometimes you will have the same response for several different questions – there are things that have happened that are in different categories)

1. What did you accomplish in 2023? (Include all areas of your life)
2. What happened during the year that wasn't what you wanted? What fell short, what didn't happen the way you thought or promised that it would, where didn't you accomplish what you set out to?
3. What did you learn this past year about yourself?
4. What surprised you this year about yourself and/or others?
5. What happened this year that "threw you for a loop?" (Both positive and not)
6. What are you proud of in terms of the year? Look at each area of your life including the people you impacted.
7. What are you disappointed with from the year? Where did you feel stopped or discouraged?
8. If you had the year to do over – which, of course, we don't – what, if anything, would you have done differently?
9. Is there anything else you would like to say so that the year is complete for you?

Creating 2024

1. What are you committed to accomplishing this year? (Include specific results as well as areas you would like to expand which are not necessarily measurable.)

2. To produce the above, what do you need to develop in yourself? What might you need to get better at? Where might you need more structure? Where might you need more practice? What might you need to learn about?
3. Are there things you've been "thinking about" taking on and haven't – and you're ready to now?
4. What long term goals/intentions do you have that you'd like to begin working on this year?
5. What relationships do you want to create, develop, or enhance?
6. What has stopped you in the past that could, if not managed, stop you from accomplishing what you are setting out to accomplish?
7. What structure will you put in place to fulfill on what you wrote? Is there anyone in your life that you should give a copy of this to as a way of supporting yourself?
8. What is this year going to "be about" for you? (Example: A year of peace, a year of exploration, a year of miracles, a year of power, etc.)
9. Is there anything else you would like to create for the year 2024?