



REVIEW, REFRESH & RELAUNCH

Getting Focus & Momentum For The Year Ahead

LOCKING IN THE LESSONS

Looking back at the last 6 months:

- What 3 big lessons did you learn?
- What did you start that you need to keep going?
- What did you start that you need to stop?
- What did you stop that you need to start again?
- What will you NEVER do again?
- What will you ALWAYS do again?
- Who stood by you?
- Who failed to stand by you?
- Who did you support?
- Who did you let down?



LOCKING IN THE LESSONS

Looking back at the last 6 months:

- How has my year really gone?
- How do I feel about it?
- How would I rate my year?
- How would I rate myself?
- How would I rate my effort?



LIFE AUDIT

Once you've looked back at the year that was, it's time to look at where you are now, in this moment.

It's time for a life audit.

Take a broad look at the different parts of your life and see what's going well and what might need some attention.

Rate each of the following areas from 1 to 5 in terms of how fulfilled you feel in each.

1 = totally unfulfilled

5 = completely fulfilled

LIFE AUDIT

1 = totally unfulfilled
5 = completely fulfilled

1. Health & Fitness
2. Friends & Community
3. Love & Relationships
4. Family
5. Creativity & Adventure
6. Career
7. Money & Finances
8. Emotional Well-Being

Once you've rated each area, spend some time reflecting on why you gave it the answer you did.

TWICE A YEAR

Pick a time and place where you can be introspective & undisturbed for a long period.
(2 - 4 hrs or 2 - 4 days)

Get offline for the duration.

Check on:

Your values.
Your spiritual beliefs.
Your spiritual practices.
Blockages.
Underlying fears.

Decide on:

Your background emotion.
Intentions for the year.
Goals for the year.
Breaks/holidays/adventures.
Challenges/learnings.

PLANNING THE FUTURE

Looking forward at the next 6 months:

- What is the background emotion you want to dominate?
- What is the system you will use to make that happen?
- Where will you be in 6 months...

- physically?
- mentally?
- emotionally?
- spiritually?



- What is the system you will use to get there?

PLANNING THE FUTURE

Looking forward at the next 6 months:

- What will keep you going when times get tough?
- What will you have to learn?
- What will you have to unlearn?
- Who will be your mentor?
- Who will be your accountability buddy?
- What resources will you need...
 - time?
 - money?
 - talent?
- What skills will you have to develop?



PLANNING THE FUTURE

Looking forward at the next 6 months:

1. Map out what has to happen by when.
2. How will you hit your first milestone?
3. What happens after that?
4. Who do you need to get help from?
5. What will you have to exchange for the help?
6. What if you hit a roadblock?
7. How will you get to the next milestone?



Commitment is
what changes a
promise into reality.



Most people hit the holiday season still travelling at the speed they were maxing out on during the year.

A treat and relax seems like a fair reward.

So they go hard on the treats.

Which overloads their system - creating even higher levels of exhaustion.

Dec 1	Dec 2	Dec 3	Dec 4	Jan 1	Jan 2	Jan 3
	<p>The year in review.</p> <p>Learnings from last year.</p> <p>Six monthly review.</p>	<p>Xmas day.</p> <p>Connect with loved ones.</p> <p>Play, celebrate - go slowly.</p>	<p>Play rest, recuperate refresh revitalise.</p>	<p>Looking forward. Goals for the year.</p> <p>Intentions.</p>	<p>Setting new up routines.</p> <p>Adjusting</p>	

5 - 7 days of:

Fasting, exercising, reading, sleeping, meditation/prayer, forgiveness, alcohol free, off-line, mindfulness, comedies, nature, gratitude,

RENEWAL

FOR 5 - 7 DAYS

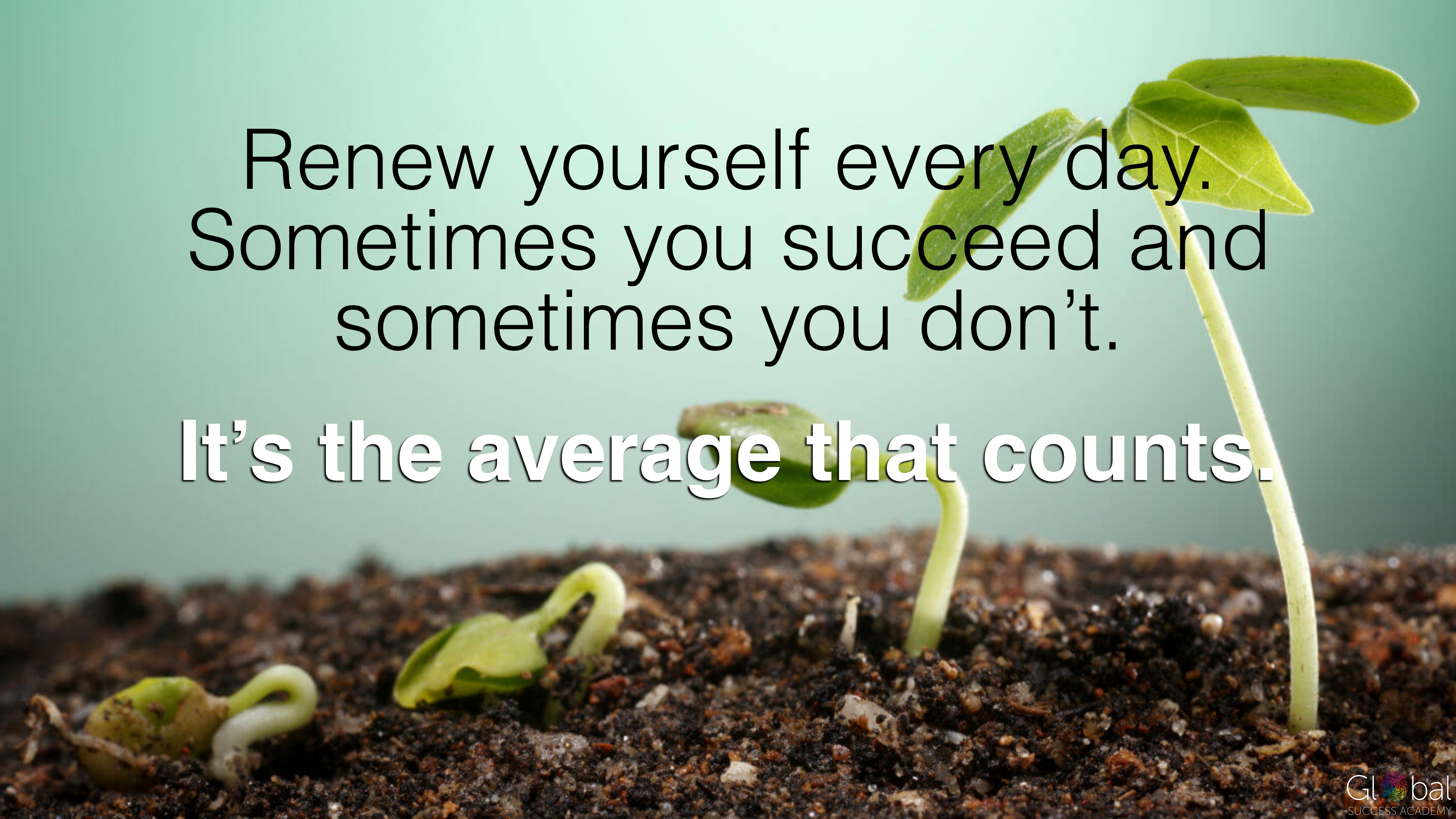
SPRING CLEAN: Home, office, car...

DETOX: Fasting, alcohol free, acupuncture, herbs...

EXERCISE: Walking, biking..., Anaerobic, Cardio, H.I.I.T.,

NUTRITION: Sugar free, water, grazing, fasting...

REST: Early to bed, movies, reading...

A photograph of four small green seedlings growing out of dark brown soil. The seedlings are at different stages of growth, with the tallest one on the right having three leaves. The background is a soft, out-of-focus green.

Renew yourself every day.
Sometimes you succeed and
sometimes you don't.

It's the average that counts.

GOALS FOR 2019

Dec 2018 - we are focussed on reviewing, refreshing and relaunching
Jan 2019 we'll be spotlighting goals and targets and setting up your year the right way

BUT

Homework between now and then boils down to this exercise....

	Jan	March	June	September	December
Health					
Experience					
Fitness					
We					
Relationships					
Contribution					
Learning					
Adventure					
Possessions					
Travel					

Here comes the tricky bit...

GOALS FOR 2019

Over the holiday period - cut the list on the left down to **FIVE** subjects.

	Jan	March	June	September	December
Health					
Experience					
Fitness					
Wishes					
Relationships					
Contribution					
Learning					
Adventure					
Possessions					
Travel					

GOALS FOR 2019

Therefore - in 2019 I'm focussing on...

Health

Fitness

Relationships

Contribution

Travel

PLANNING THE FUTURE

	January	February	March	April	May	June
Week 1						
2						Break
3			Break			
4						

Which mileposts line up here?
(how far towards the big goal should I be at this point?)

What's the target?

PLAY

FOR 365 DAYS

Contribute

Giving/donating/mentoring

Create

Buy a coffee for the next person

Write to someone

Finish something

Do something scary

Spring a surprise

Make a game (CK Rhymes)

Get a massage (give one)

Do I Need To...

Fly in a hot air balloon

Scuba dive

Live OS for a month/year

Buy a coffee for the next person

Go white water rafting

Fly in a hang glider

Take a 30 day road trip

Write a book

Learn to sing

Mentor someone

Volunteer overseas

Bungee jump

Build a veggie patch

Handle a snake

Do a Vipassana course

Camp out for a month

Take an oath of silence

Walk the El Camino

Learn Spanish

Build a boat/shed/business

PERSONAL SUCCESS ROUTINE

What is your **daily** version of:

Exercise

Meditation/Prayer

Reading

Gratitude

Connection

Superior nutrition

Rest, relax, revitalise, renew...

Mindfulness

Nothing is going to be different if
you don't change your **STORY**.

RELEASING YOUR STORY

Choose the three **Stories** that are the closest fit.

Story

Any story is actually a bunch of lies repeated so often they become beliefs.

The purpose of the story is to justify the game.

Bully
Persecutor
Rebel
Boss
Commander
Hero
Salesman
Clown

Drama Queen
Princess
Chatterbox
Worker Bee
Peace Maker
Team Player
Battler
Victim

Foot Soldier
Martyr
Mouse
Preacher
Loner
Overachiever
Smart Arse
Perfectionist

RELEASING YOUR STORY

Exercise: (in pairs)

Story

Any story is actually a bunch of lies repeated so often they become beliefs.

The purpose of the story is to justify the game.

Explain your story.

What's the story about the story?

RELEASING YOUR STORY

What is the story you are telling yourself about the story?

Story

Any story is actually a bunch of lies repeated so often they become beliefs.

The purpose of the story is to justify the game.

RELEASING YOUR STORY

What is the **Game** the **Stories** make you play?

Story

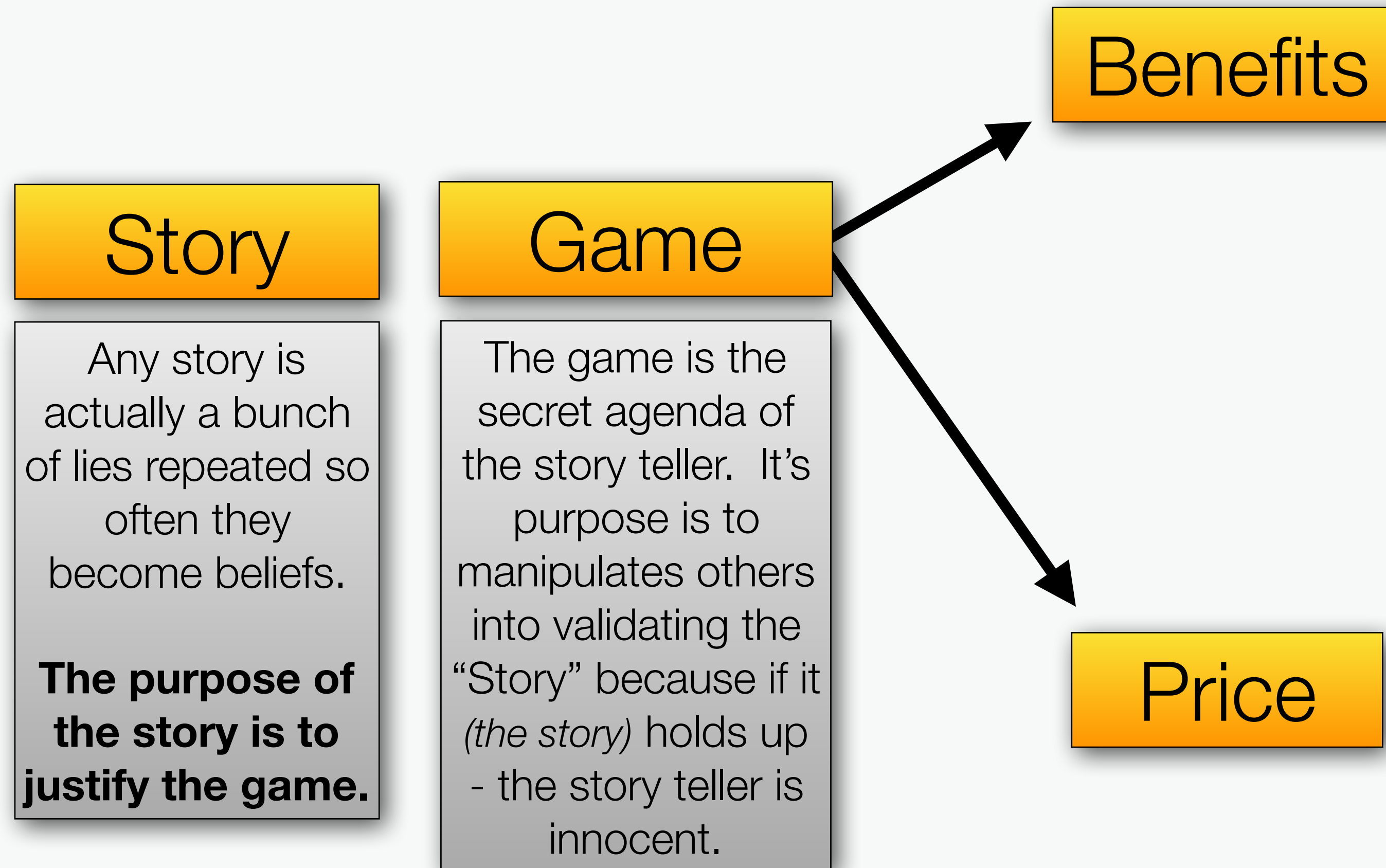
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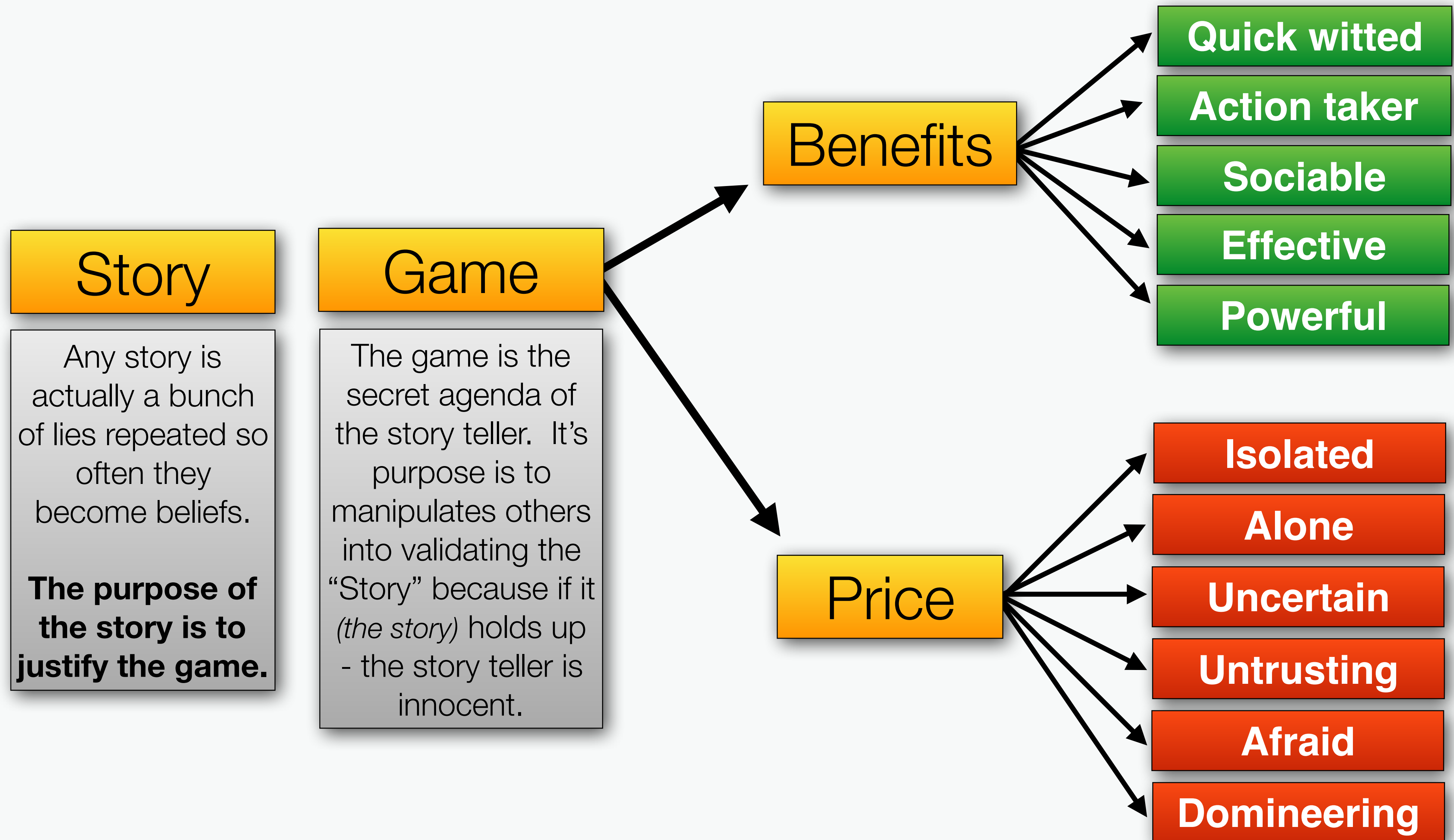
Game

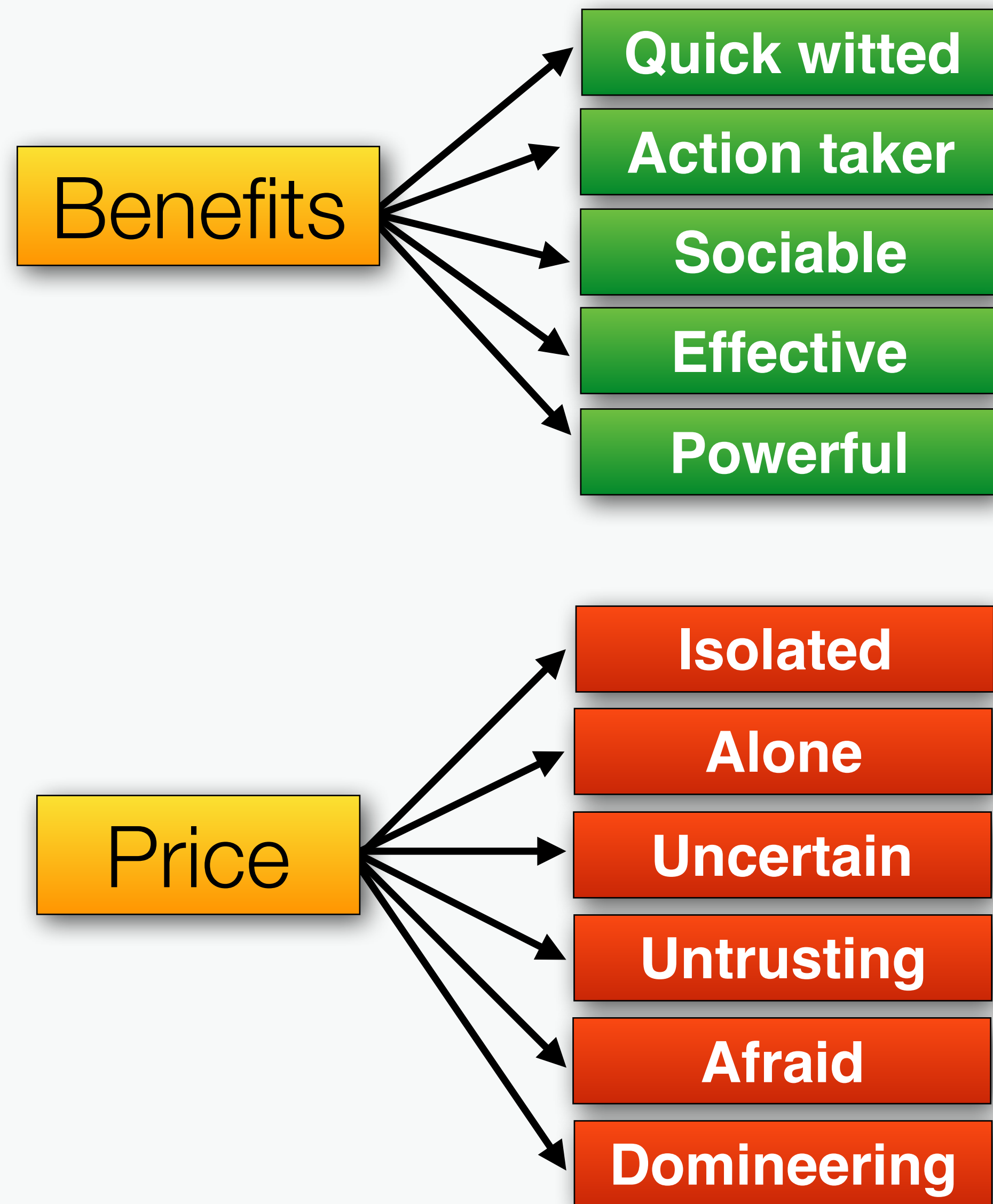
The game is the secret agenda of the story teller. It's purpose is to manipulates others into validating the "Story" because if it (*the story*) holds up
- the story teller is innocent.

RELEASING YOUR STORY



RELEASING YOUR STORY





The **greens** promised that the **reds** would not appear if the **greens** were embraced.

But the **reds** show up anyway and lurk constantly in the background.

They are the dominating controller of our behaviour.

We use the presence of the **greens** to prove that the **reds** are not there.

Benefits

Quick witted

Action taker

Sociable

Effective

Powerful

Price

Isolated

Alone

Uncertain

Untrusting

Afraid

Domineering

The **reds** threaten the ego with total destruction.

Fear surfaces & creates panic.

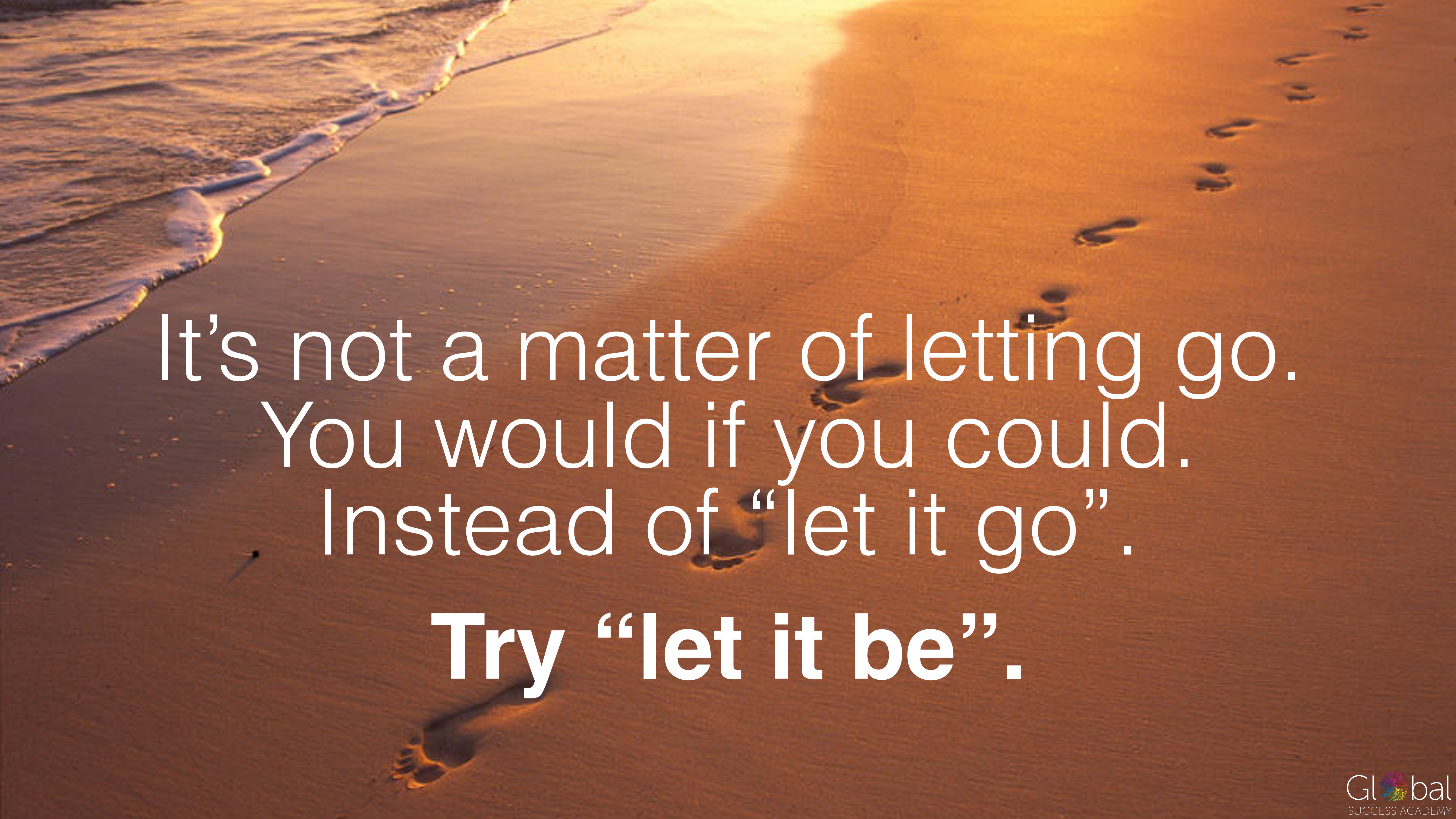
(99% of people back away)

*Yet, when the **reds** are “up” we can immerse ourselves in them.*

The immersion calls their bluff.

Exercise:

The behaviour change I
need to make is...

A photograph of a beach at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. Gentle waves are washing onto the shore from the left. A series of footprints are visible in the sand, leading from the foreground towards the water. The overall mood is peaceful and contemplative.

It's not a matter of letting go.
You would if you could.
Instead of "let it go".

Try "let it be".

Failure is the
opportunity to
start again...

*...more
intelligently.*






REVIEW, REFRESH & RELAUNCH

STEP 6
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REVIEW, REFRESH & RELAUNCH

STEP 3
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STEP 4
CONT.


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REVIEW, REFRESH & RELAUNCH

STEP 2
CONT.

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Family
1

Creativity
1

Career
1

Money &
1

Emotiona
1



REVIEW, REFRESH & RELAUNCH

STEP 1

 **REVIEW**

What were the highlights of the year?

What made you feel proud, joyful and loved?

What were the low parts of the year?

What was hard? What made you feel hurt, angry or sad?

What did you learn this year?

What do you learn about yourself, others & the world at large?

STEP 2

 **LIFE AUDIT**

Once you've looked back at the year that was, it's time to look at where you are now, in this moment. Rate each of the following areas from 1 to 5 in terms of how fulfilled you feel in each.

1 = totally unfulfilled
5 = completely fulfilled

Did anything surprise you?

What stood out to you?

How have these events changed you?

What will you remember most 5 years from now?

Download from the workshop page of the members site.

Download from the workshop page of the members site.

REVIEW, RENEW & REFRESH					
Grading	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2)	Unsatisfactory (1 point)	Score
Review	Always know what my accomplishments have been, am clear on the lessons learned, and ready to move forward.	Mostly know what my accomplishments have been, mostly clear on the lessons learned, and mostly ready to move forward.	Sometimes review, not sure of the lessons but will move on without them when I am ready.	Rarely review, not sure of the lessons and not ready to look forward.	
Life Audit	Always look at the different parts of my life to see what is going well and what needs attention. Ready to look forward after taking stock of today.	Mostly look at the different parts of my life to see what is going well and what needs attention. Mostly ready to look forward after taking stock of today.	Sometimes look at the different parts of my life to see what is going well and what needs attention. Unsure of how to move on.	Rarely take stock of where I am, just busy surviving. Not looking forward, having enough trouble with today	
Looking Forward	Always think ahead to the next year. Clear on my aspirations and the steps I need to take to realise them.	Mostly think ahead to the next year. Mostly clear on my aspirations and the steps I need to take to realise them.	Sometimes think ahead to the next year. Not clear on my aspirations or the steps I need to take.	Rarely think ahead to the next year, having enough trouble with this one. No aspirations.	
Renewal	I always take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation, then I always commit them into my diary and action them.	I mostly take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation then I mostly commit them into my diary and mostly action them.	I sometimes take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation then I commit them into my diary, sometimes action them.	I rarely take the time to decide on my renewal activities, rarely commit to any, rarely action them.	
Change My Story	Always recognise my story, know the game behind the story, it's benefits and cost. I know the behaviour change that I need.	Mostly recognise my story, know the game behind the story, it's benefits and cost. I mostly know the behaviour change that I need.	Sometimes recognise my story and the game behind it. Not sure of the behaviour change that I need.	Rarely recognise my story. Don't see the need to change my behaviour. Others need to change.	
Chart My Path	Always set a realistic path to achieving my goals: know the milestones, the new practices and attitudes needed to get there and which to give up.	Mostly set a realistic path to achieving my goals: know the milestones, the new practices and attitudes needed to get there and which to give up.	Sometimes set a path to achieving my goals: know the milestones, not sure yet what I will need to do to get there.	Rarely set a path to achieving my goals: don't know the milestones, don't know what I will need to do to achieve my goals.	
<div> <div>Action Items</div> <div></div> </div>					<div>Final Score</div> <div>/24</div>

WHAT NEXT?

NEXT DAY Q&A

Wednesday 19th December 8pm (Sydney time)

*You will be receiving an email from **ZOOM** to access this session.*

JANUARY **2 DAY** WORKSHOP: SETTING YOUR YEAR UP FOR SUCCESS

2nd - 3rd **February**

Venue: Global Success Academy HQ!

REMEMBER...

Post about your progress.

Sharing problems is as important
as sharing victories.

Support each other.

Ask me anything - I will answer as
many questions as you ask!

