

2017... Here we come!

December 2016 Newsletter



The New Year is just weeks away. You may have made plans to celebrate, but have you started to think about your resolutions? Have you identified any goals for the coming year?

Here's one way to get a head start on 2017. Take some time now to look back on 2016 — and ahead to 2017 — by answering the three questions below:

1. What did you do in 2016 that you want to keep doing?

To help answer this question, open your 2016 appointment book or calendar app on your smartphone. Think back on the events and people that populated the past year.

What did you enjoy? What would you like to repeat? What added to your knowledge or pleasure? What are you grateful for? What do you remember with a laugh or a smile? What were you most proud of? What lessons were most important? What created value? To translate into simple terms, what worked and is worth keeping as you go into 2017?

2. What did you do in 2016 that you want to stop doing?

While you've got that app or calendar in front of you, think about mishaps, mistakes or regrets. We all have them.

See if you can identify: What was frustrating or unsatisfying? What was sad or annoying? What was a "wake up call" to something you didn't know before? Can you see any patterns that didn't work so well for you? Any efforts that were misdirected? Are there habits you'd like to give up? In other words, what would you like to avoid in 2017?

3. What do you want to consider doing in 2017?

This is the fun part: What would you like to try out in the next year? What are some of your goals for 2017?

You don't need to identify all your goals right now. You may have some goals in mind already but more are likely to materialize as 2017 goes along. Developing goals is a process.

Take a moment to celebrate yourself!

Another year has come and gone. You've made it through good times and bad. Congratulations to you! Nice work!

Now you can try the exercise above to specify and control things you want to stop, things you want to continue and things you want to attain. Good luck making 2017 the best year ever!