

## **CELEBRATING THE BEST OF 2010**

Usually this time of year, I provide my clients, and in recent years my subscribers, with a handy Year in Review form to take stock of your year. The purpose was to highlight your successes, big and small, and to become aware of which course corrections you want to make going forward.

But too often, people place too much attention on what didn't work out for them and get stuck in feeling disappointed and discouraged. Focusing on what you don't like about your year, or yourself, only causes more turmoil.

### **A New Twist**

In order to reap the rewards of your 2010 experiences I encourage you to place your attention on what you can feel good about. Take time to truly appreciate yourself for all of your accomplishments; don't just gloss over them and move on to the next goal on your never-ending list.

Ideally, you've been keeping a WINS list throughout the year, but if you haven't yet, do it before year end. Think about:

What were you doing when you felt that you were standing in your power?

Which situations caused you to grow beyond your comfort zone?

What did you do to add to your life force, to keep your energy high?

### **Go Deeper**

Are you including personal mastery on your list? Don't limit yourself to only the attainment of business or career goals.

Perhaps you've made major strides in being more conscious of how your thinking patterns influence your outcomes. Maybe your emotional reactions to challenging people or events have changed and you find yourself responding instead of reacting. In knowing what you are now doing to shift into your preferred behavior (i.e. being composed), you can replicate it.

### **Truly Celebrate**

You know you're celebrating when you feel fantastic! Really milk it. Don't just go through the motions by saying, "Yeah, ok I did that." Make sure you identify what was satisfying about your achievement(s). Allow yourself to feel really jazzed. You deserve it!

Once you've generated sufficient inner enthusiasm as a result of remembering your past success, you are ready to observe where you are now. What would really thrill you for 2011? What shows up in your mind? Is it exciting?

Can you feel your creative juices flowing? If yes, take a moment to capture your ideas before they fade away.

### **Pre-pave for 2011**

Begin preparing for your future by taking what inspires you the most and imagining already living it. Get very clear in your mind as you allow your positive feelings to match your vision, and fully enjoy being there. When your good feelings start to fade, stop.

Know that by having done this little exercise you've activated your desire. And soon, you'll take inspired action as you accelerate at the speed of life.

HAPPY HOLIDAYS!

One of the greatest joys of this festive season is the opportunity to say THANK YOU for your loyalty and support, and to wish you the very best of success for the New Year.

Barbara McRae, MCC  
*The Savvy Success Coach*

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