

Appreciative Year-End Review for Individuals, Couples, or Small Groups
December 2012
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Looking in the 2012 Rear-view Mirror:

Think back to your life one year ago: mid-Dec, 2011. **How were your life and work going? What were you looking forward to, in 2012?**

Write down 2 High-point events or accomplishments in your PERSONAL LIFE in 2012

Choose events or accomplishments using any of the following criteria

- Significant: they mattered
- Perhaps you weren't sure you could bring them into being
- Perhaps their occurrence surprised you

1. _____

2. _____

Now write down 2 high-point events in your WORK LIFE in 2012

Choose events or accomplishments using any of the following criteria

- Significant: they mattered
- Perhaps you weren't sure you could bring them into being
- Perhaps their occurrence surprised you

1. _____

2. _____

Write down **one REGRET in 2012**(if there was one), either personal or work-related.

For example...

- An opportunity you didn't pursue, or that didn't materialize
- Something you gave your best, but the stars weren't aligned

- *Look at this regret situation without blaming yourself or others.*
- *If you hear yourself saying "Coulda Woulda Shoulda", recognize it as a story your mind is inventing to make sense of what happened (and what didn't happen).*
- *Bring a touch of acceptance and compassion to yourself and to others involved.*

What lesson(s) have you learned from this? How can you use that experience, those lessons, in 2013? In fact, have you already begun to apply the learnings? If so, how?

Write a personal note to yourself right now: **Note to (Your Name Here)** _____
"Here's how I intend to use the lessons of the 2012 Regret Experience in 2013." (Be as specific as you can.)

Looking Through the Windshield (or Peering Over It) Towards 2013:

What has you excited and enthusiastic for 2013, in your personal life, work, anywhere else?

What else would you be excited and enthusiastic about, if you allowed yourself to be? (If you didn't worry about constraints)?

If you gave 2013 a title (like "The Year I Finally..." "The Year of ..." what would the title be?

What's the greatest opportunity that's looming for you in 2013?

What's required for you to make it happen? What supports and resources do you need to set in place?

What's stopping you (if anything)? How can/will you address this perceived or real constraint?

What do you Want (intend) to say about **2013** at the **December 2013 Open Mic** (i.e., next year at this time)?

A Revolutionary New Year's Resolution

What aspiration, goal, etc. would you go after if you really "went for it" in 2013? If you had the inspiration, the calling, the passion, what would you "finally" tackle?

What can you do – what would it require – for you to **mobilize that daring?**

1. _____
2. _____
3. _____

III. REFLECTING AND SHARING:

- What was the experience like for you?
- What did you learn?
- What surprised you?
- How did/do you feel?
- What are you primed to do?