

YOUR 2012 ASPIRATIONS AND PERSPIRATIONS

**A 12-Step Process for Identifying, Planning, Implementing,
and Celebrating Your 2012 Aspirations**

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**(Originally introduced at the
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Overview of the “12-Step Process”

- Step 1 Reflection on 2011
- Steps 2-5 Aspirations for 2012
- Steps 6-12 Perspiration in 2012 (planning, implementation, celebration, maintenance)

“Your 2012 Aspirations and Perspirations: a 12-Step Process” can be done as an individual exercise, in pairs, or small groups. (For example, you can complete the first six steps privately, then meet with one person or a small group to share your (and their) answers, and discuss the remaining steps. Or a pair or a small group can convene, each person can complete the six questions, and discuss as above.)

REFLECTION ON 2011:

1. Thinking back to 2011, its high points and challenges, what’s its big takeaway or message to you? What does it want you to remember, on behalf of your 2012 success?
 - *Said another way: if your 2011, receding into distant memory, spoke to your 2012, what would it say? What does it want you to remember? What would be its message or advice?*

ASPIRATION FOR 2012:

Steps 2 –5 ask you to act “as-if” you have accomplished your 2012 aspiration, and are looking back upon the year.

2. Imagine saying to yourself, on December 31, 2012, “Wow! This was the year I made my aspirations happen! I went for it (or went for them), and I got it!” What is the aspiration(s) that you achieved? Write it(them) down, as clearly and specifically as you can.

Summarize your 2012 aspiration by completing this phrase: “2012: the year that” or “the year of” or “the year I...”

“2012: The Year _____”

3. Now take a moment and create a vivid image, in words or a mental picture in your imagination, of how it feels on Dec 31, 2012 to have accomplished this aspiration (the more vivid the better).
 - For example: do you imagine yourself exhilarated while standing on top of a mountain, or perhaps feeling joyful in the company of others and celebrating, or maybe sitting alone or with one other person and reflecting happily on what 2012 has been? Imagine it vividly, see if it produces bodily sensations and feelings, and write down the words or image to capture it.

My word picture (or drawing) of how I’m feeling upon achieving my 2012 Aspirations:

4. Identify the strengths and resources you used (and/or called upon in others) in 2012 to bring this audacious aspiration into being. (“Resources” can include role models and experts whom you enlisted.)

Strengths I Called Upon

Resources Enlisted

5. Identify constraints or obstacles (inner and outer) that you planned for, or that rose up to stand between you and success in 2012. How did you deal effectively with them? What kinds of help and support, if any, did you get in addressing them (e.g., a study group; friends and family; a coach or counselor; training)?

Obstacle/Constraint

How I Addressed It

PERSPIRATION in 2012

Steps 6 –12 are action steps to take, beginning now. (Please turn to next page.)

PERSPIRATION in 2012

6. If you have already created a plan, take a moment now to write down several of the key steps. If not, this is a good time to jot down several 'must-do' steps.
- Be sure to incorporate any additional steps that occurred to you while answering the above questions about strengths, resources, and obstacles. Will you go it alone, or who will you call upon for information, expertise, guidance, teamwork, support, cheerleading?

Steps

**When I Will Initiate
(or When I Initiated)**

Steps 7-12 complete the process. They are designed to take you from Reflection and Aspiration planning to implementation to attainment to celebration.

7. Announce your intentions, to others who are in a position (and have the disposition) to support you. There's power in making a public declaration.

8. Keep your mental image of what success feels like on 12-31-12 in front of you: create screen savers, index cards, pop-up screens, any and all media and gimmicks to saturate your awareness. **Keep your eyes on the prize!**

9. Track progress continuously, and celebrate success. En route, remember to
 - (a) recall the vivid vision every day, to keep it alive and pulsing,
 - (b) treat setbacks as learnings, and
 - (c) expect to make small (or large) adjustments to the plan. Treat your plan as a “license-to-learn” rather than as a blueprint.

10. Have one or more accountability partners (or groups) to keep each other motivated, inspired, encouraged, and to provide feedback, reassurance, and celebration.

11. When you've attained that daring aspiration, celebrate it fully, and create a maintenance plan to keep performing at that high level.

(Please turn to page 8 for final step)

12. Next year at this time, rinse and repeat (i.e., start on your 2013 Aspirations)!

- Begin with this: “Thinking back to 2012, its high points and challenges, what’s its big takeaway or message to you? *Said another way: if your 2012, fading fast into distant memory, spoke to your 2013, what would it say? What would be its message or advice?*”

Some Questions for Reflection and Discussion:

How was this exercise (especially the first six steps) for you?

Any A-ha’s, surprises, intentions, inspirations, new insights, etc?