

New year resolution rebellion

It's a new year, it's a new chapter – so let's unleash the best of you in 2012
My gift to you is a twist on new year's resolutions – in fact, it's a rebellion against trying to be 'better' in the new year and instead, celebrate what works about your life. Here is a list of questions to help you dig around the treasure trove of the 'good time' goodies from 2011 and build on this in 2012:

1. What were the magic moments for you in 2011? (These can be single moments or events that made you feel alive, satisfied and joyous.)
2. What made them so rewarding?
3. What achievements do you feel proud of in 2011?
4. What did it take for you to have those achievements?
5. What didn't work in 2011?
6. What useful lessons came out of these experiences?
7. Where have you grown and what did you learn in 2011?
8. Looking at your answers, what would you like more of in 2012?
9. What personal qualities would you like to bring out more in 2012?
10. What would you like to leave behind in 2011? (Perhaps worry, procrastination, self doubt ...)

Treasures don't have to be the award winning moments, or the fanfare of getting the applause from an adoring crowd – (although, if it happened – good for you). Treasures are the magic moments that bring a warm, fuzzy feeling to your belly. Highlights for me included a random connecting moment with my brother; a chance encounter at a Swedish bus stop when I reignited a friendship with a travelling buddy from 20 years ago; a creative thinking session with two entrepreneur buddies.

Let's burst into the new year with a positive mindset and a reminder of what works well about you and your life. A happy new year to you!