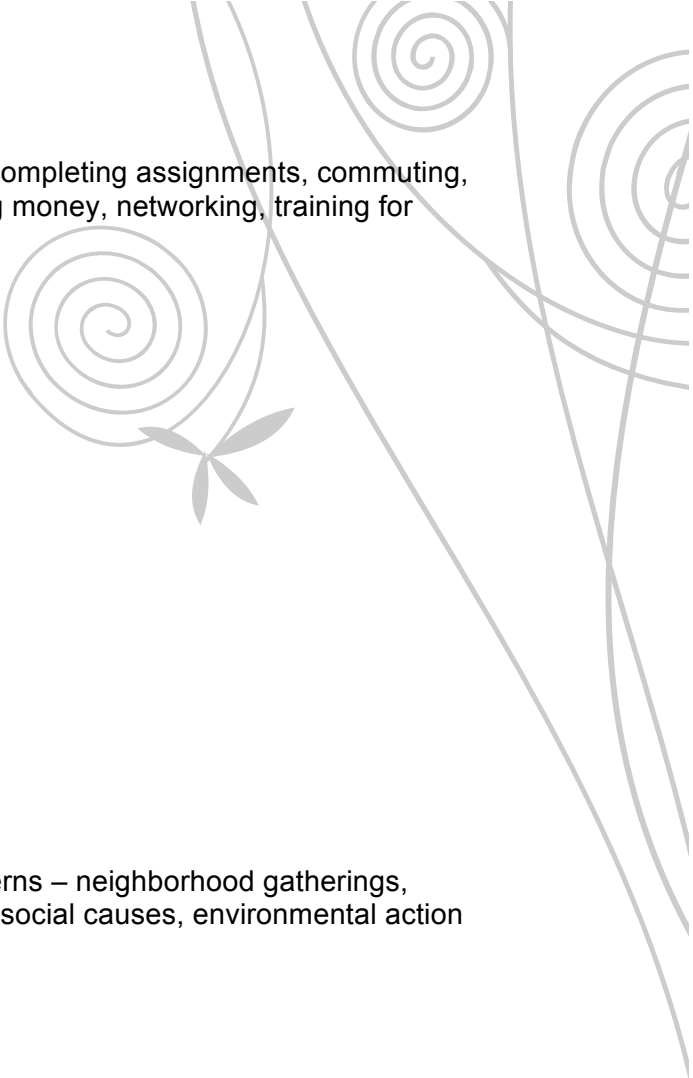


Reflecting on 2009

What did you accomplish in 2009 that was important to you? What did you learn about yourself as a result? Consider the following categories:

PERSONAL: Taking care of yourself – exercise, nutrition, alone time, personal spirituality, individual learning.

RELATIONSHIPS: Sharing yourself with a significant person – nurturing, shared activities and priorities, having fun. Parenting, family time, household management, taking care of parents and extended family, social time with friends.



CAREER: Your investment in meaningful work – completing assignments, commuting, volunteering, leading, managing, planning, earning money, networking, training for promotions.

COMMUNITY: Your involvement with group concerns – neighborhood gatherings, religious, professional, and political organizations, social causes, environmental action groups.


OTHER: Areas that are beyond classification.

Planning for 2010

Considering how you went about your living in 2009, what worked well that you want to continue?

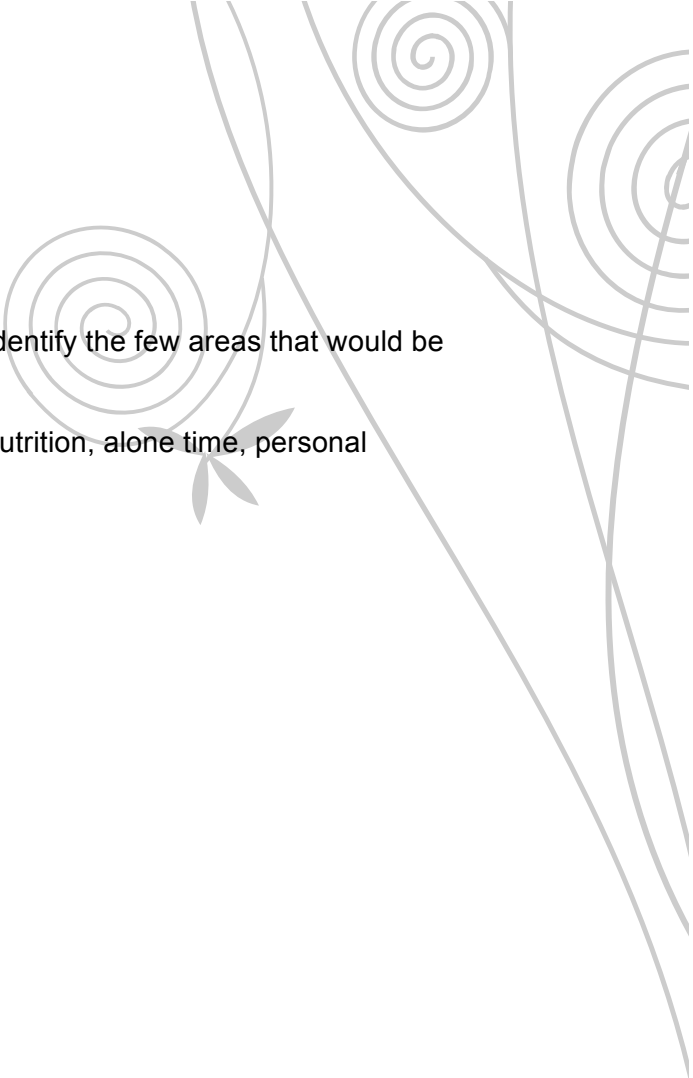
What will you start doing, or do more of, to improve how you are living your life?

What will you stop doing, or do less of, to improve how you are living your life?



What drains your energy? Identify the relationships, places, circumstances, unfinished business, and worries that drain your energy. Which of these energy depleters are you willing to eliminate, resolve, or reframe this year? How?

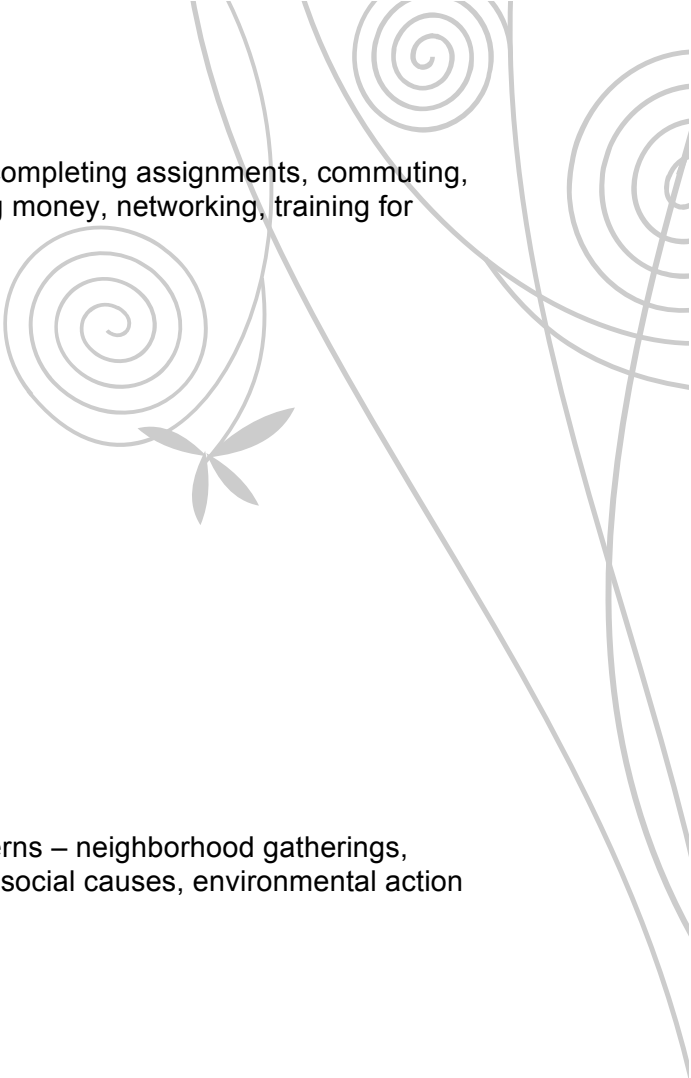
When personal values are congruent with daily living, they are a source of energy. What values are most life giving to you? What will you do to more fully live your most important values?



How will you grow? Use the categories below to identify the few areas that would be most meaningful for you:

PERSONAL: Taking care of yourself – exercise, nutrition, alone time, personal spirituality, individual learning.

RELATIONSHIPS: Sharing yourself with a significant person – nurturing, shared activities and priorities, having fun. Parenting, family time, household management, taking care of parents and extended family, social time with friends.



CAREER: Your investment in meaningful work – completing assignments, commuting, volunteering, leading, managing, planning, earning money, networking, training for promotions.

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