

Flourish

Tools You Can Really Use

Six Pivotal Steps For Fruitful Growth

Essential Questions to Ask Yourself at the New Year

Survey:

What was the primary emotional landscape of the previous period?

Did I feel content? Was I often frustrated? Was I confused? Was I enjoying myself? Did I struggle? Do I like the feeling of the emotional landscape I was in?

Reflect:

How was I showing up in the previous period?

Was I honest? Did I stand by my values? Was I in integrity? Did I feel like I could do better? How did I show up in my relationships? Was I my best self? Did I like who I was being and how I showed up?

Determine:

What were the primary challenges or growth opportunities of the last period?

Did challenges surface at work? In my relationships? In my inner world? In my health? Was I able to overcome them? If yes, what supported my growth? If no, what support do I need to move forward?

Chart:

What are my expectations from the next period?

What do I want to experience? Is it more of what I had last period? Is it something altogether new? Is it less of what I experienced previously? Do I expect things to stay the same, or do I expect change? Do I welcome change? Do I need a gut check? What do I want the primary emotional landscape to be going forward?

Act:

What single thing can I do today to create the experience that I want?

Does my mindset need to shift? Will a change of scenery be beneficial? Am I headed in the right direction to achieve my goals? Do I need a guide? Can I prepare in advance for potential roadblocks in order to make the journey easier or simpler? Will I benefit from hiring a coach?

Celebrate!

What went really right last period?

It's so important, especially for growth-oriented folks, to take stock and celebrate both the work we've put in as well as the results we've achieved in our professional lives, our relationships, and our inner experience. By celebrating our wins, no matter how small, we affirm that we deserve the benefits of our personal growth and evolution. We also take a ride upwards on the success and confidence spiral, making it easier to grow and reach our desired goals in the coming period.