

Year End 2020, Year Beginning 2021

Year End Completion: 2020



Imagine that you are standing on a threshold, and you are looking back at the year 2020.

I invite you to bring your attention to whole of the year that is completing, 2020, and to do some reflections about how the year has been for you.

What mattered most to you in 2020?

What were your intentions, at the beginning of the year?

What were your goals, at the beginning of the year?

How did your goals and intentions shift during the year?

What caused the shift?

What are you celebrating, from 2020?

How well did you care for yourself in 2020?

Any disappointments from 2020 that might inform your choices in the new year?

What did you learn from 2020?

How will that wisdom inform your way forward in 2021?

What are you letting go, to make room for the new in 2021?

What else is important for you to acknowledge, in order for 2020 to feel complete, and for you to move forward?

New Year 2021: Vision



Now, turn your attention to the new year, 2021.

What matters most for you in this coming year?

What is your vision for the year?

(space for you to continue to write about your vision)

New Year 2021: Aspirations and Journeys



Now that you have some idea of your vision for 2021, you will consider your Aspirations and Journeys for the year.

Aspirations are things for which your outcome or destination is clear, and you can define the way to get there. You know the action steps of how you will get there, or you can define them.

I use the word “Aspiration”, because it implies something especially important or meaningful. An aspiration comes from your soul, and you can feel an aspiration in your heart.

With an aspiration, you know it is yours to do, and it is time to do it. Aspirations often choose us, rather than we choosing them.

We have been thought to think of goals, but goals are often something that we think we *should* be doing. They come more from our heads than our hearts.

When you think about your aspirations, think about what is *essential* to you, so that your investment of resources and energy will be most meaningful and worthwhile.

Journeys are areas in your life where you know you want forward motion or progress, but you can't see the destination or the path.

So, in summary:

- Aspirations have a clear destination and a path of action steps to get there.
- Journeys are something that you want, but they don't have a clear destination, and you can't see the path to get there.

First, you will write about your Aspirations.

Then, in later pages, I will ask you to think about your Journeys.

2021 Aspiration #1

Outcome or Destination:

Plan. List the steps to reach your outcome/destination, or draw a map that shows how you will get there:

First Action and Target Completion Date:

2021 Aspiration #2

Outcome or Destination:

Plan. List the steps to reach your outcome/destination, or draw a map that shows how you will get there:

First Action and Target Completion Date:

2021 Aspiration #3

Outcome or Destination:

Plan. List the steps to reach your outcome/destination, or draw a map that shows how you will get there:

First Action and Target Completion Date:

New Year 2021: How Are Journeys Different from Aspirations?



Not all of what we want in our lives fits neatly into measurable aspirations, with clearly defined outcomes and identifiable paths to get there.

Journeys are areas in your life where you know you want forward motion or progress, but you can't see the path or the destination yet.

Examples of journeys are:

- Be more engaged with my community and friends.
- Diversify my business.
- Become more resilient.
- Bring my technology competence up to the next level.

With a journey, you may have clear aspirations later, but for now, you will be moving step by step, as you explore what you really want and how to get there.

Essentially, you are saying "Yes!" to the journey. You want to remain actively engaged with the focus of the journey, but there is no path or clear destination yet.

The journey is important, and you definitely don't want it to fall off your radar.

You stay actively engaged with a journey by:

- setting Intentions for how you want to be with it,
- committing to an ongoing process of checking in with your progress, and
- taking each next step as you move forward. (Often you can't see more than the next step, and you are moving in faith that it is enough to make the next move, and then the next, and ...)

2021 Journey #1

The Journey I am on is:

It's important because:

The inner qualities I want to bring to this journey are:

These inner qualities become your Intentions. Intentions are who you want to be as you move forward.

(Ongoing Check-In Process) I will remain engaged with this journey by:

My next step is:

2021 Journey #2

The Journey I am on is:

It's important because:

The inner qualities I want to bring to this journey are:

These inner qualities become your Intentions. Intentions are who you want to be as you move forward.

(Ongoing Check-In Process) I will remain engaged with this journey by:

My next step is:

:

2021 Journey #3

The Journey I am on is:

It's important because:

The inner qualities I want to bring to this journey are:

These inner qualities become your Intentions. Intentions are who you want to be as you move forward.

(Ongoing Check-In Process) I will remain engaged with this journey by:

My next step is:

And, Now, Life Shows Up



“Plans are worthless, but planning is essential.”

- Dwight Eisenhower

“Life is what happens when you plan something else.”

- John Lennon (maybe)

You’ve just done some important planning for the next year of your life.

Now, something else will likely happen.

And, this isn’t a bad thing. In fact, it’s a really good thing, because it means that you are dancing with life, being flexible, and letting the magic of serendipity help you create your life.

However, you are starting with Aspirations and Journeys that really matter to you.

So, it’s important that you set up some ways to track how they are unfolding and to remain faithful to what really matters to you.

It’s like finding ways to remain true to the spirit of what you intended, while you allow the details to unfold in surprising and unexpected way.

By having planned, you have given yourself some clarity of what to pay attention to as you move forward.

The important thing, then, becomes to set up some regular times for meetings with yourself, when you review your original aspirations and journeys, and make adjustments to them to accommodate life unfolding.

First, I recommend that you select a frequency to do these reviews: weekly, monthly, or quarterly. I like to review my vision every quarter and my aspirations and journeys every month.

During these times, review and reflect on your progress, with a self-compassionate and non-judgmental spirit.

For your vision, ask yourself the questions that you originally reflected on, and see what has changed for you.

Write a new vision, or make changes to your original one, as desired.

For aspirations and journeys, ask yourself:

- What am I celebrating?
- What is the impact of my progress?
- Any disappointments?
- What have I learned?
- How can I apply this wisdom, moving forward?
- How do I want to adjust my original aspirations and journeys?
- What are my next actions or steps, as I move forward from here?
- Are there any completely new aspirations or journeys, in response to life showing up?

When you have completed your review and reflection, put the dates for your next meetings with yourself in your calendar or diary.

Self-Acknowledgement



It's important, as you move through the year, to acknowledge who you have been and how you have shown up, whole-heartedly, to your life, both in the times where it is going your way, and in the challenges.

Once in a while, step back from all the action and circumstances of your life, and ask:

- What am I proud of?
- How can I love myself more, in all of it?
- How can I take care of myself, even better, as I move forward?

Move Forward with Joy



And now, the most important thing: move forward with joy.

Sometimes, when it feels like circumstances aren't cooperating with the plan, we need to actively find the joy in our lives.

I heard someone say recently that gratitude is the mother of joy.

When I am in a really bad patch, I turn towards the sun and be grateful for it. That's always a reliable *start* to finding and focusing on the things that I am grateful for in my life.

What is your start?

Thanks for joining me on the threshold of 2020 into 2021.

I wish you many blessings now, and in 2021.

With much love to you,
Lynne

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