

## TTFN 2014 CLOSING PARTY: Your big life sweep up made easy!

Welcome to you poppet- before we get started you should know there are no right answers to filling out this work sheet. Some guiding rules to accompany my original post would be:

- Be honest with yourself
- Don't be too hard on yourself – all progress is good progress!
- Give as much detail as you can
- Try and think about the 'why?' behind your words and thoughts
- Think about the different areas of your life and what's gone on or not - career, family, relationships, work, fun, wellbeing, travel, giving back are some starters to consider.

### OK let's go...

Complete the columns below in as much detail as you can.

In the 'Meh' column collect the more crappy things you experienced in 2014 and in the 'MAGIC!' column, list out the high points, mini victories, pleasant surprises that were also part of your ride here.

When you've completed this part take a breath. You may be feeling emotional and that's OK. Go with it...

<b>Meh (What did not go well/ crappy experiences in 2014)</b>	<b>*MAGIC!* (What went well, high points and happy times in 2014)</b>

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Take that breath I mentioned beforehand. You may be feeling emotional so it's OK to take a moment.

It's now time to capture in words what these experiences have meant in terms of what they've taught you in 2014. So, unfortunately this might be that there will be some people you know you can't trust as well as knowing when you ask you usually get what you want in return.

**Let's look at defining all the insight you can take from this year based on our good and not so good experiences...**

<b>Ultimately, what do you know now? (When you look at what you've written in the 'Meh' column above, what have these events or experiences taught you or forced you to learn?)</b>	<b>Ultimately, what do you know now? (When you look at what you've written in the 'Magic' column above, what have these events or experiences taught you or allowed you to learn?)</b>
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OK, that's the reflective part completed – let's now look at what we do now and moving forward.

## 2015 – let's 'ave you!

From the 2014 sweep up you'll be starting to feel clear about what is and isn't working for you right now. So let's set some goals and intentions around where changes need to be made or not to make 2015 your best year yet, on your terms!

<i>I will STOP...</i>	<i>I will MINIMISE...</i>	<i>I will KEEP DOING...</i>	<i>I will do MORE...</i>	<i>I will START...</i>


*So, how does that feel?*

*What do you think you need to do now?*

*What are you going to do now?*

*When are you going to do it?*

Meet me in the comments and let's hug it out together!

Need some impartial support? Find out how you can work with me as your life coach to get you where you want to be, on your own terms. [Go here.](#)

Love Lucy x

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*Life Coach, Speaker & Writer obsessed with helping Gen Y-ers beat the tricky trap of comparison*

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