

Questions to the Soul: 'Facilitating New Year Resolutions'

Dreaming

Imagine...everything is possible....including wildly unlikely opportunities, brave decisions and bold actions. Let's put on our Best Self outfit and quickly make a list of 20 *Wishes* which come to mind first thinking of 'My Wishes for 2021'.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Zooming in and Finalising

Let's focus on 5 out of 20 Wishes which seem *most* important. Please circle them in the main list and then transfer them here, editing if needed.

1. _____
2. _____
3. _____
4. _____
5. _____

If only One Wish would be 'granted' **which One would you choose?**

Let's take a break, go for a walk and have a fresh look at the List of 20 and One Wish. Are you happy with it or would you like to make any changes? Edit? Add? Remove? Make a new list altogether? Leave everything as it is? If happy with One Wish let's make it into a Goal, SMART.

Specific:
Measurable:
Achievable:
Relevant:
Time-Bound:

Facilitating and Committing

What do you feel could be 5 possible Facilitations for your One Wish?

1. _____
2. _____
3. _____
4. _____
5. _____

Which One Facilitation seems crucial for success?

Who can help you and hold you accountable?

When are you going to ask them to help?

How can you help them with their goals and wishes?

Talk to somebody who knows you well - for example a person who will hold you accountable. Do they have any input on how you can Facilitate your Resolutions? Add/remove/edit your Facilitations list based on their input.

1. _____

2. _____

3. _____

4. _____

5. _____

Scheduling

Let's print out One Goal and Facilitations page and put it in a good place as a reminder. Ideas: next to where you work, on the fridge, on the desktop.

Let's schedule new activities in the calendar and plan a review day in 90 days.

Put a copy of your Wishes into your Wishes Basket on a special piece of paper...let's them be there :)

Notes

Perfecting

And now you might want to go back to your List of 20. Why?

Your '5 out of 20' and '1 out of 5' most probably were conscious choices (nothing wrong about it). But if you are to go a little deeper then looking at your List of 20 you might want to look for One Wish/Goal which:

- Will create a *Balance* in your life (this might not be what you *want*; but this is what you *need*...)
- Feels like the *Odd one out* (the one which feels like it *doesn't belong to this list*...)

So here is how your final list of 2021 Resolutions may look like:

Goal 1. '1 out of 5' Wish (*conscious* choice)

Goal 2. Biggest Balancing Wish/Goal (this is what we *need*)

Goal 3. The Odd one out (this might just provide some *Soul food* for the year...)

And now please feel free to create a list of Facilitations for each Goal and schedule. Looking back at our List of 20, now is a good time to rearrange them in order of importance for future work.

Now we need to *create* (or *choose from* your list of 20) a **Key Habit**. The Key Habit is a habit which will create a potential and space for several others to happen (such as 'waking up earlier to 1) write, 2) study, 3) meditate and 4) finish work earlier to 5) have an early evening with the family').

Key Habit

And, to practice good habits of Self reflection and Gratitude to Self,

- Which **habits you started in 2020** you are going to keep in 2021?
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We hope this Questions to the Soul worksheet will be of practical help to you and provide you will plenty of insights. If you like this type of work and would like to have help, accountability and creative input of people on the same journey as you, Join Us at Cafe Self, Where you come to feed your Soul.

We would LOVE to see you there!