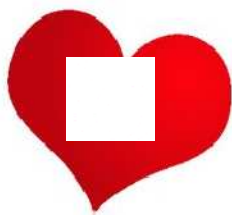


# Time



# celebrate

It's always surprising how quick we are to dismiss the old year in exchange for the new. It feels like a huge opportunity gets lost. This year, do something different with Claire Hall who shows you how to acknowledge the year that was and celebrate in your own way.

**A**dmittedly a new year is a great occasion to embrace the exciting energy of a fresh start, a clean slate and motivating sense of possibility. But before deciding how your 2011 is going to be different to 2010, have you considered the powerful impact of reflection? 2010 now offers the gift of hindsight, a worthy tool to elicit insights for personal growth. I heavily encourage you to take a moment to relish in the delights and reflections of 2010.

While focusing on the wins and celebrations of 2010, you may also stumble upon unconquered goals, unresolved decisions or perceived failures. Disappointments, failed goals, lost opportunities and hardships are all part of life. If 2010 dealt you a rough hand, now is the time to stare at it head-on and make peace. Choose to leave unnecessary emotional baggage behind and liberate yourself from self-inflicted chains of guilt.

Let's start by simply listing an objective description of your disappointment and perceived failures from 2010:

- What goals weren't realised?
- Did you hope to get married or start a family?
- Did you lose a loved one?
- What happened to your finances, relationships, children, holidays, family, and career or business?

Be honest; there is no judgment here. By acknowledging things that didn't work out as planned, you release any blocked energy and free yourself to accurately access what really went on. Consider:

- Did you have a higher learning at play and have you learned it?

- What would you have missed out on if you had achieved the goal?
- Do you still want them in 2011 or have your priorities changed?
- What can you learn about yourself and your values by witnessing your disappointment in this area?
- What you are choosing to learn from 2010?
- Who are you now as a result of 2010?

Remember this list is not an accurate portrait of you now or your future potential. It is what happened in the past. It's up to you to choose where it shall remain, in the past or determining your future. You cannot change what happened but you can choose your response to it.

A successful 2011 starts with a long list of achievements, a commitment to celebrate, a dose of gratitude and an honest heart for learning. So why choose to list our achievements from 2010? Actually the question is why wouldn't you? By recording our successes we can learn to give ourselves a pat on the back, which fuels our motivation and self-esteem. Remember how good it feels when someone notices how well you are doing? Recall how your self esteems boosts and your confidence rockets as recognition flows your way? Imagine if you gave yourself that boost to start 2011. Well you can.

It always amazes me, how hard we, as human beings, find the exercise of self-acknowledgment. Yet, your list of disappointment and perceived failures is probably long. Isn't it strange how we unconsciously focus on the negative? If you use a daily to do list and only completed four of the five tasks, it would be the fifth

that claimed your focus rather than the four completed tasks. Now imagine all of 2010s task lists (that's 365 days worth!). Focus on all the incomplete tasks, how does that feel? Disappointing? Ambivalent? This is hardly an inspired mindset to create your exciting and positive New Years Resolutions. And yet this is how we can unconsciously sabotage ourselves.

Now imagine your attention is on those tasks that were complete, from the momentous to the micro. Allow yourself to bask in the evidence of where your hours of labour have been spent. Feel each achievement as a brick of confidence laying the foundations for a 'can do' attitude. Now think about creating your goals for 2011. Much more inspiring and fun right? You can consciously choose to focus your awareness on things that make you feel good about yourself. And when you feel good, good things are attracted to you as well as your ability to manifest them. By witnessing and owning our wins, successes and achievements we allow others to also seek out their own. A cycle of self-esteem, positivity, and possibility develops. Lets be clear, this isn't about bragging – "look how great I am" – it's about having an honest and balanced self perception which positively feeds our soul and fuels our journey. Our life is determined by our interpretation of events. Reality happens but it is the decisions we make from it that create our emotional wellbeing.

So take a moment now to think back to 2010. Recall memories of different events and start to list what you accomplished. Consider each area of your life, from your relationships with 'self', your partner

and family, to your social life, wellbeing, spirituality, career or business and finances.

In each area consider:

- Where was I at the beginning of the year and where am I now in this area?
- What did I do well in this area?
- What am I proud of?
- How did I challenge myself?
- What did I learn?

As an example, a client of mine included the following on her list:

1. I ate organic food 90% of the time
2. On average, I cooked five healthy meals a week
3. I established a new organisation routine for family
4. I gained a promotion at work

5. I learned how to paint with watercolours
6. I conquered new mobile phone applications
7. I went on self development course
8. I challenged my father and found a resolution
9. I cut back to one coffee a day
10. I joined a salsa class for exercise

A sense of gratitude swept over this client as she read her list out aloud. She was in awe of how much she had actually achieved, despite major obstacles. Her gratitude came from her ability to acknowledge her abilities, her will and also for her life, which presented her with these opportunities.

Use the space provided to list your achievements for 2010. Make you list "I" statement, after all this is about your achievements.

Got your list? Now it's time to celebrate. It sounds easy doesn't it? Yet, in my experience people do not generally schedule in time to really celebrate. Be responsible for giving yourself the rewards you deserve. If your best friend was hesitating with her celebration wouldn't you encourage her? Do the same for you. Give yourself the love and acknowledgement you deserve? It doesn't have to be a grand affair, but it can be!

No one is judging your celebration so be as wild and creative as possible.

Consider these examples to get you going:

- Purchase that object of pure indulgence
- Spend time with a friend and each share your achievements with the other. Congratulate each other on your successes and learnings
- Enrol in that course you've always wanted to do
- Get your favourite magazine delivered to your door for a whole year
- Spend a whole day just reading
- Go horse riding
- Sit somewhere you love and be truly thankful for yourself
- Buy 12 tickets to the cinema and go once a month
- Embark on a healing program
- Do an act of kindness

The most important part of celebration is to be present to the fact that you are celebrating while you are doing it. **em**

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**Claire Hall** is a highly respected life coach and founder of Authentic Empowerment. Her practice encompasses coaching for individuals, groups and teams. For more information call (02) 9953 4036 or visit [www.authenticempowerment.com.au](http://www.authenticempowerment.com.au)  
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