



NEW YEAR'S ASPIRATIONS

LIFE PIT STOP

I'm not a fan of New Year's Eve, but I LOVE New Year's Day. Somehow, it's not just any old day - it really does feel like a fresh chapter. It's a chance to make new dreams; to start again; and write off anything that didn't go the way I wanted it to the year before. New Year's Day is a gift and I love taking the opportunity to use it like a pit stop. So, this year, I'd love to invite you to turn off the autopilot and take a pit stop on New Year's Day too... it will only take a few moments but could really help you make positive headway for the year ahead.

So, let's make a start... I first heard of this method from Jay Shetty. It is a super simple way to evaluate your life and gain direction for a better future. Rate these areas of your life out of 10, where 1 = awful and 10 = amazing. Firstly, for each row, UNDERLINE the number that indicates where you currently stand, and then CIRCLE the number that indicates where you aspire to be.

FAMILY	1	2	3	4	5	6	7	8	9	10
RELATIONSHIP	1	2	3	4	5	6	7	8	9	10
HEALTH	1	2	3	4	5	6	7	8	9	10
FRIENDSHIPS	1	2	3	4	5	6	7	8	9	10
SOCIAL LIFE	1	2	3	4	5	6	7	8	9	10
HOBBIES	1	2	3	4	5	6	7	8	9	10
WORK	1	2	3	4	5	6	7	8	9	10
SPIRITUALITY	1	2	3	4	5	6	7	8	9	10
TIME IN NATURE	1	2	3	4	5	6	7	8	9	10
TIME FOR YOURSELF	1	2	3	4	5	6	7	8	9	10
COMMUNITY	1	2	3	4	5	6	7	8	9	10
FINANCES	1	2	3	4	5	6	7	8	9	10
CREATIVITY	1	2	3	4	5	6	7	8	9	10

Take a look at the chart - where can you see the biggest gaps between where you currently stand and where you'd like to be? This exercise really helps to identify the areas in your life that need the most focus.

List below the top three areas where you need to focus most of your attention:
(If you have more, or less, than three areas that need work, list the ones that you feel most drawn to.)

1 _____

2 _____

3 _____

AMAZING.... we know where we need to focus our attention. How simple was that!?

Now, for each of the three areas above, think about some simple ways you could make improvements, i.e. for FAMILY, you could **"set aside 15 minutes to call a family member every Monday at 1pm"**. It sounds too simple but I promise you, these small promises can make a profound difference to your life. List out any ideas you may have in the boxes provided:

Area of Life: _____

Area of Life: _____

Area of Life: _____

Now to the final exercise, on page 6 you'll see six blank squares. Look back at the ideas you've written down and select six of those ideas. If you're struggling to find six, just do as many as you can. Write down an action point/promise in each of the six boxes.

Be sure that these are promises that you can keep - they need to be simple and SPECIFIC. Making it specific makes it easier for you to stick to the promises, otherwise you'll find an excuse not to do them.

Put your list of promises somewhere that you will see them every day and be sure to add any action points to your diary!



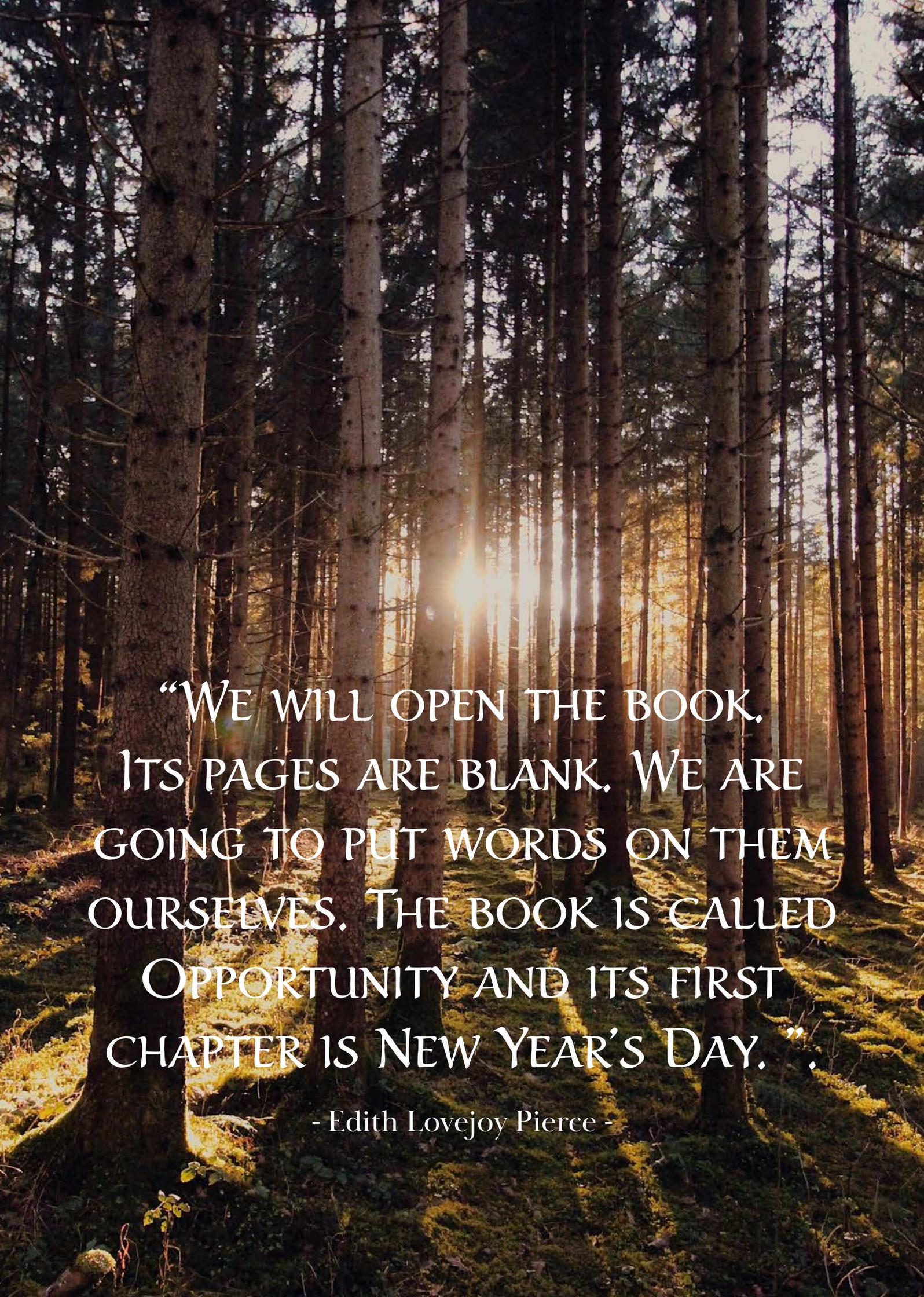
“TAKE A LEAP OF FAITH AND BEGIN
THIS WONDROUS NEW YEAR BY
BELIEVING.”

- Sarah Ban Breathnach -

MY PROMISES FOR 2022...

The image contains six identical blank rounded square boxes arranged in a 3x2 grid. Each box is white with a dashed border, intended for writing promises for the year 2022.

Print these out... stick them on your wall... take a photo of them.
Whatever it takes to make sure you keep your promises!

A photograph of a forest with tall, thin trees. Sunlight is streaming through the trees, creating a warm, golden glow. The ground is covered in moss and fallen leaves. The text is overlaid on the image in a white, serif font.

“WE WILL OPEN THE BOOK,
ITS PAGES ARE BLANK. WE ARE
GOING TO PUT WORDS ON THEM
OURSELVES. THE BOOK IS CALLED
OPPORTUNITY AND ITS FIRST
CHAPTER IS NEW YEAR’S DAY.”.

- Edith Lovejoy Pierce -

YOU HAVE ALREADY TAKEN YOUR FIRST STEP TO A MORE FULFILLED LIFE IN 2022!

You may be thinking, this is great but what does it have to do with my business? I'm a firm believer that when you have your own business, it's like a relationship in itself. It will test you, surprise you and keep you on your toes. And just like any relationship, it's always better when we do the work on ourselves and we are feeling empowered and positive.

It's really important to me that you feel the best you can feel going into 2022 so that you can achieve amazing things both in your personal life and your business life.

After a few months, take a look back at the chart on page 1 and see if your scores have differed at all. If they have improved, you're on the right track. If not, don't beat yourself up, just take another look at your promises and tweak them to something more achievable. It's not a race to perfection - be kind to yourself and just do what you can!

I really hope you have enjoyed this article to kick off the New Year. If you have, make sure you sign up to the newsletter on the [Designed To Be Kind website](#) so that you don't miss future articles. There's so much more to cover. If I can support you in your dreams in any way, get in touch.

Bex