



Looking back to move ahead

Goodbye 2013

Worksheet 1
b-elastic | stretch your life



Goodbye 2013

What a year! Can you believe it is drawing to a close? Tired of hearing how many shopping days left and excited to spend time with those you love and love you right back!? Me too.

But before you head out into tinsel strewn streets, to stare at the window dressings and join in with carols (yes bad singing rules this time of year!) I want to bring your attention to how 2013 has been.

To move forward with your stretch into 2014, I want you to take a “spot check” and see what’s driven you forward and what’s held you back. Grab your coloured pens and we’ll look over 2013 from a variety of angles to give you perspective and a few a-has!

Let’s explore it together.

Enjoy!

Sarae



Start with a quick round up

Wind back to New Year's Day. Drop into each box your cheers, boos, and your "it's behind you!" moments.

January

February

March

April

May

June

July

August

September

October

November

December



Cheerleading for beginners

List them out – loud and proud. You can freestyle on the numbers, I'd go for at least 3 for each 😊

Moments to cherish were.....

-
-
-

I was my best self when.....

-
-
-

Life goals I achieved.....

-
-
-

I grew personally and professionally most when.....

-
-
-

Career goals I achieved.....

-
-
-

My smartest “pat my own back” decisions were.....

-
-
-

Health goals I achieved.....

-
-
-

Lessons I learnt.....

-
-
-

Relationship goals I achieved.....

-
-
-

Read this page over. Smiling?
Take it all in. You did good!



The lowdown

Hindsight is a wonderful, but sometimes cruel thing – be honest but don't beat yourself up! Fill in the blanks.

Things I'd do over and why.....

-
-
-
-
-
-

Goals I didn't get to.....

-
-
-
-
-
-
-
-

I was my worst self when.....

-
-
-

I'm cringing at myself doing.....

-
-
-

I missed my chance to do/learn/see when.....

-
-
-

My physical and mental energy levels hit the floor when.....

-
-
-

Flip over to strike a balance.



Turn off, turn on, turn up

In 2014, you get to choose what sticks, twists or goes. Thinking back over 2013, answer these questions to pin down what rolls over into 2014 and what stays in 2013.

Turn off – what do you need to stop doing, thinking or feeling?

Turn on – what do you need to start doing, thinking and feeling?

Turn up – what do you need to do, think or feel more of?



What next?

Summarise your year on a page: bullet points, sketch it out, mindmap – whatever works for you to gather your thoughts and feelings together.

Now do it in the style of a headline or tweet.....

Worksheet 2 – “Decode 2013” will build on your efforts here!



Hello there. I'm Sarae Pratt. Have we met yet?

With 10 years plus as a Coach, Trainer and Pilates Instructor, I draw from a toolkit of techniques, tools and experiences to meet your specific challenge, ambition and hope.

I bring together my natural curiosity and keen sense of inquiry to uncover, action and help you achieve your goals and passions. My personal genuine empathy, creativity and tenacity with my upbeat style and energy make me a unique person to work with.

Why not book a coaching session, face to face in London or on Skype anywhere? I also run workshops and training events alongside working to rehab my Pilates students back to maximum functional fitness. Check out www.b-elastic.com for the details on working with me.

You can connect with me through the links below or if you have more to say than a post or tweet, drop me an email on info@b-elastic.com



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