

# From “Arghh!!” To “Ahhh!!”

This is post Winter check in, in honour of Spring and new beginning's  
...LETS REFLECT!



Firstly lets begin with what has worked this year..... take some time to reflect on what successes you have had this year so far.



What things did you want to change but did not quite get there?



Remind yourself that it is okay for things to still be there to work on. Remind yourself that you are working on them or will find ways to work on them. It's all part of the change process!!



What did you find has been standing in the way?....



Give yourself permission to just notice these blocks right now, even if you cannot name them specifically. Park them to the side with the intention that you will learn about them at some stage.

List two things that would be different if the challenges were gone and no longer difficult for you?

1.



2.

What is one thing that you could do today that would help you move toward this difference? No matter how small or inconsequential it may feel. Movement is the key to becoming unstuck.

What experiences made you the happiest so far this year?

1.

2.

3.



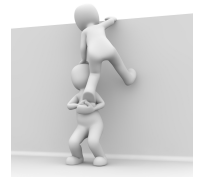
Take a few moments to reflect on what you have achieved this year. Notice any judgements but don't buy into them. Give yourself credit for what you have done.



What tools, resources and people have been a part of this success to this point?...

- 1.
- 2.
- 3.
- 4.

Which of these would you like to keep as the year continues?



What else do I need to gain what I want from this year?

What do I need to support for myself in this?

When can I do that? Setting a time will help you commit to the change.



Honour this time you have taken to stop and regroup. Mindfully take the next step and embrace the rest of the year!

My Spring daily affirmation is: (e.g, "I honour my moments of Being")

