



BestFit YEAR REFLECT AND ENVISION

Closure, first. Envision, second. The best way to close out a year is to acknowledge your accomplishments, be grateful for new and old relationships and release any regrets about what might have been. Ideally, schedule time to sit quietly and write these down.

Get into a meditative or quiet frame of mind, breathe deeply and allow yourself to experience the year you want to have. Move month by month through the year ahead, imagining the activities of each month, including vacations and family/friend time. At some point, start writing it all down!

By envisioning the experience you want to have, a life theme will emerge. Themes such as “expanding” or “easy and effortless” may become your life themes or this year’s purpose. By envisioning your *best year*, you can then write down your BestFit Life and Work Goals—and commit to them.

Consider these reflective questions as you envision your BestFit Year

- What kind of people do I want to have as part of my journey?
- What kinds of projects, events and activities am I working on?
- How does it feel when I am involved, whether at work, home or in my community?
- What am I doing or learning that ignites my passion?
- Where is the fun and play happening in my life and work?
- What kinds of accomplishments am I striving for to give me a sense of purpose and significance?

Whatever your gifts and talents, you hold an important place in the orchestra of work, family and community. *Play the music that lives inside of you.* Play it to the best of your ability. Resolve to give your all this year.