

5 weeks to 2020 – here are 5 things to do before the New Year Bells ring.

I am sure you have heard others saying “**where has this year gone to?**” if you haven't actually said it yourself!

In this busy world, where we are often distracted by a 'swip' or a 'ping' let me offer you 5 things to do and think about as we move closer to 2020.

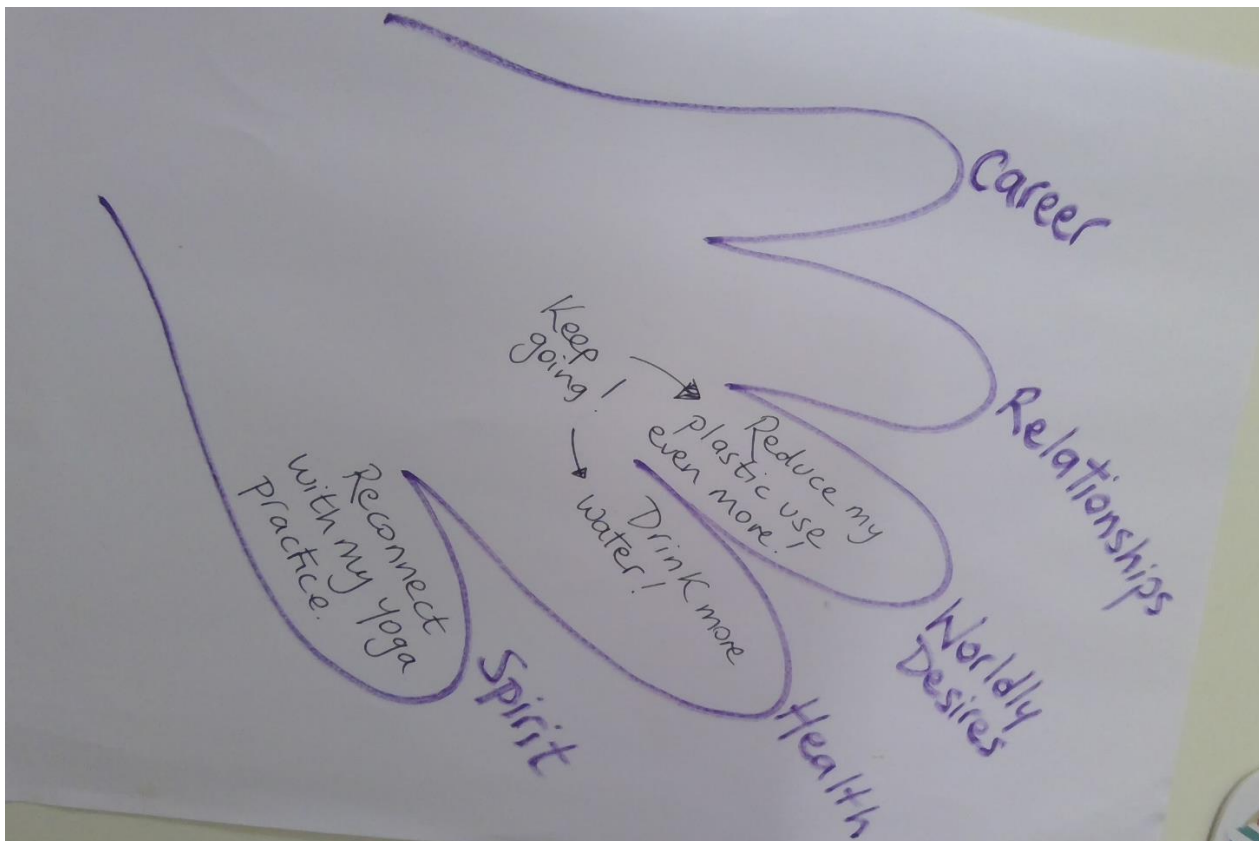
1. Take a moment to look at “where you are” right now.

Taking just a moment to pause, and notice....where am in my life goals right now?

Try this 'life goal' exercise I often use with groups. Draw around your hand and label each digit “Career, Relationships, Worldly Desires, Health, and Spirit”. Out of 10 where are you in each of those areas, 10 being the best it can be.

How will you move it up a point, or perhaps two...set a goal for each of the 5 with a clear intention to attract improvement and creation!

Celebrate that you have made it to the end of another year, not all goals fit neatly into 12 months!



2. Consider how you are *being* – rather than what you are doing?

What impact are you having on yourself and others through the way you are 'being'?

What would you like people to be saying about you when you are not in the room? What more could you do to be your true and authentic self. How are you paying attention to how you are feeling?

Take a moment *now* to centre yourself, notice what you notice, then notice what you would be telling yourself if you were a friend. What can you do right now to enhance how you are being?

What impact would you like to be having on yourself and others, and how can you get to that point. Try taking a breathe in for 7 deeply into the deeper part of your tummy, and then out through the mouth for 11, this will help you focus on the feeling your body is holding....its also great at reducing your blood pressure!



3. Appreciate the wins and lessons

I set out to have some adventures this year.

I had a strong desire to step out of my comfort zone and feel my heart beat strong as my adrenaline pumped around my body. I created a list of what I would like to do. That included joining a choir (Thursday are my new me time!) 5 rhythms dancing (loved it), Firewalking (loved that so much I went back for a second event), and walking the 3 national peaks (Scarfell – England, Ben Nevis – Scotland and Snowdon – Wales)...and many many more things besides.



I look back and see and feel the wins...Scarfell, tough in gale force winds, hale, snow and rain! Ben Nevis – 4 seasons in one day! Both challenging my mindset in more ways than one!

I also notice the lessons. Snowdon didn't happen, best laid plans etc. After a small car accident I had to say goodbye to the idea of completing such an exciting challenge – for now...and that involved mindset work too!

Look back through your diary and notice all your wins. What lessons did your wins/challenges bring you?

How have you moved yourself forward? How did you step out of your comfort zone? What more could you do in 5 weeks?



4. Who do you appreciate and how do they know that?

Who has been along side you? Behind you? In front of you? Who has been a cheerleader and believed in you and pulled you up when your head was down?

Who are the hidden heroes that are in your day to day, doing the small things that make a **BIG** difference?

What can you do in the next 5 weeks to show appreciation and gratitude for those people?

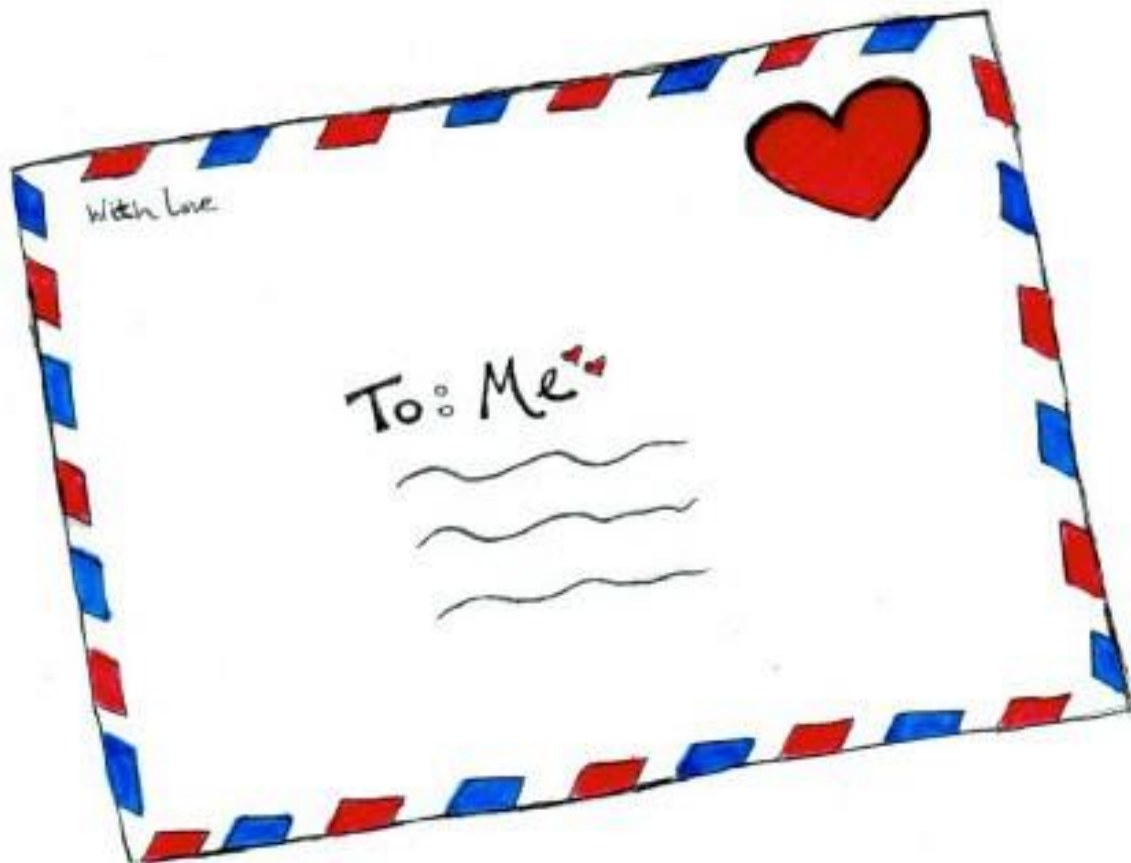


5. What do you need to finish off before the 'out of office' goes on?

Clearing the desk is clearing the mind.

Some years ago I adopted the habit of leaving myself a *return to work letter*, handwritten, on my desk before I switch off the office lights and head off for the holidays. This letter tells me where I have left things and what my priorities are for the day(s) I return to work. It takes the 'noise' out of my head and allows me to focus on those around me whilst the holiday season sweeps me off my feet.

I also start to think...What are the last few steps you can take towards a goal you have set? Perhaps there is one more adventure (or more) I could have to take me out of my comfort zone before the year end.



Time is a gift...use the next 5 weeks to leave 2019 on a high, with positive, creative and intentional reflections. I'd love to hear how that goes for you all.

Ali Carruthers – Director and Founder of Purple Pebble People. A Yorkshire 'lass' who is passionate about people and what makes them tick. This curiosity has lead her to work across the not only regionally but also globally with a beautiful blend of cultures and leaders. Ali works with a variety of organisations from size, breadth, focus vision and location. What is proven in her experience is that when people are thriving and being at their best the culture benefits and business profits.

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