



10thousandgirl
a ripple effect



**The little book of
year-end year-start
goodness**



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Campaign (www.10thousandgirl.com)

a ripple effect

2011 is coming to an end...What was it like for you? Eye-opening awe-inspiring? A challenge to put it nicely? A little of a mundane 'pass-me-by' year? Or the best year yet?

With the dawning of a new year ahead, December is a great time for reflection of the past 12 months, summarising what you have learnt, your experiences, challenges and wins, revisiting your goals and the direction your life is taking and looking ahead to plan for the new year and beyond.

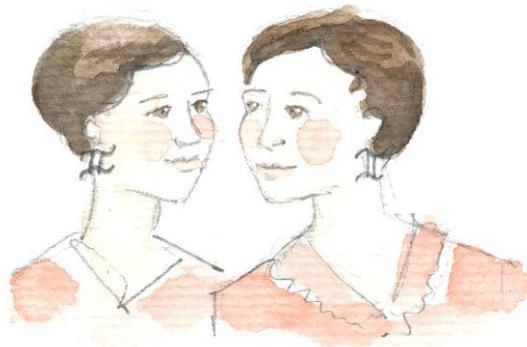
Exciting isn't it?!

10thousandgirl has put together a range of exercises, activities and templates to help guide you through this process. Like everything 10thousandgirl facilitates, we encourage you to do them all as the benefits are truly worthwhile (clarity, purpose, inspiration, focus, motivation, intention), but you can also pick and choose a few - as always you are in control of where you put your attention and spend your time!

Share your experience, learnings and outcomes of this process in the comments section of the [blog post](#). Extend your ripple by allowing others to learn from and celebrate with you.

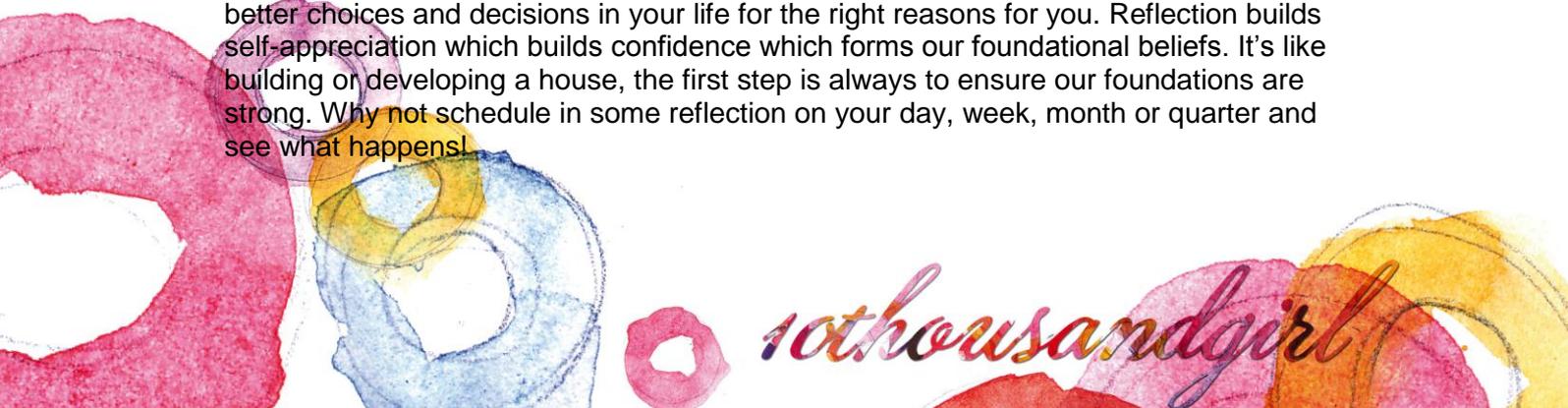
Above all enjoy the process and pat yourself on the back for making time in your busy life to spend on you - your most important asset.

REFLECT AND GROW



We often zoom through life rushing from one thing to the next with little opportunity to look back and see what we have actually accomplished or experienced (except for allowing that little voice in the one who beats us up for our 'mistakes'). Consciously taking the time to reflect actually leverages our experiences from being something we just 'did' to something we can learn from and improve our future with.

Introducing reflection into your life on a regular basis is a skill that cultivates growth because you get to know yourself better. Knowing yourself better leads you to making better choices and decisions in your life for the right reasons for you. Reflection builds self-appreciation which builds confidence which forms our foundational beliefs. It's like building or developing a house, the first step is always to ensure our foundations are strong. Why not schedule in some reflection on your day, week, month or quarter and see what happens!



Exercise 0.1: My Year in Review

What did you do? How did you feel? What lessons did you learn to bring with you for the future? *Taking the time to reflect over the last 12 months really gives you the opportunity to bring some attention to:*

- *what worked really well so you can do a little celebratory dance and truly acknowledge your accomplishment*
- *what didn't work so well so you know what to do or not do next time*
- *what you learnt so you can bring it into practice*

Part A) Go through your organizer and diary week by week and remind yourself of your year. Pick out the relevant events, make a note of them and explain why you have highlighted it (learning, experience, challenge, accomplishment etc).

Part B) The questions below give you a great foundation to build your [I.N.S.P.I.R.E goals](#) for the coming year. If you run out of space here, write to your heart's content in your journal or an online doc, or even share it on your blog! You may like to do this exercise with your friends or family, or make it into a date with yourself to sip tea in your garden, or find a quiet spot on the beach or in a nearby park.

* What was the best thing that happened to me this year?

* What did I do this year that I'm really proud of?



* Who did I really help?

* Who do I need to thank and acknowledge for having been there for me?

* What are the top three lessons I learned?

1.

2.

3.

* What increased my happiness and joy this year?

* What's something I got through that was really tough?

* What did I avoid that I must pay more attention to over the year ahead?

* What character trait did I develop most this year?

* What new people did I meet that are now in my life?

Some questions sourced from http://www.huffingtonpost.com/ariane-de-bonvoisin/your-personal-year-in-rev_b_151791.html



Exercise 0.2: Review My Plans

Take some time to review the goals and items you are currently working on.

Part A) Review and update your bucket list. Cross things off that you have accomplished together with a date of achievement. Add things you have come across that spark an interest in you. Here is a [bucket list worksheet](#) to fill out if you don't have one or listen to this [101 Things to do in your fabulous life podcast](#) if you want some inspiration.

Part B) Do you have any unfinished business for this year? Consider if they are things that may not matter anymore. As we change and grow, so do our goals. Let go if necessary. Can you let go of goals and plans that may not appeal to you anymore? There is nothing wrong with changing your mind and freeing yourself of dreams that no longer hold as much charm as others. If some of your goals are still important, reschedule them for the coming year and put an action plan together. Ask yourself, do they still adhere to the [I.N.S.P.I.R.E goal checklist](#)? Review the progress you've made and the actions still to take on three of your top goals.

<i>Goal</i>	<i>Does it still INSPIRE me?</i>	<i>Comment on your progress made or challenges faced</i>	<i>Next action steps</i>
1.			
2.			
3.			

Part C) Review your value/philosophy/mission. Is it still relevant? Can you add to it from your learnings this year? Can you subtract things that are no longer relevant?

Part D) What were you grateful for this year? Note three people, places, experiences or changes which you are especially grateful for. Or fill in the [52 things I'm grateful for worksheet](#).

1.
2.
3.



PLAN AND DREAM



Exercise 0.3: Plan Ahead

What do you see for yourself in the coming year? What can you do this year that will lead to bigger and better things in the years to come? Use some of the reflections, reviews and lists from the previous exercises to help you plan the year ahead.

Part A) Intentions are really powerful things. Set a strong overarching intention for yourself for the year.

Part B) What are your priorities this year? We can't always focus on everything at once. Are there a few areas that you are making a priority this year?

Part C) What are your goals for 2012? Look at your longer term goals and break them into shorter term ones. Or create new ones. Use the 10thousandgirl [goal setting sheet](#) to help you. Create action plans for these goals. Schedule each action step you create into a wall planner so you can see them or into your new year calendar or organiser.



Part D) Create an overview plan of some regular actions in the different areas of your life. Keep these in a place that you regularly see or refer to. (Here is an [example](#) and here is a [blank page worksheet](#)).

Part E) What treats and treasures have you got in store for yourself? Do you want to try out a new hobby or place to visit? Refer or add to your bucket list and schedule a few treats and treasures in for the new year.

CELEBRATE AND INSPIRE



Exercise 0.4: Set Your Year Up With a Bang!

Part A) Create/Choose your 2012 organiser to help you keep track of what you have scheduled and those appointments or daily plans you have – electronic or paper format – you decide! A system helps us stay on track...

Part B) If you like to muse, work through issues, share or just keep track of your daily thoughts and doings, consider keeping a journal. Use the new year to start afresh! What fun ways can you keep a record of the year (a photo a day, a one line journal, a blog, an inspiring quote or something you're grateful for shared on Twitter or Facebook...)? Make a commitment to share your inspiration with the world from time to time. Have you ever been inspired by someone else? This year BE that person!

A way I can share is

.....



Part C) Celebrate! Really celebrate what you have learned and achieved over the past year. Did you reach that goal? Did you give yourself enough credit for making that change or learning that new skill or entering that negotiation? What one thing can you do over the NY to acknowledge and reward yourself effectively?

Part D) How can you involve others? Each time you set and achieve a goal, share it – you may never know the true impact.

Interested in meeting some like-minds to set some inspiring goals, learn about finance and keep your plans on track?

Check out the GIG (Girl Investment Group) program. The 10thousandgirl Campaign is looking for groups of 6-8 women in over 100 towns across Australia to participate!

Read more: <http://www.10thousandgirl.com/programs-events/personal-finance-program/>

And for every woman in Australia who joins the program and increases her own clarity and financial capacity for the future, she provides a microloan of \$100 for a woman to *lift herself out* of living in extreme poverty...

Email us on girl@10thousandgirl.com to find out more.

