

MEANINGFUL LEADERSHIP NEWSLETTER

WINTER 2007

Happy holidays to each and everyone of you!

I know that all of us have much to do to complete 2007. That said I want to offer you two practices that I think are crucial for each of us to mark the ending of 2007 and launch ourselves with purpose and clarity into 2008.

I. COMPLETING 2007 POWERFULLY

Take some time to review your year:

- What did you create this year?
- Where did you exceed your own expectations?
- Where did you not fulfill?
- What is incomplete that needs to be handled for 2008 to be great?
- What can you be really truly proud of this past year?
- Look over any documents you created that forecasted how 2007 was going to go? Where are you right now in your business, in your personal life, in your citizenship in the world relative to those aspirations and predications?

II. CREATING 2008 POWERFULLY

ac•com•plish•ment

The act of accomplishing or the state of being accomplished; completion.
Something completed successfully; an achievement.

ac•com•plish (accomplish)

To succeed in doing; bring to pass.
To reach the end of; complete.

“Sports psychology research shows people are more focused & perform better when they have a CLEAR MENTAL IMAGE, of what they are committed to have happen. People can imagine the future as though it’s already turned out, like Tiger Woods who hits his shots to a picture he has formulated in his minds eye. He calls it HITTING TO THE PICTURE.

If, instead of imagining the results you are committed to have happen, you leave your day unscheduled, what you are picturing is a HAPHAZARD FUTURE.”

—from Mission control course offered by 2beffective.
Go to 2beffective.com for more info.

So take some time and look back from December 31, 2008. What have you created? Write it out as if it happened, as if you lived it and can speak about from having had the experience of it. The richer you make the picture the more you can “live in” to that future.

This is very different from setting goals and planning. Creating accomplishments engages the brain in a practice that actually begins to support this future coming into being. The brain does not understand the difference between practicing and reality so if you practice something enough you create the neurobiological reality of it.

Craft your accomplishments for each of these domains and dare to dream big. No one is going to do it for you!

- Self care and well being
- Financial well being
- Sex and intimacy
- Creativity and self expression
- Friends and family
- Work and what occupies you
- Play and vacations
- Spirituality
- Community and philanthropy
- Physical space and environment

“This is the darkest moment of the year. Take the time to honor the darkness: There can be no light without darkness, no darkness without light. Justice is not a question of one side defeating another, but of finding a dynamic balance between them that generates the energies that sustain the world.”

Starhawk, 2007

Thank you for a great year. Thank you as ever for the privilege of supporting your professional and personal endeavors. Thank you for your trust and for your business. Thank you for your commitment to the world.

Warmly,

Jen