

Completion and Creation

Make a powerful ending for a powerful new beginning

Completion

Completing is not quite the same as ending. We end many things with which we are not complete. To be complete means to have left nothing unsaid, nothing unattended to or cared for well, nothing that is festering that will likely take even one ounce of your attention. It's a high bar to set and it's a clear way of honoring ourselves, our colleagues, friends, family, and our organizations. Things left to fester get infected either sooner or later.

We first take some time to review that which you are ending—it could be the past month or year, or a relationship, living situation, job or activity you were invested in. Use these inquiries and be rigorously honest with your answers:

- What did you create during this time and space (e.g. of the relationship)?
- Where did you exceed your own expectations?
- What surprised you?
- In what ways did you not fulfill on your expectations?
- What is incomplete that needs to be handled? In particular, what needs to be said and what actions need to be taken?
- If you are completing a year or a month: Look over any documents you created (business plans, forecasts, goal setting, intention creation, journal entries) that forecasted how this past year 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?

Creating Inside of Exquisite of Sufficiency

Exquisite

Marked by flawless craftsmanship or by beautiful, ingenious, delicate, or elaborate execution or marked by nice discrimination, deep sensitivity, or subtle understanding.

Sufficiency

Being, doing, having enough. Life is a gift and it was given for free. We have enough food, water and shelter. We have all we need to heal our wounds. Not only is there enough for me but there is enough for all of us.



How can we find a way to aspire, reach towards a future, something human beings are made for, without re-creating a sense of lack or scarcity from where we are now? Take a moment here and feel—or find some glimmer of this—that where we are right now in our lives is enough exactly as it is. Turn your attention to yourself/ your team/ your company/your family. Then ask yourself:

- What do I wish to create this coming year that would be an expression of that Exquisite Sufficiency? It's a bit of a paradox so stay with us here.
- If you are whole, exquisite just as you are, if enough is the ground level of everything, then what? See if you can be curious and stay with the investigation.

Wayne Muller, author of *A Life of Being, Having, and Doing Enough*, in his talk on the GSN tele-series "The Power of Enough" suggested that we ask ourselves: How little can we do—how little can we effort—and still make a difference? "What?" we say, almost incredulous at the thought. Notice how this fresh orientation to our aspirations influences how you design this coming year, how it would alter our relationship to ourselves, to commerce and business building, to our spouse or family or our team or boss.

Completion is not a one-time event. When I seek to be complete about a conversation, relationship or action taken, what may have felt complete yesterday may not be today.

Sometimes my feelings are not aligned with reality; I may feel old, undesirable or lonely and the reality is that I have a full life, I am loved and I have a community.

I allow myself to feel into source today and all will be well.

ABOUT SEVEN STONES

Seven Stones is a leadership journeys company founded by Gina LaRoche and Jennifer Cohen in 2009. Our learning programs, coaching practice, organizational consulting engagements and groundbreaking thought leadership work are all designed to help bring about a world that is loving, courageous and just. We pursue this vision primarily by shifting the paradigm from one of scarcity to one of Sustainable Abundance® in the individuals, organizations and communities with whom we work.

