

# Six Questions for the New Year



A new year provides a unique time for self-reflection and a proverbial clean slate. Take advantage of this opportunity to set yourself up for success in the coming year by asking yourself these six questions.

**1. What accomplishments do I want to celebrate?**

These can be new behaviors, thoughts or breakthroughs – things you were finally able to say or do that you've been wanting to for a long time. By celebrating what was good in the past year, you honor your efforts and those who helped you along the way.

**2. What disappointments do I want to acknowledge and let go of as I start the new year?**

It's easy to unknowingly bring forward your past failures from year to year, which can inhibit your ability to create something new. By purposefully recognizing where you've been disappointed and choosing to break the connection with that letdown or failure, you open yourself up to new positive experiences.

**3. What lessons have I learned?**

This question offers a way to make sense of your past suffering and struggles. Without these lessons (insights that guide you toward better experiences/outcomes), your past suffering and struggles can be hard to reconcile. Lessons change from year to year and point to where you're *growing*.

**4. What am I grateful for?**

Who or what are you most happy to have in your life? Gratitude increases our awareness of the helpful resources that are available to us when we need them.

**5. What do I most want for the coming year?**

It can be helpful to pick a theme for the coming year, such as, "I want 2021 to be the year of honesty" or "2021 will be my year of self-care." When you set an intention in this way, it's much easier to create what you want. You're setting up a goal for the year that you're giving yourself permission to achieve.

**6. What commitment(s) am I ready to make?**

Getting what you want often requires removing obstacles in order to move into new territory. What's in the way of what you want that you're ready to give up? For example, you could commit to avoid "trying to be right," "focusing on the negative" or "talking more than I listen."

*Adapted from Carol Ross, EmotionallyFitLeaders.com.*

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