
LOOKING BACK
MOVING FORWARD
embracing
2012

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*"life can only be understood
backwards; but it must be lived
forwards"* — SOREN KIERKEGAARD

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- Most of us receive the new year with the busyness of DOING

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- It is important to take time to reflect on the year that has just passed

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- Take a forward look at the year to come

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- Take time for BEING with these questions
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LOOKING BACK

"Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future." — STEVE JOBS

// As you look back at 2011, was there a theme to your year (ex: "sacrificing", "overdoing", "underdoing", "pushing through")?

LOOKING BACK

// What surprised you (in a deep/subtle way or a big-aha-kind-of-way)?

// What disappointed you?

// What are you ready to let go of (ex: straining roles, limiting mindsets, unrealistic expectations, old patterns)?

LOOKING BACK

pause on the positives

// What were you most proud of?

// Where did you shine?

// What were you most grateful for?

LOOKING BACK

illuminate the learnings

// What was working for you?

// What was not serving you?

// What 'life lessons' do you feel you have received?

MOVING FORWARD

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths." — WALT DISNEY

// Looking forward ~ What do you want to turnaround in 2012?

// Which means you are choosing to change:

MOVING FORWARD

forward action steps for 2012

// In my career ~ Moving steps I want to take:

// In my home ~ Moving steps I want to take:

// In my relationship ~ Moving steps I want to take:

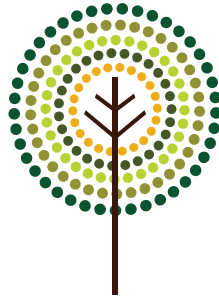
// In my family ~ Moving steps I want to take:

// In my health ~ Moving steps I want to take:

// In my personal development ~ Moving steps I want to take:

MOVING FORWARD

// What theme do you want to adopt for 2012?



YULIT PRICE

Yulit Price is a psychotherapist in private practice. She is also a mother of two and a wife. Her mission is to support women in reconnecting to the self-that-sometimes-gets-lost-while-trying-to-be-everything-for-everybody-else. Through her collaborative one-on-one sessions, workshops, and circles, she helps women expand their version of self, tap into authentic voice, and enhance their relationships. Her areas of expertise include: Women's Development, Motherhood, Maternal Transitions, Career Transitions, Relationships, Parenting, Interpersonal Communications, Stress and Emotional Management. She invites you to connect with her at YulitPrice.com.

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Conversation. Clarity. Connection