

# Winter Alignment Kit

This is a seasonal orienting kit, a process to help you remain aligned with your inner compass and the wisdom of your true self.

## Step 1: Take Time to Reflect: Winter Inquiry



Winter has its own rhythm. Many animals hibernate or slow down in Winter. In the plant world, growth slows down, or it stops altogether, until Spring. In our world, most of us are expected to maintain our rhythm in Winter, just as we do the rest of the year.

Winter offers the opportunity to consider our choices about rhythm, and it calls us to a bit of retreat and reflection. The themes of our Winter Alignment Kit this year are rhythm, retreat, and reflection.

I invite you to explore these gifts of the Winter season.

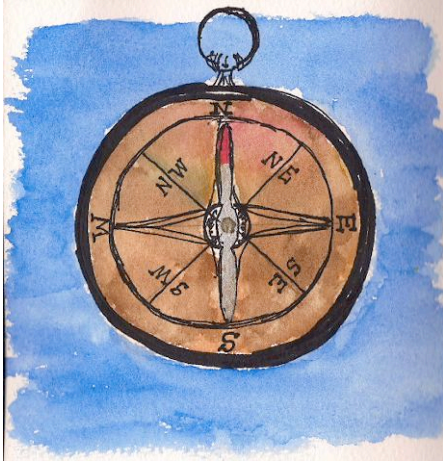
**Rhythm:** What is the rhythm of my life?

**Rhythm:** What is the rhythm I want to create?

**Retreat and Reflection:** In what ways am I called to retreat and reflect?

**Retreat and Reflection:** How do I answer that call?

## Step 2: Orient to Your Inner Compass



1. Use your inner compass to establish your current degree of alignment with your own True North: Complete the **Life Alignment Wheel** (10 min.)
2. Review your 2011 and look forward to your 2012 by completing the **Year-End Threshold Reflection** (60 min.)
3. Use your inner compass to set the direction for where you are going: Complete the **What Matters Now Reflection** (10 min.) and the **Seasonal Plan for Winter** (45 min.)

# Life Alignment Wheel

## What It Is

A point-in-time reflection on inner and outer alignment or congruence.

## The Value For You

When your outer life is in alignment with your inner values and sense of purpose, you feel a sense of balance in your life.

When you consciously tend to your spiritual, mental, emotional and physical well-being, you feel energized by life.

## How To Do It

*Fill in your values, in the outer ring.* This symbolizes your devotion to honoring your core values, and it reminds you that when you live your life in alignment with your core values, you feel fulfilled and you are contributing to the benefit of others, just by being who you are.

*For the middle ring, consider each life area and ask yourself: To what extent is this life area a full expression of my True Self? Assign a number to each "pie segment."*

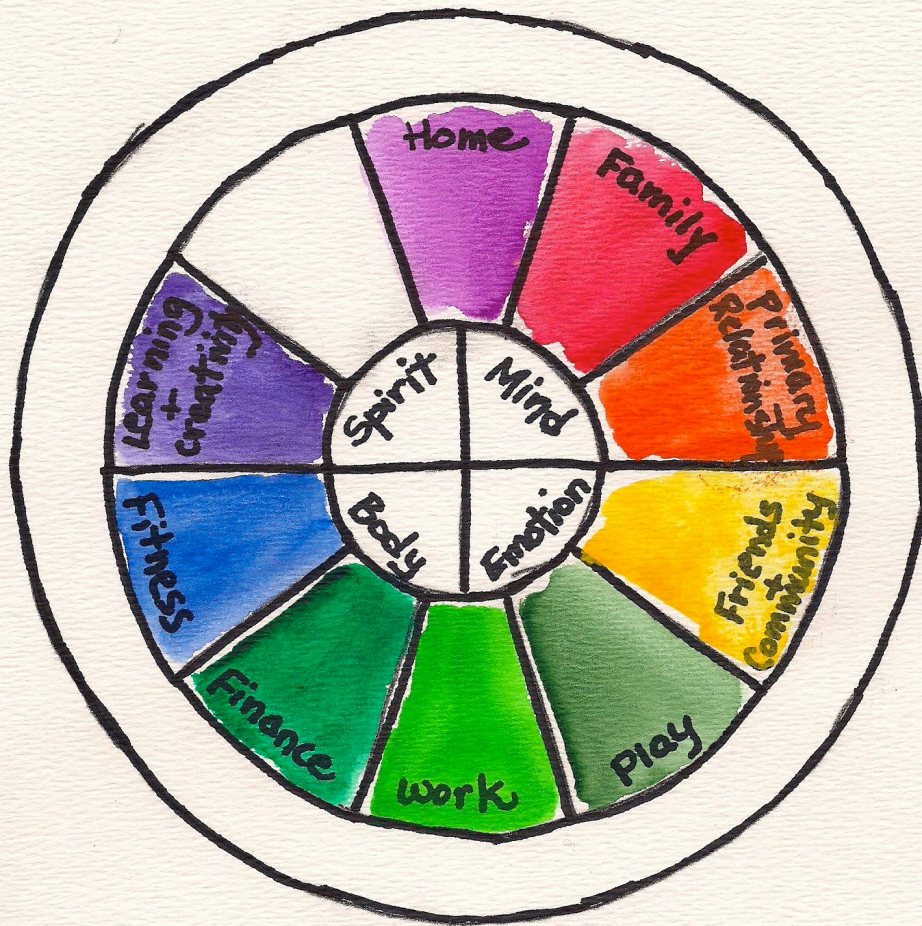
10 = This area of my life is definitely 'me': my spirit, my identity, my unique energy.

1 = I'm living someone else's life, in this area.

*Reflect on your feeling of inner balance, as symbolized in the inner ring.* Ask yourself how balanced you feel in Spirit, Mind, Emotions, and Body. If you intuitively sense an imbalance, consider each area and see what insights might arise about restoring a feeling of inner balance.

After you complete your Wheel, take a moment to reflect on the whole picture. What do you notice?





# Life Alignment Wheel

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## **Year-End Threshold Reflection**



**Step 1: Please take time to reflect.**

**Gather your journal or other writing supplies, find a quiet time to spend an hour or so, and enjoy the following guided visualization.**

**Be curious, reflecting on these questions or on whatever your inner guidance beckons you to explore.....**

**Please invite words, images and feelings. Let them come to you, rather than working at it.**

**There are lots of questions: take only the ones that invite you, and leave the rest.**

**Create a sacred space and time for your reflections.**

**When you are ready:**

**Imagine that you are standing on a threshold.**

**You turn around behind you and see the geography of where you have been this year.**

- **What is that geography?**
- **What do you notice when you look at the landscape?**
- **What stands out for you?**
- **What feelings come up as you look at it?**
- **What has this journey been for you?**
- **Who have you been throughout that journey?**
- **Who has been with you?**

- **Have you survived, or thrived? Or something in between?**
- **What insights are you ready to harvest from this journey?**
- **How will this wisdom guide you in the future?**
- **What are you ready to let go of, that will clear the space for the “new” that is calling to you?**

**Now, leave what you are ready to let go of, gently, gratefully and reverently, on the trail beside you.**

**Then, when you are ready, turn around again and look forward.**

- **What is the geography that you see in front of you?**
- **What do you particularly notice?**
- **Do you see a clear path or will you be guided as you go along?**
- **What is this journey that you are embarking on?**
- **What do you feel called to express, in a new or different way, through doing or being?**
- **What’s emerging in you?**
- **What is it time for?**
- **What’s the wisdom that you have for the journey?**
- **Who will travel with you?**
- **Who will support you in your journey?**
- **How will the world be different from you having traveled this way?**

**Pause for a moment and sense anything else that comes to you.....**

**Now take a few moments to write your reflections and celebrate your journey.**

**Step 2: If you are inspired to do so, please create a vision board of the new territory that is calling you.**

### **Gather the following supplies:**

- **Card stock or poster board**
- **Magazines that you are willing to cut up, or images that appeal to you**
- **Colored magic markers or other favorite pens**
- **Glue stick**
- **Scissors**

**A word about size: a vision board can be any size, of your choosing. Some people prefer large white poster board, 15" X 22" or larger. I like 8" X 10"; I'm more likely to jump in and create it spontaneously if it is this size rather than larger. Some people like even smaller, such as 5" X 8". You choose what feels right to you for this purpose. Of course, if you have large images that you would like to use, you might want a larger "canvas." (Another consideration: a medium size might be able to be scanned and sent to me as part of your preparation for our coaching session, if you would like.)**

**There's no right way to do this. I just invite you to be playful and to allow the images to "pick you." Let your intuition to "tell you" where the images go on the board. Feel your way through making it. Select images based on their "feel" or energy; they don't need to be literally representative of your new landscape.**

**Step 3: Take up your writing supplies again, and allow your vision board to tell you about itself. Write about what you see and feel. What do you notice? What is trying to get your attention? Who are you as you step into this new territory? "I am the one who...."**

**Step 4: Display your vision board where you will see it and enjoy it. Allow it to continue to inform and inspire you on your threshold journey.**



## What Matters Now Reflection



### What It Is

A space to tune into what is most important to you right now, what it's time for.

You have probably heard the perspective that you can have everything you dream of in your life, but not all at the same time. We could explore the truth (or not) of that statement for you, but what I find useful about that perspective is that there are things that your heart, spirit and soul *know* are important for you right now. And often in the rapid rhythm of our lives today, we don't tune into the inner channels to receive the guidance that is already there within.

Your "inner" know these answers, if you ask and listen with a sincere curiosity.

### The Value For You

Attention to what matters most is the path of joy and fulfillment in your life.

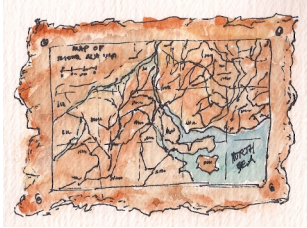
### How To Do It

Write your answer to the question: **What Really Matters in My Life Right Now?** Write as quickly as possible, without censoring. Keep writing as long as your writing flows. There's more room to write on the next page.

Now read what you have written.

- What do you notice?
- What have you learned that will help you set your direction for the next phase of your life journey?

## Seasonal Map for Winter



### What It Is

This is a “Seasonal Map” that is intended to help you set your direction, both in being and in action, for the next three months.

It’s about keeping What Matters Now front and center, in the midst of the demands and pace of your life.

### The Value For You

Focus and clarity. Commitment to What Matters Now.

### How To Do It

Reflect back on what you have learned from the prior three activities, and then complete your Map.

Think of this Map as a perpetual, living *draft*. It’s value is in being an active visual representation of your highest intentions and priorities, and because life is continually unfolding, this Map is continually evolving also. It literally *reflects* the evolving you.

I find this Map most valuable when I think about it as a reminder of my intentions and a *menu* of my desired outcomes, which I adjust in response to my current intuition, rather than a big To Do list. The effectiveness and power of the Map is in how you think about your relationship to it, i.e., as a partner rather than a taskmaster.

Here are the categories in this Seasonal Map:

- Theme: This is a ‘headline’ for what you want the month to be about. One way to think about this is: If my life this month were a movie, what is the title of the movie? For example, last summer my most important focus was upgrading the

technology in my office, so my theme for one month was “Upgrade.” Another month, my most important focus was launching my coaching groups, so my theme was “Launch.” Not very exciting movie titles, but it worked for me. 😊

- Meta-Outcome (Goal): This is a statement of your largest goal/outcome for the month. You can define this as your most important outcome, or the outcome that encompasses all of your other desired outcomes, or the outcome that when achieved, positively and strongly influences the achievement of all other outcomes. For example, in my Upgrade month, my meta-outcome was: My Command Center is up and operational.
- Intention/Being: From your list of intentions, select the most important intention for being for that month. During my Upgrade month, I intended to be both light-hearted and focused.
- Desired Outcomes: List your desired outcomes for the month.
- Daily Practices: These are the practices that you want to do daily. Example: Meditate for 10 minutes.
- Weekly Practices: These are any ongoing practices that you want to commit to weekly. Example: on every Saturday, I hold a strategy session with myself to set the course for the next week, so that I stay on course with my highest priorities. This is when I pull out my Seasonal Map, take stock, and make any desired adjustments.
- Time off or Retreat: A place to note the dates of any time off that you have planned.
- Special Notes There’s room to make notes to yourself of anything that you want to remember for your next seasonal map.

Having said all of this, please adapt the Map for your own purposes and best use. Feel free to add color or different categories. Customize it for you so that it becomes a useful “Road Map” in an active, ongoing way, for the next three months of your life journey.

I also recommend that you book weekly Life Strategy sessions with yourself in your calendar or diary to review the Map and tweak it to keep it current, fresh, active, and inspiring to you.



Month	January	February	March
Theme			
Meta-Outcome (Goal)			
Intention/Being			
Desired Outcomes			
Daily Practices			
Weekly Practices			
Time Off or Retreat			

## **Special Notes:**

## **Ideas to put on Next 90 Day Plan:**

### Step 3: Choose Priorities for Winter



*For my current coaching clients, please clarify your **Primary Focus for Coaching** on the next two pages. This will give us a meta-focus for the coaching work we are doing. Of course, it is always subject to revision and further reflection, as life unfolds, but it will give us a True North compass point for our coaching relationship for the next three months.*

*For those of you who are not my current clients, you may find value in focusing your top three priorities for Winter. You can use the **Primary Focus for Coaching** on the next two pages to do this for yourself.*

# Primary Focus for Coaching

## What It Is

Your Primary Focus for Coaching is a list of three things that you most want to focus your time and energy on, in our coaching, for the next three months.

## The Value For You

In identifying specific areas of focus, you will set a strong intention for your investment in coaching. By being clear about your objectives, you will get the maximum benefit from your investment of time, energy and money.

## How To Do It

Having now completed your inner alignment, identify 3 areas of focus for the next three months. These can be “being” things and/or doing things, tangible and intangible. Please think about all of these types of things.

Examples:

- Be playful. Laugh more. Accept joy into my life.
- Design and implement daily self-care and spiritual practices.
- Identify the next steps toward “right work” and implement them.
- Streamline my office for efficiency and ease.
- Write the first three chapters of my book.
- Create and implement a healthy lifestyle that excites and inspires me.
- Be compassionate in my relationships.

List your 3 primary focus areas on the next page.

1.

2.

3.