

# Winter Alignment Kit, 2013

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This Winter Alignment Kit offers reflections for you to align to your full vitality and purpose, and to live intentionally.

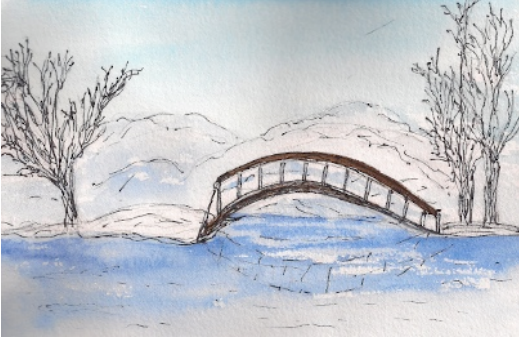
## How Faithful Have You Been to Your True Self?

Look back at the last year and get a sense for your conscious connection to the deepest and wisest part of you, your True Self.

How actively connected do you feel with your True Self?

How faithfully do you honor the guidance that you feel from within, in your actions and in your life?

What do you want to shift in your relationship with your True Self, during the next year?



## Celebrations and Accomplishments

Allow yourself to celebrate and appreciate the things that are most meaningful from 2013.

What can you celebrate?

What do you appreciate, in your heart, about yourself and your life?

What have you accomplished this year that you feel especially proud of?



## Disappointments or Hold-backs

Rather than allowing ourselves to feel bad about disappointments or places where we might have held back, we can use these to inspire us into authentic new territories in 2014.

Check to see whether there is anything that you might feel disappointed in, from this past year.

Look back at the year to see if there are any places where you've held back from being your True Self, or in expressing that essence in the world.

What is it time for now?



## Shining the Light of Attention

The quality of our lives is magically impacted by where we place our attention consciously.

What needs the light of your energy and focus, going forward, to support your full thriving and vitality?

What do you want to put your attention on, in 2014?

What do you feel called to?



## What Matters Now?

Center in your heart and feel into the current landscape of your life, in all areas that are important to you.

What really matters now?

What is emerging within you?



## Primary Life Focuses, First Quarter 2014

Please review what you have written, and, from the depth of your heart (rather than from the “Should List”), please create two or three Primary Coaching Focuses for our coaching time in the First Quarter of 2014.

Who do you most want to be, in your world, in 2014?

What is it time to create in your life?

Aspirations and Intentions for First Quarter, 2014:

## What Really Matters?

What really matters to you in 2014?

Our conscious attention and focus have a powerful influence on what we create in all areas of our lives.

The pace of our lives is accelerating all the time, and it has become increasingly challenging to keep our attention and energy focused on what really matters.

It's not unusual for a whole year to pass while we are relatively unconscious about what matters, what we are creating, and how we will have grown by the end of next year.

A Year End, Year Beginning Review can be a powerful coaching tool to set the course of your life for 2014.

I'm offering a special coaching package with three one-hour calls so that you can clarify your life direction for 2014. This package includes materials and the fee is USD 425.

This coaching package will give your True Self the gift of space, time, and a coaching process so that it can share with you your true direction for the coming year. It's available through February 15, 2014.

**Call 1: Review and Integrate 2013.** We'll review your year 2013, harvest the most significant lessons learned, and assess the key areas of your life to see where they are, relative to where you'd like them to be.

**Call 2: Key Intentions for 2014.** How do you want to be in 2014? What personal values, qualities and energies are yearning for expression in your life? These are the keys to personal satisfaction, meaning and fulfillment.

**Call 3: Essential Focus for 2014.** What would you most like to create in your life in 2014? What is it time for? This will set the direction for where you focus your time, energy and commitment for the coming year.

What really matters, and what do you want to look back on when you do your year-end review at the end of December 2014?

If you'd like to engage in this coaching package, please write to me at <mailto:lynnefairchild@earthlink.net>, and I will let you know how we can get started.