



Reflecting forward cue cards



Finding your way to a better life by making one small change at a time.

A guided journey to reflect on lessons to build a better future.

Think, feel, connect & engage *differently.*



Strange, I know. The title 'reflecting forward'. But this is exactly what this process will help you do. Reflect on the past to move forward to where you want to go. Basically, you will be setting goals that challenge you and move you closer to where you want to be. Wherever that is! Don't forget to **look out for my emails**, which will give you further instructions, hints, tips and resources.

Use this card set at any point when you want to shift something in your life. The timeline can be whatever you choose (for example 12 weeks or 12 months). Remember to 'eat the elephant one bite at a time', so to speak. Break your bigger goals down into sizable chunks.

Note to self

I commit to working through this card set, so that I can make at least one small change in my life.

I will set aside at least 15 minutes each day for the next seven days.

To make sure I maintain momentum, I will share my progress with a friend, or join Quiet Leader Within Facebook group and share my progress there!

Sign here:

In this card set



Reflecting forward

1 Reflections

Reflecting on what was is an important part of the journey. You will look at the highlights and the lowlights of the previous period. There may be some lesson's in there that you want to take forward, or some insights on what you want more of.

2 Balancing act

Balancing act provides two wheels (or lenses) for you to look at.

1. How fulfilled you are in the way you spend your time
2. How balanced you feel your life is.

3 Finding your way forward

The final step brings it all together, and helps you vision what is possible in the future. You will review your responses so far, and then plot out a journey map which will help you find your way - forward.



Think differently

Be one of the few people that reach their goals. Research shows that you need more than SMART goals. You need to strive for the goal (write it down, and work on it daily), integrate it into your everyday behaviour, and form a habit so the goal becomes 'sticky'.



Feel differently

During this process, be honest with yourself, and make sure you connect to this emotionally (don't just use your thinking mind. Know **why** you want to do this. Research shows people that know their why and are emotionally connected to the goal are far more motivated to achieve the goal.



Connect to the learning

One of the best ways to embed learning, is to share with others. Talk to your best friend about what you want to achieve, and ask them to help you keep on track by checking in regularly with you.



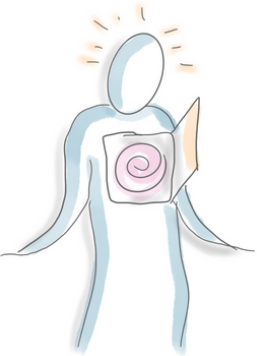
Engage thru action

1. Put a 30 minute timeslot in your diary every other day to complete a question or a card.
2. Find a quiet place for the 30 minutes, arm yourself with extra paper, colour pens and a curious, open mind.
3. When you get to the end of the process, read the goals you have landed on daily, and move forward.
4. Review the goals weekly to make sure they are still working for you.

1. Select a timeframe you want to reflect back on. (For example, 12 weeks, 6 months, 12 months).
2. Grab some coloured pens and paper.
3. Answer the following questions. Write down everything that comes to your mind.



Reflecting forward



What did you *embrace* ?



What was your *brave* ?
(What did you stand up for)

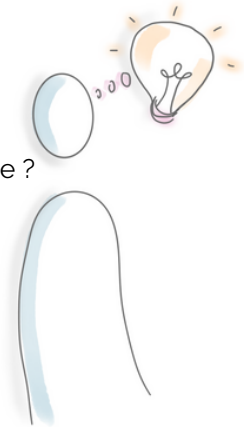
What did you *let go* of ?





In what ways did you reach your **potential**?

What **'aha' moments** did you have?



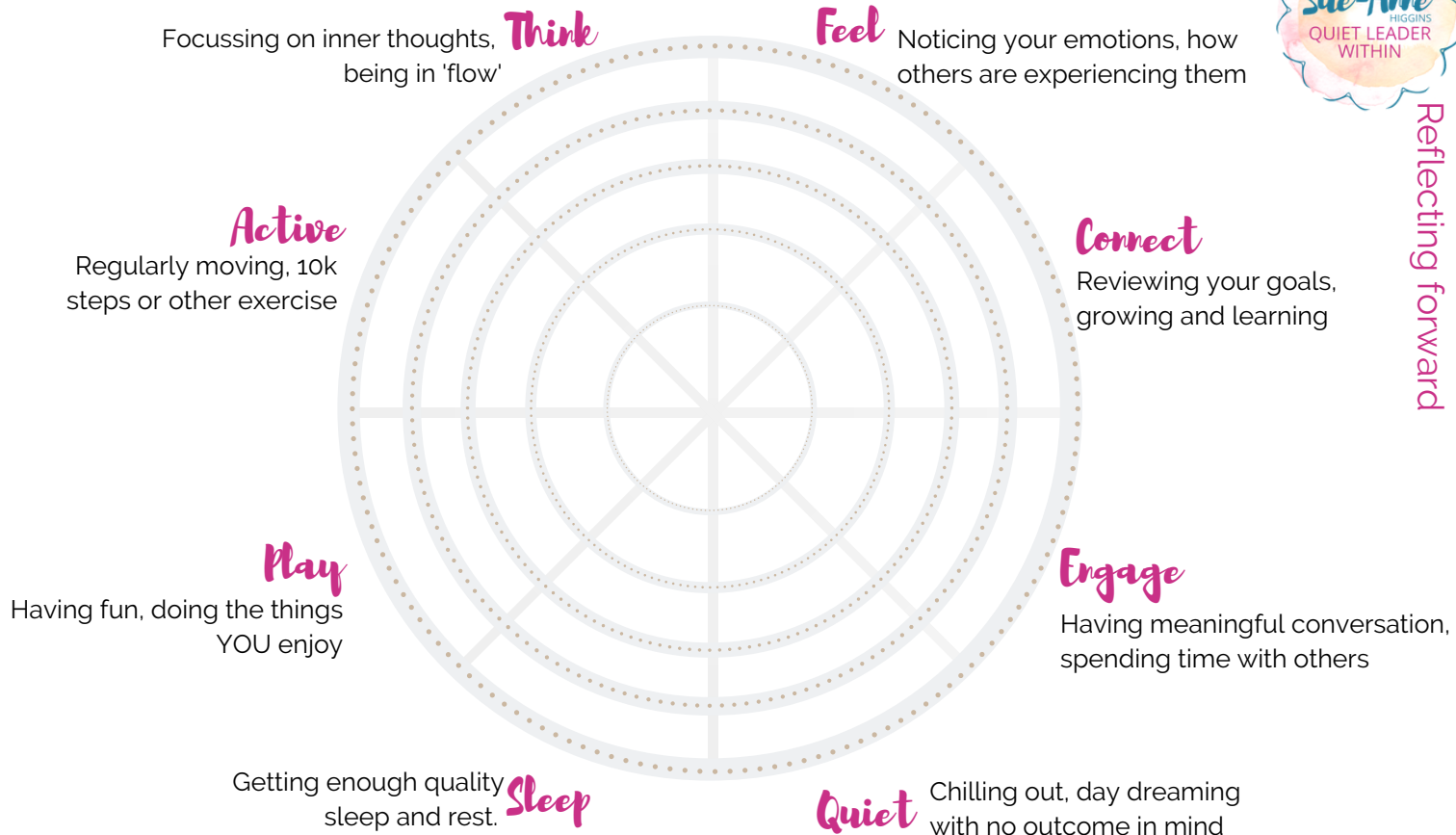
What do you want to **acknowledge yourself** for?

Balancing Act

Research shows **spending time** on these 8 areas increases wellbeing. Colour in each 'slice' indicating how **fulfilled you are** in each area. *The more colour the better!*



Reflecting forward

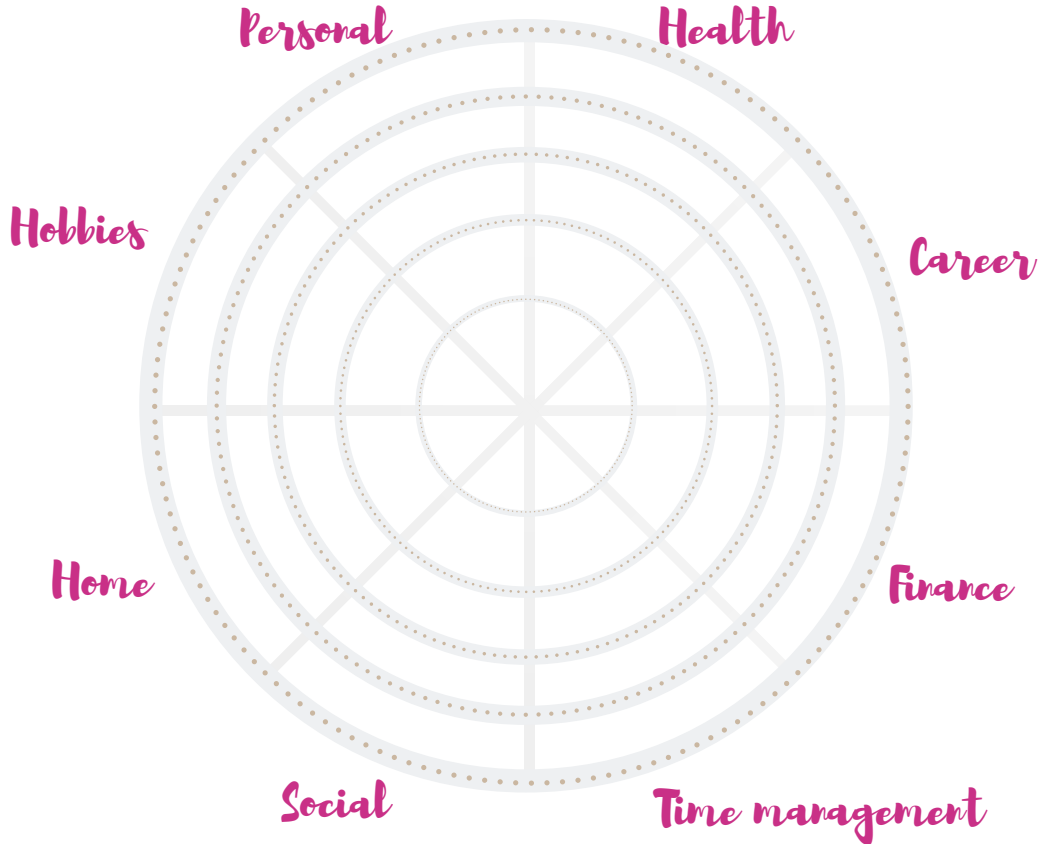


Balancing Act

This is the **wheel of balance**. Colour in each 'slice' indicating how **satisfied** you are in each area. **The more colour the better!**



Reflecting forward



It's time to bring it all together. Review the previous questions and exercises, and imagine what could be.

1. What are you noticing?
2. What would you like to take forward?
3. What do you want more of?
4. In 12 months, what do you want people to be saying about you?
5. If you could pick 3 things you would like to improve, what would they be?

Now, review all the thinking you have done, and highlight 3 things you would like to work on. Don't worry, if you have more than 3 things, you can review and pick another 3 things once you have achieved your goals.

1. Write a 6-8 'bumper sticker' goal for each of the 3 things. Make it meaningful.
2. Set a timeframe you want to achieve this in.
3. Write down 3-5 'strategies' that will help you achieve each bumper sticker goal.
4. Plot out on the journey map (back of card), the goals near the sun, the milestones (date bound) and ways you are going to celebrate on the journey landscape..
5. Photograph the journey map, and look at it each day to remind yourself of the goals you want to achieve.





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