

# atrio

PROFESSIONAL  
LIFE COACHES



## NEWS & NOTES

### Happy New Year!

January is often a time for reflecting on what we've accomplished and for considering all that is possible in our lives. It is also a time when many of us set goals for the New Year. With that in mind we've designed categories and questions to assist you with getting clear on what you want more of in your life in 2010.

If there is someone significant in your life, we encourage you to share these questions with them as the questions do a wonderful job of opening up conversations that sometimes do not happen when we get caught up in our day to day lives with each other. Our team understands the importance of communication in relationships and these questions truly foster a way to discuss things you want and a way to gain alignment so you can work together and support each other on those things that matter most to you.

"Last year my husband and I planned an entire day to share our goals with each other. We spent the day visiting many of our favorite local spots so we could talk in the car and also over meals without the typical distractions that occur at home. Over breakfast we shared our personal goals, we then moved to a coffee shop and shared a conversation about the people we want to spend time with. Later in the day we discussed remaining categories over a wonderful dinner and wrapped up the day with an appointment at a local spa to celebrate. We felt connected, heard, aligned and refreshed!"

We hope you find this newsletter/worksheet as helpful as we each have!

Jean, Jill & Sandra

### Planning for an Amazing 2010!

If you plan to use this on your own, you can jump ahead and answer the questions that we've provided below. They are designed to help you gain clarity on what you want more of in 2010. If you plan to share this with someone significant in your life then we recommend you continue reading through our suggested approach so that you get the most from the experience together.

First of all, make sure that you are both clear on what you need to do. You'll want to begin by each reading and writing answers to the questions on your own. You'll want to agree in advance on when you will have your answers completed. You may also want to choose a date and location for discussing your answers. We find it more fun and productive if you schedule to share your answers with each other in a location outside of your home. You may want to consider integrating a meal or two at a favorite restaurant and perhaps a way to celebrate together at the end of the day. Also, we recommend setting aside a full day together – not just a few hours. Often an answer to a question will lead to some in depth conversation and you won't want to feel rushed in your discussion ... it is important stuff!

Throughout your day together, really practice being an excellent listener and also being truthful in sharing what you want and need from your significant other. Honor the day and the time you have together. Agree in advance that neither of you can be wrong in your answers. You are there to support one another and to learn about what each of you want and need in 2010. Show up with the respect and commitment you would bring to an annual business meeting. Most importantly, keep in mind that this is designed as the beginning of a journey together and that you should have some fun! Enjoy!

#### PERSONAL GOALS

- What really matters to me?
- What do I want to have achieved at the end of the year?

#### ACTIVITIES

- How do I want to spend my time this year?
  - For me
  - For my spouse/significant other
  - For my family
  - For my friends
  - For my career
  - For my community

#### PEOPLE

- Who do I want to spend time with?
- Which relationships are the most important to me?
- How can I nurture these important relationships?
- Have I asked these important people what they need from me?

#### ENVIRONMENT

- What do I need in my external environment to feel energized, nurtured and to bring out my best self?
- Where do I enjoy spending time?
- Where are my havens?

#### MONEY

- What do I want to save money for?
- What is worth spending money on?
- What are my longer-term financial goals?
- How do I manage and measure financial progress?

#### TRAPS TO AVOID

- What holds me back from achieving greatness?
- What are my destructive habits/behaviors?

#### DAILY QUESTIONS

- What questions do I want to ask myself daily to make sure I am truly living in line with the goals and values I have outlined above?



What do you want more of in your life?

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