

the life kitchen

life well | feel great

'Take Stock of Your Life'

by Alison Nancye ©

We can be so busy creating and achieving that we can forget to stop and appreciate where we are in our life journey. One of the most successful ways I find to rejuvenate is to look back over time and take stock of my life, acknowledging myself for my accomplishments, milestones and highlights.

No matter what is going on in your life I urge you to reflect on your personal achievements and make the time to honour yourself for all you are today.

As you work through each accomplishment you may notice patterns such as old habits that aren't serving you anymore, as well as steps forward that created a positive outcome. It's not always easy letting go of the old or taking new and courageous steps forward, so you definitely deserve to reward yourself for this.

Whatever you discover about yourself in this process, enjoy taking the time to stop and 'be' for a while.

COOKING TIME

As little 10 minutes to savour each milestone

INGREDIENTS

- ✓ Notebook
- ✓ Pen
- ✓ Quiet space
- ✓ Diary (if needed)
- ✓ Commitment to make this time for yourself at least once each year

PREPARATION

- 1 Choose a period of time to reflect on (say three, six or twelve months).
- 2 On a blank page in your notebook, list all the major categories in your life such as health, relationships, home, career, finances, fitness, recreation, hobbies, self-development etc.

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I N S T R U C T I O N S

COOKING UP MY ACCOMPLISHMENTS

- 1** List your accomplishments, milestones, self-learning's (in any order) related to any or all of your listed categories during your chosen period of time. Remember these milestones are relevant to you only. We all know personally what it took to overcome or create something in our life, so please honour yourself now by listing anything that was a milestone for YOU.
- 2** Next ask yourself three questions: 1) What steps did I take to make this happen? 2) What did I let go of? 3) What did I learn about myself in the process? Ask yourself these questions for each new category.

savour your accomplishments

- 3** When you have finished take a final moment to read back through your accomplishments. As you read each one, stop and allow your memory to turn back to that moment in your life again. Let yourself FEEL that sense of accomplishment again. Take as long as you like to remember, reconnect with and reflect on each milestone.
- 4** Once you have reflected on all your accomplishments, acknowledge yourself for making those happen. Congratulations on all the steps you have taken to be where you are today!

now

celebrate!