



The ABC's of 2019

freebie
EPISODE

11

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THE FOLLOWING IS A LIST OF TOPICS TO HELP GUIDE YOU TO REFLECT ON YOUR 2019.

This is NOT to beat yourself up and spiral down a rabbit hole of self-loathing. This is designed to help you take INVENTORY of what served you and what you need to let go of in 2020!

Be honest with yourself, and share your key-takeaways with us! We can't wait to hear from you!

On a piece of paper, list your responses for each category.

A

#1 WHAT THINGS DO YOU NEED TO **ACKNOWLEDGE**?

- A. Start by **ACKNOWLEDGING** your accomplishments? What have you **ACHIEVED** this year?
- B. What resolutions did you set that you stuck to?
- C. What business results did you set that maybe you exceeded?
- D. How was your year at a glance?
- E. What worked well? How can you **ACKNOWLEDGE** it and feel proud?
- F. Let's talk about what **DIDN'T WORK**. What things are ending that **YOU'RE NOT** really thrilled with.
*THIS is not to beat you up, this is to establish great **SELF AWARENESS**.
- G. Identify *Passive vs. Intentional* success.
- H. Let's acknowledge your circumstances: Maybe you're recently divorced. Maybe you became a single mom this year. Maybe you quit your job to pursue your baking business full time, and now you may feel like you're struggling, (financially or emotionally). But can you **ACKNOWLEDGE** that you did something amazing and brave, and now you're in a new season because of that.

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#2 WHAT THINGS DO YOU NEED TO **BE AWARE** OF?

- A. Do you need to be aware of the limiting self beliefs, orr stories that you repeat over and over to yourself?
- B. Aware that you need help, that you can't do it all?
- C. Aware that PLANNING is something you need to make more of a priority.
- D. Aware of your daily actions and how important they are
- E. Awareness of how you talk to you kids, your spouse. Aware that your language needs to be more positive.

#3 WHAT THINGS DO YOU NEED TO **ACCEPT**?

- A. What things do you need to ACCEPT and move on from?
- B. What things are you need CLOSURE from? What things do you need to LET GO OF?
- C. Do you need to accept that sometimes you HALF ASS things, but then expect epic results?
- D. Acceptance is not resignation. It's MATURITY.
- E. Frustration is the resistance of reality. It puts you in a place of being upset, and anger.
- F. Do you need to practice more ACCEPTANCE around the loss of a loved one? The end of a relationship?
- G. What areas in your life or business do you need to HAVE RADICAL ACCEPTANCE around?
- H. See it, learn it, accept it, move on.

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B

#1 WHAT THINGS DO YOU NEED TO **BUILD**?

- A. Did you build marketing plans, systems, relationships, greater self awareness???
- B. Did you build boundaries, confidence, endurance, a new mindset?
- C. WHO or What things BUILT YOU UP? WHO did YOU BUILD UP?
- D. What BAD HABITS did you build?
- E. Did you build a dependency, did you build toxic habits in a relationship?
- F. Did you build routines, habits, your dream body, happiness?

#2 HOW HAVE YOU BEEN **BRAVE** THIS YEAR?

- A. What hard scary, out of your comfort zone things have you done this year?
- B. Were you brave at ending a bad relationship?
- C. Brave for investing in yourself, financially, emotionally?
- D. Brave in doing things you wouldn't normally do? Networking, talking to strangers, going to the gym, putting your work out there, etc.

#3 WHAT THINGS **BOTHERED** YOU?

- A. What things filled you with RESENTMENT, FRUSTRATION, DISCOMFORT or DISCONTENTMENT?
- B. Did it bother you that you let yourself go, that you were not committed to your health goals?
- C. Did it bother you that you let your circumstances dictate the quality of your life?
- D. Did it bother you that you didn't speak up, you didn't advocate for yourself, you weren't brave, that people did not take you/your business serious?
- E. Why SHOULD certain things bother you? How can you make this a positive? Well Friend, all your BOTHERSOME issues are the universe's way of nudging you to take action on things you know you should. So how can you learn from them and work to NOT let them bother you in the new year!

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C

#1 HOW WOULD YOU RATE YOUR **CONGRUENCE** TO YOUR COMMITMENTS?

- A. What commitments were your actions congruent / NOT congruent with?
- B. In business, in Relationships? Your personal commitments to yourself?
- C. What things did you set out to do in the New Year? And were your actions congruent with your commitments.
- D. Desire vs. Faith. How bad did you want it? Was your desire congruent with your beliefs?
*Side note: Doubt and desire don't equal success. You've GOTTA COMMIT!
- E. IDENTITY - Was your belief about what's capable for you, out of alignment with your goals?

#2 WHAT THINGS DO YOU NEED TO HAVE **COMPASSION** WITH YOURSELF ABOUT?

- A. How did/do you actively show YOURSELF love/compassion?
- B. What things do you need to forgive yourself for?
- C. How can you have compassion for those who have hurt you or done wrong by you?
- D. How can you give GRACE to people/situations that need to be forgiven and let go of?

#3 WHAT THINGS DID YOU **CUT** THIS YEAR?

- A. Did you cut out negativity, toxic relationships, mindless activities, time wasters, things you didn't have time for?
- B. What activities or projects did you CUT out of your agenda? (Could be good cuts or bad cuts) Ie: "I cut out going to the gym, because I didn't prioritize it/ make time for it." *Good to know, so that you won't do the same in the upcoming year!
- C. What things DO YOU NEED TO CUT/shed going into the new year? (Habits, thoughts, activities, foods, relationships, etc.)

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Friends,

We hope this episode served you!

Please share your lists or take-aways with us on social media!

You can tag @push_podcast, @janellecopeland & @copewitheddie

Also, if you haven't rated / reviewed the podcast, please take 2 minutes to provide feedback for us on iTunes! And please, let us know THERE what ideas you have for future episodes!

Cheers to a productive NEW DECADE!

Xoxo,

Janelle & Eddie Copeland