

# ROCK-Your-World REFLECTION REVOLUTION

**Everything can change - for the better!** - when you take time for reflection.

So in this guide, I will walk you through the year end process I go through to set myself up for unprecedented success in the New Year. And no matter how many times I do this, that success gets bigger, brighter, and more unexpected every single time. Now it's your turn!

## 1 Go for the Gold

What does your ideal life look like in three years time?

This isn't a time for holding back! This is a time to lay it all out there on the line. And cover every area, even the tiniest little corners, of your life, including but not limited to your business. Be extravagant, go too far, be greedy, reach for the stars, and even be a little "unrealistic". It's all desired here. Most of all, have fun.

### Pro Tip

*Do a few versions of this. Do one at your desk or table. Do another while walking and just talking into a recorder. Do another in a journal. Do another doing hard exercise or dancing or other physical form. Do another in a mindmap. You get the drift.*

*Get visual when connecting your ideal life plan with your review results. Get on your whiteboard, or get some huge drawing paper, and start to literally draw lines.*

*You're letting the ideas for filling in gaps take care of themselves.*

*This leaves you room for creativity, troubleshooting and instinct.*

## 2 Your Year in Review

Over the past year, a full 365 days, write down everything that worked, and then what didn't work. Start with the good, the wins and the celebrations. Then move on to the unrealized plan, goals and outright mistakes or "failures". Try to exhaust both sides of the equation. And if your list is very small, add an additional section about "thinking too small" and stuff that you considered, thought about, or wondered "what if", but didn't take any action on.

### Pro Tip

*Done well, this is a very emotional exercise, as well as a trip down memory lane. It's not only ok, but great if you are able to give yourself some catharsis or release over all the things that didn't happen, didn't work, and that you didn't get to achieve.*

*Get emotional, let anything flow that wants to flow. No holding back. Let it go.*

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## 3 Goals and Connections

Start by connecting the two above. Based on your Year Review, are you on a path to achieve your Ideal life in three years? Did you find you're thinking too small? Or are you trying to do too much on your own, based on everything that didn't happen? How could you connect these two further?

Next, identify your top 3 actionable goals to move you closer to that ideal life. Then identify the top 3 Sub-goals of each. Then add the next step for each sub-goal into your calendar. Once you schedule it, it's not only real, but is taking form!

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*This leaves you more room for creativity, troubleshooting and instinct.*

## 4 Generous Gratitude

I find people insanely generous when they're tapping into their core power. Gratitude gets us all there in hyper-speed. Take this time to do a massive brain dump of all the things you're grateful for in your life and business. Write out 100 for each. And if you can't get to 100, then ask yourself how to create more things to be grateful for.

### Pro Tip

*A daily gratitude journal makes this process seem too small and limited. In fact, when you're in the practice of looking for gratitude every day, your creativity is released to seek out more resources, more leverage, and more magic.*

*This isn't wishful thinking, but well-won earned experience.*

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## 5 Stretch Your Strengths

Describe your main strengths. This could be a single word, or maybe a concept or sentence. If it's longer than that, then break it up into different strengths. You're immensely strong - and creative! We need to see where you can stretch your strengths to tap into new power and opportunities. No humility or holding back here either!

### Pro Tip

*Sometimes creating this list brings up all the things that you're not strong with. These aren't weaknesses. They're just your experience and character reflected. If this happens for you, jot them down as they come, and move on. When you're done, out load, tell yourself that you forgive yourself - yes, forgive yourself - for not being great at everything, and then burn that list. Laugh, celebrate, ritualize the burning so you can release it and focus back onto your beautiful strengths.*

## 6 Stop Tolerating Your Tolerations!

Here's the jackpot! This single-handedly changed how I can focus on everything. In a long, vertical checklist format, write down every single thing that you're tolerating in your life and business. Start with the big stuff, and don't skip the small stuff. Everything! Get it all out on the page. Then schedule time in 6 months to revisit the list and check off everything that you're not tolerating. Repeat every six months for checking off. And start a new, fresh Tolerations list every year.

### Pro Tip

*When things are changing rapidly, I'll do this every 3 months, so that I can keep track, and also expand the list if lots gets done within a year. I also use different colored pens for checking off at different times, so that I get visual satisfaction. You can also see how long things took. Of course, you can also use this as a Checklist for things to work through as you get closer to your three year Ideal Life plan.*

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Finally, let me know what your biggest takeaways are from the Rock-Your-World Reflection Revolution

You can slow down to speed up. It's not all about Action, but also about glorious Reflection. Though not too much; those two need to balance out over time.

How can you pay it forward? Let's not forget giving back. Take it from a tried-and-true Introvert. The energy of giving back, and becoming a Force For Good, can make everything you're still working on magically start to appear.

I look forward to continue supporting you in your plans and goals. Let your creativity, your brilliance and your instinct guide you.

Wishing you a Happy New Year!

Josh