



Reflect and Reset! The 7-Day Life Review

A powerful way to reflect on “what is” right now, and to reset intentions for “what will be.”

Setting aside time to look at your life and reflect on how things *really* are (whether good, bad, or really ugly) is essential first step to crafting the life that you want for yourself. I promise that your future self will thank your present self for this time and focus!

How it Works:

Carve out at least 20 – 30 minutes to commit to this thought work for 7 days. Get comfortable. Pour yourself a glass of wine or a cup of tea. Maybe put on some of your favorite music. Light a candle or two. Make your space one that you want to hang out in for at least 20 minutes. Ideally, make this happen at the same time of day—maybe in the morning when you wake up or in the evening before you go to bed.

Each day you get to focus on a different aspect of your self or your life:

- Day 1: Your *Body*
- Day 2: Your *Relationships*
- Day 3: Your *Financial life*
- Day 4: Your *Mind* (continued intellectual development)
- Day 5: Your *Work* (professional or community)
- Day 6: Your *Spiritual life*
- Day 7: Your *FUN* (play, rejuvenation)

For each aspect of your life, you'll think about what's working well, what's not working so well, what you'd like to change, what intentions you will set moving forward, and what you will need to succeed. Pay attention not only to your thoughts in each area, but also your feelings. Especially when considering setting new intentions, make sure they *feel* good. *It's the best indicator that you will be successful in following through with your goals and intentions.*

Included are charts that you may choose to use, or you can use your own journal. Either way, I hope you enjoy the process!

Contact me if you would like coaching help with your “reset” plans:
www.DanaBaruch.com or email me at dana@danabaruch.com.

Day 1: My Body

Think about your diet, exercise, activity level, etc. Think about what your body can and can't do and how you're feeling about it.

<u>About my Body...</u>	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Body</u>			
<u>Things I Don't Like About my Body</u>			
<u>Things about my Body I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information, coaching, gym membership, time, new more powerful thought, etc.)			

Day 2: Relationships with Myself, my Family and Friends

Think about your interactions with yourself, your family members, colleagues, friends. How do you communicate? What's the quality of your interactions? What's the frequency of your visits/interactions? Are you satisfied with the quality of your relationships? Why/Why not?

About my Relationships	Thoughts...	How I feel/ When I think these thoughts...	New Better Feeling Thought
<u>Things I Like About my Relationships</u>			
<u>Things I Don't Like About my Relationships</u>			
<u>Things about my Relationships I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information, coaching, time, discipline, new more powerful thought, etc.)			

Day 3: My Financial Life

Think about the following: What are your assets? What debts do you owe? What are our monthly/annual obligations (tuition, rent, mortgage, taxes, food, etc.)? Do you feel in control of your finances? Why/why not? Are you satisfied with your financial position? Why/why not?

About my Finances...	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Financial Life</u>			
<u>Things I Don't Like About my Financial Life</u>			
<u>Things about my Financial Life I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information, coaching, help from accountant, discipline, alignment w/ partner, etc.)			

Day 4: My Mind (Intellectual Life)

*This is the area of life that includes continued learning, classes, books, etc.
Anything that feeds your mind.*

<u>About my Body...</u>	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Intellectual Life</u>			
<u>Things I Don't Like About my Intellectual Life</u>			
<u>Things about my Intellectual I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information, coaching, course catalogues, library card, museum membership, new thought, etc.)			

Day 5: My Work Life (Professional/Community)

Your work may include your professional/work life and/or your community engagement, volunteering, etc. How's it going?

<u>About my Body...</u>	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Work Life</u>			
<u>Things I Don't Like About my Work Life</u>			
<u>Things about my Work Life I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information, coaching, time with colleagues/supervisor, new more powerful thought, etc.)			

Day 6: My Spiritual Self

For some people this might mean religious observance, while for others this might include meditation. For all of us, it is the part of ourselves that recognizes that which is beyond us. Some find it in a Divine relationship, others might feel it in the woods or by the ocean or while watching a baby grow and contemplating the wonder of something. What are you doing to nurture your spiritual self?

<u>About my Body...</u>	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Spiritual Self</u>			
<u>Things I Don't Like About my Spiritual Self</u>			
<u>Things about my Spiritual Self I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., time to meditate, do yoga, pray, Coaching, information, etc.)			

Day 7: My FUN!! (Play, Rejuvenation)

OK. We saved the best for last! This is SO important. What do you do for fun? What activities bring you joy? Do you give yourself enough opportunity to rejuvenate? "What do most Nobel Laureates, innovative entrepreneurs, artists and performers, well-adjusted children, happy couples and families, and the most successfully adapted mammals have in common? They play enthusiastically throughout their lives." ~ Stuart Brown, Institute of Play

About my Fun Self...	Thoughts...	How I feel/ When I think these thoughts	New Better Feeling Thought
<u>Things I Like About my Fun Self/Play Life</u>			
<u>Things I Don't Like About my Fun Self/Play Life</u>			
<u>Things about my Fun Self/Play Life I Intend to Change</u>			
<u>What I'm Going to DO to Succeed with my Intentions</u>			
<u>What I need to Succeed</u> (e.g., information about things to do, coaching, time, playmates, etc.)			

Congratulations!

You have completed Reflect and Reset! Your 7-Day Life Review.

I hope you have gained some clarity about and appreciation for your complex self.

- Was it easier to identify things that you like about yourself, or things that you wish were different?
- How did it feel to give your-self daily “me time” with the sole purpose of getting to know your-self better?
- Were you able to tune into a feeling that flowed from the thoughts you put down on your chart? Was that easy/difficult/interesting?
- How did you do with the “intention setting” part of this exercise?
- What came up for you when you tried to think a different, better feeling thought?

I'm excited for you to dive into the New Year with a stronger sense of yourself and what you'd like to reset. This isn't easy, but it can be some of the most satisfying and productive work you'll ever do.

My coaching focuses on helping people with this exact kind of work. If you would like help sorting through any aspect of your life, I would love to help. To learn more about my Coaching Philosophy and ways we can work together, check out my website: www.DanaBaruch.com, or email me at Dana@DanaBaruch.com.

Here's to You and Your Life!

Dana