

TAKING STOCK

TAKE STOCK OF YOUR YEAR!

As entrepreneurs and creatives on a mission, making time and space for reflection is mission-critical. Our ability to access our progress and evaluate current opportunities and challenges is crucial to our success. This guided reflection process is designed to help you take a grounded, holistic approach to examining your wins and your lessons so that you may leverage all of the above to achieve your desired goals and objectives.

This Taking Stock process incorporates 4 crucial areas of assessment: Gratitude, Acknowledgement, Completion, and Celebration — these four steps invite you to become even more aware of the gift of life, the blessing of progress and evolution, the opportunity of challenge, as well as the joy it is to be conscious active shapers in our own collective and respective destinies.

Take a moment to do your own personal Taking Stock process. You can add text to the doc by clicking the 'Fill & Sign' section in the upper right corner. Writing things down makes them real.

1. Gratitude

- Where were you blessed this year?
- What do you want to express gratitude for? And to whom?
- Where did you receive some extra love this year?
- Where did the universe and/or others have your back?

2. Acknowledgement

- Where did you really bring it this year?
- And what did you notice about the circumstances or conditions that supported you in being able to really hit the mark?
- And where did you fall short this year?
- And what did you notice was missing in where you fell short? i.e. What conditions or circumstances hindered your ability to do an awesome job?

3. Completion

- Are there critical conversations you still need to have with certain people? Maybe it's to acknowledge and thank them. Maybe it's to ask for support. Or maybe it's to bring some resolution to some of the challenges you've had with them this year.
- Make a list of those people and needed conversations. Note by when you will have these conversations.
- Where are the places where you may need to get complete with YOU? Put yourself on the list. Where might you need to release and forgive yourself because of the rocky road you've traveled this year?

4. Celebration

- What do you want to celebrate about this year?
- Your personal growth?
- The growth of your venture?
- How will you celebrate? What are your specific plans?

Taking Stock invites us to become even more aware of the blessing of progress and the joy it is to be conscious, active shapers in our own respective and collective destinies. If you take the time periodically to engage in this ritual of deep reflection you will have a greater sense of accomplishment and emerge grounded, present and ready to meet each new phase in all of its glory.

