

Amy Ahlers
THE WAKE-UP CALL COACH

presents

Complete Your Year Playbook

Celebrate.

Complete.

Create.

by

Amy Ahlers

Hello Dear One and Welcome!

Since the late 1990s I have taken myself, my Inner Critic/Inner Mean Girl and my Inner Wisdom through the following process. I have also utilized these tools and processes for many years with thousands of clients in several countries around the world. This work is inspired by the processes I've co-created with fellow powerful coaches and mentors, Melissa McFarlane and Christine Arylo.

Creating a ritual in your life and in your family's life to end your year is powerful beyond measure. I hope you'll use this playbook to celebrate, process and clear out the past year so the following year can be your best one yet!

Please make sure to join my community of over 50,000 souls from around the world. You can begin with my *"Wake Up Your Inner Wisdom Kit"* at www.wakeupcallshow.com

With unstoppable enthusiasm & great love from my family to yours,



Amy Ahlers, the Wake-Up Call Coach
www.WakeUpCallCoach.com

Clear Out Your Past

To begin, take inventory of your past year. The following chart will help you. First, write down your “Wins/Accomplishments/Expansions” from the past year. Next write your “Losses/ Failures/Incompletions” from the past year. (A sample is provided below.) As you do this process, allow yourself to take the inventory from a place of assessment instead of judgment. Simply assess what has occurred over the past year. Notice if you have any events that are in both columns. For example, in our chart “Divorce” is in both columns, because it could be viewed simultaneously as a “Loss” and a “Win.”

Sample 1 Year Inventory

| Wins/Accomplishments/Completions: | Losses/Failures/Incompletions: |
|--|--|
| Divorce | Divorce |
| Got an exercise routine in place | Didn't lose weight |
| Took time w/ Mom before her death | I miss Mom |
| More spiritually aware/awake | Life out of balance; no time for ME! |
| Top 3 sales award | Lost job |
| Started a business | Lost partner (lover, friend, associate.) |
| Launched a website | Didn't hit financial goal with business |
| Sent out first e-newsletter to clients | Failed to find a potential mate |
| Began dating again | Didn't launch marketing plan |
| Joined a book club | Clutter in office |

Fill in your own inventory below now:

| 1 Year Inventory | |
|-----------------------------------|--------------------------------|
| Wins/Accomplishments/Completions: | Losses/Failures/Incompletions: |
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Next, transfer your wins, accomplishments or completions to the chart below and discover what strengths, skills or qualities you developed as you created this win. We’re asking for you to look at who it is you’ve BECOME over the past year, rather than only looking at what you’ve DONE. Great!

| Wins Worksheet | |
|---|--|
| Wins/Expansions/Accomplishments | What strengths, skills or qualities were developed as you created this win? |
| Example: “I graduated from my masters program.” | <u>Example:</u> “I have confidence that I can complete things. Discipline. Persistence.” |
| “Forgave my ex-spouse.” | “Open mindedness. Flexibility. Compassion. Self love.” |
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The Perspective Scale

Now that we've fully celebrated your wins and successes from the past year, it's time to look at clearing out your failures, losses and incompletions. Below you'll find our Perspective Scale, showing numbers to identify various perspectives. Go back to your 1-year Inventory on page 6 and utilize the scale as you think of each *failure, loss, or incompleteness* on your chart. Next to each item, write the number of the perspective that best describes how you feel about each of your failures, losses and incompletions. Remember, it is possible that you feel quite good about certain failures, losses, and incompletions from the past year. (See our example on the next page.)

1=*Despair/Torment*

2=*Insecurity/Guilt/Unworthiness*

3=*Hatred/Rage/Anger*

4=*Discouragement/Worry/Blame/Doubt*

5=*Disappointment/Overwhelm*

6=*Frustration/Irritation/Impatience*

7=*Pessimism/Boredom*

8=*Contentment/Hopefulness/Possibility*

9=*Optimism/Positive Expectation/Belief*

10=*Enthusiasm/Eagerness to take action*

11=*Freedom/Joy/Empowerment/Passion/Total Faith*

Sample 1 Year Inventory-With Perspectives

| Wins/Accomplishments/Expansions: | Losses/Failures/Incompletions: |
|--|--|
| Divorce | Divorce 2=Insecurity/Guilt/Unworthiness |
| Got an exercise routine in place | Didn't lose weight 6-Frustration/Irritation/Impatience |
| Took time w/ Mom before her death | I miss Mom 8=Contentment/Hopefulness |
| More spiritually aware/awake | Life out of balance; no time for ME! 5=Disappointment/Overwhelm |
| Top 3 sales award | Lost job 11=Freedom/Joy/Empowerment/Passion/Total Faith |
| Started a business | Lost partner (lover, friend, assoc.) 8=Contentment/Hopefulness |
| Launched a website | Didn't hit financial goal with business 9=Optimism/Positive Expectation/Belief |
| Sent out first e-newsletter to clients | Failed to find a potential mate 7=Pessimism/Boredom |
| Began dating again | Didn't launch marketing plan 10=Enthusiasm/Eagerness to take action |
| Joined a book club | Clutter in office 6=Frustration/Irritation/Impatience |

Coaching Yourself to Move Up the Perspective Scale

Our mission now is to help you to get as high up in numbers on the Perspective Scale as possible for each failure, loss and incompleteness on your list, so that you can move forward in the year ahead with a “clean slate,” so to speak. This next exercise will help you to move up the scale.

(As you approach this clearing out process, we invite you to take a leap and be truly WILLING to let your past events go. Are you WILLING to create something new? **Albert Einstein said, “Insanity: doing the same thing over and over again and expecting different results.”** Allow this process to empower you to try something new, thus giving you different results.)

We recommend that as you do this process, you use physical movement. Literally, take a step forward to signify moving up the scale. Yes...go ahead and get out of your chair and try actually stepping *out* a place of despair and *into* a new place of faith and freedom! You’ll feel the difference, and while that is fun in and of itself, we have also found this physical act to be powerfully grounding for the memory of who you want to become as you move forward in your life. What are you waiting for? Move it!

Step One

Pick a failure, loss or incompleteness to work through that is below a “9” on the Perspective Scale.

Step Two- Questions (repeat with each failure, loss or incompleteness)

1. Note where you are on the scale. Take a moment to really feel what this perspective is like for you. Notice how your body feels: Do you feel tight in your chest? Queasy in your stomach? Is your throat dry?

2. Look at the next perspective up on the scale. Ask yourself the following questions:

❑ **What thought will help me move one point higher on the Perspective Scale?**

For example, to get from the perspective of “Frustration” about your weight to that of “Pessimism/ Boredom” about your weight, you may need to think, “I have been struggling with this for years and I am totally bored with the topic. It’s never going to change anyway!” Then to move from “Pessimism/Boredom” to “Contentment/Hopefulness,” you might think “Actually, I have lost weight in the past. Maybe I can again.” Don’t worry if you feel odd finding thoughts to get you angry or bored or overwhelmed. You must move one perspective at a time to authentically get higher on the scale.

❑ **In order to be one point higher, what actions do I need to commit to?** Perhaps you’ll need to commit to hiring a personal trainer, joining Weight Watchers or asking your friend to be an accountability partner. (Actions do help to anchor a perspective shift, but they are not always required.)

❑ **What will I need to stop doing or believing in order move up on the scale?**

Perhaps you’ll need to commit to stopping the negative self talk (For example, referring to yourself as “fat” when around others,) or perhaps you’ll need to let go of your belief that your body image and weight will never change.

3. Great! Now move to that new/higher perspective by literally taking a step forward. Notice the way you feel. How does your body feel? Has it provided relief? Wonderful!

4. Keep moving yourself up the scale. Get as high as you can! Utilize the chart on the next page to take notes on your progress.

NOTE: If you cannot authentically move higher up the scale with one of your topics using this process, leave that topic and move on to another. The next exercise will help you with topics where you are considerably stuck.

Failures/Losses/Incompletions Worksheet

| Failure/ Losses/Incompletions | What perspective or action would allow you to move higher on the Perspective Scale? |
|---|--|
| <u>Example:</u> "My financial records are a mess" | <u>Example:</u> "I believe that I can create organization in my finances and I've made an appointment to meet with a financial adviser." |
| "I didn't get an agent like I said I would." | "I have decided that I don't NEED an agent to move my career forward. I feel free! I am committed to attending casting director workshops to advance my career." |
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Success is the ability to go from one failure to another with no loss of enthusiasm.

-Sir Winston Churchill

Feeling & Transforming Your Failures with the Wake-Up Call Three Step Process

This three-step super powered process - called the Wake Up Call Three Step Process - gives you the tools you need to transform your failures from inner critic snacks to Inner Wisdom fuel.!

It will enable you to move up on the scale for the failures, losses, and disappointments on which you are most stuck. Use this process as often as you'd like to find a fresh perspective. Many clients have this three step process taped up in their offices as reminders that they can let go anytime they choose!!

Step One:

What is Your Inner Mean Girl or Inner Critic saying about this failure loss or disappointment?

Let it rant out loud, no holding back...

"You..."

"You should have..." "You could have..." "If..."

Once it's all out, and we mean all out, close your eyes, take a breath, then ask your-self...

Step Two:

What does your Inner Wisdom know?

From this place speak out loud the truth that your Inner Wisdom knows. Let

yourself FEEL the energy shift, as if you are melting away all that judgment and criticism

(because you are!)

Keep speaking until you feel a release or you get to the nugget of truth - a statement or sentence, a love mantra that you can say to yourself to lock in the truth and release any blah ju ju you don't need to carry with you into the new year.

Step Three:

Lock it in.

Find a physical gesture that you can use to lock in this truth - a physical gesture that feels natural, powerful, self loving - could be putting your hand on your heart, tapping your chest, moving your hips, whatever. Say the truth that your Inner Wisdom gave you while doing the physical gesture to lock this in - your new reality - the right reality as you go into the new year.

Use this gesture whenever your Inner Mean Girl or Critic flares up!

Well done! In working through The wake-Up Call Three Step Process with your stickier "Disappointments and Failures" you should have been able to clean your slate and you have secured for yourself a fresh start.

Repeat for each failure

Lessons Learned

One more thing: Before we leave the past year, we want you to list out 3 lessons you learned during the year that you'd like to carry with you into the year ahead. Make sure to phrase these lessons in a way that moves you forward and leaves any sense of punishment behind. For example, instead of saying, "I learned that I never follow my gut instinct and that it always gets me in trouble," Wake-Up Call Coaching suggests you say, "I learned that when I listen to my gut instinct, I will follow the right path for me." This articulation will be more powerful for you as you move forward.

Lesson 1:

Lesson 2:

Lesson 3:

Free will surfaces in each individual action or omission, allowing us to learn as much as possible from each situation.

-Mark Victor Hansen and Robert G. Allen, The One-Minute Millionaire

The Completion Ritual

Lastly, as a final step to close out the past year, we have a ritual for you to perform. This ritual is a way for you to formally leave the past exactly where it belongs: in the past. We recommend that, once you have filled in each section below, you read this aloud to yourself or a witness. This act of reading it out loud will officially close out the prior year.

As I complete the past year

I release (Failures/Losses/Incompletions):

I celebrate (Wins/Successes/Accomplishments):

I will remember (Lessons):

Congratulations! Now declare the past year complete

