

Starting today, I am inviting you to jump in and begin the process of digesting and completing your experience of 2020. (And boy was it year with more to digest than most years!)

### WHY DO THIS DIGESTION?

Doing this process takes some time, so it is going to take some discipline to make time and do all the steps. Why do it then? When there is so much else you could do?

In my 25 years coaching, what I've seen is that we launch into creating something new out of a reaction to what we've already done, out of the story we have about what it meant, we often end up pointing ourselves in the wrong direction. We tap into the wrong fuel to move forward with grace and ease.

But when we make some kind of peace with the past, then we can hear more clearly what is calling. We can move more easily without all the baggage of the past.

This completion process is one of my very favorite things to do.

It can be a beautiful and powerful ritual and I want to share with you the tips and suggestions and insights I've gathered doing this over many years so that it's as rich and meaningful of a process as possible for the time you invest.

I see over and over again how this process brings a sweetness of understanding to people, and creates a recognition that helps them move forward into the New Year with more clarity and certainty.

The more strongly you stand in what you lived this year, the more of you is available to step into the New Year and into what you are being called into on your path of purposeful work.

So your invitation is to look lovingly back at the journey you've been on this year, to observe what there is to observe, and feel what there is to feel.

To dig deeper and reflect on the journey you've been on.

To tell the Story of this journey in a way that you can really hold on to, in a way that informs what comes next, and finally to ritually release the narrative and energy of 2020 to create a fresh start for 2021.

### HOW WE'LL DO THIS DIGESTION

There are four elements to digesting your year.

First, we'll do a clear-eyed INVENTORY of the year, reminding ourselves what ACTUALLY happened. Our "felt sense" of the year tends to be colored by recent weeks and the high or low point of the year. But we want to anchor into a more complete and nuanced picture.

This is also a time to make room for the tender, sometimes painful, feelings that can come up as we review our lives. To allow ourselves to feel the sadness, disappointment, shame, envy, or resentment that may have arisen this year, as well as the joy, the sweetness, the celebration, and the magic.

Second, on the heels of the Inventory, we'll do some DEEP REFLECTION on the year. We'll go beyond the question "what happened?" to consider "why did what happened matter?" and "what can I learn from this lived experience?"

We'll look at how we were nourished and supported, what happened that we couldn't have predicted, what was hardest to bear, and more.

Third, we will pull together all these varied questions into one big question: what was the STORY of 2020? YOUR Story of 2020? Story telling seems to be hardwired into the human experience, and when we take the weight and complexity of the past 326 days and synthesize that into a story, we start to see and feel and hold the bigger themes and the arc of our own development.

Fourth, we will design a RITUAL to honor and then release the narrative and the energy of 2020, so that we have a clearer space from which to call in and create 2021.

I'll be guiding you with these written lessons, and some bonus videos, and making suggestions about when to do the work. You'll be wanting to complete each assignment within a few days to be ready for the next one.

If you follow my instructions, you'll be ready to start fresh when we meet on Friday, December 11 for our Annual "Planning" Day.

I encourage you, always, to customize this process to work for you. Take more time than I suggest. Take less. Do it differently.

In just a little bit, I'll send you instructions on your first step, which often takes the most time: The Year-end Inventory.