

# REFLECTION RESET REVIEW!

Together We RISE!



# RISE!

Rituals

Intentions

Systems

Execution

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# 'YEAR END' REVIEW- STEP 1

- ❑ Go through calendar from last year looking at every week.
- ❑ For each week, jot down any people or activities or commitments that triggered peak positive or negative emotions for that month.
- ❑ Put them in respective columns

[illegible]

\*\* From Tim Ferriss Blog [tim.blog](http://tim.blog)

# YEAR END REVIEW STEP 1, CONT

- ❑ Once you have gone through the past year, look at the lists and ask,
- ❑ “What 20% of each column produced the most reliable or powerful peaks?”
- ❑ Based on the answers, take your “positive” leaders and schedule more of them in the new year.
- ❑ Get them on the calendar now!
- ❑ Book things with friends and prepay for activities/events/commitments that you know work.
- ❑ ***It's not real until it's in the calendar.***



<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
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<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
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<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
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# YEAR END REVIEW STEP 2

## STEP 2

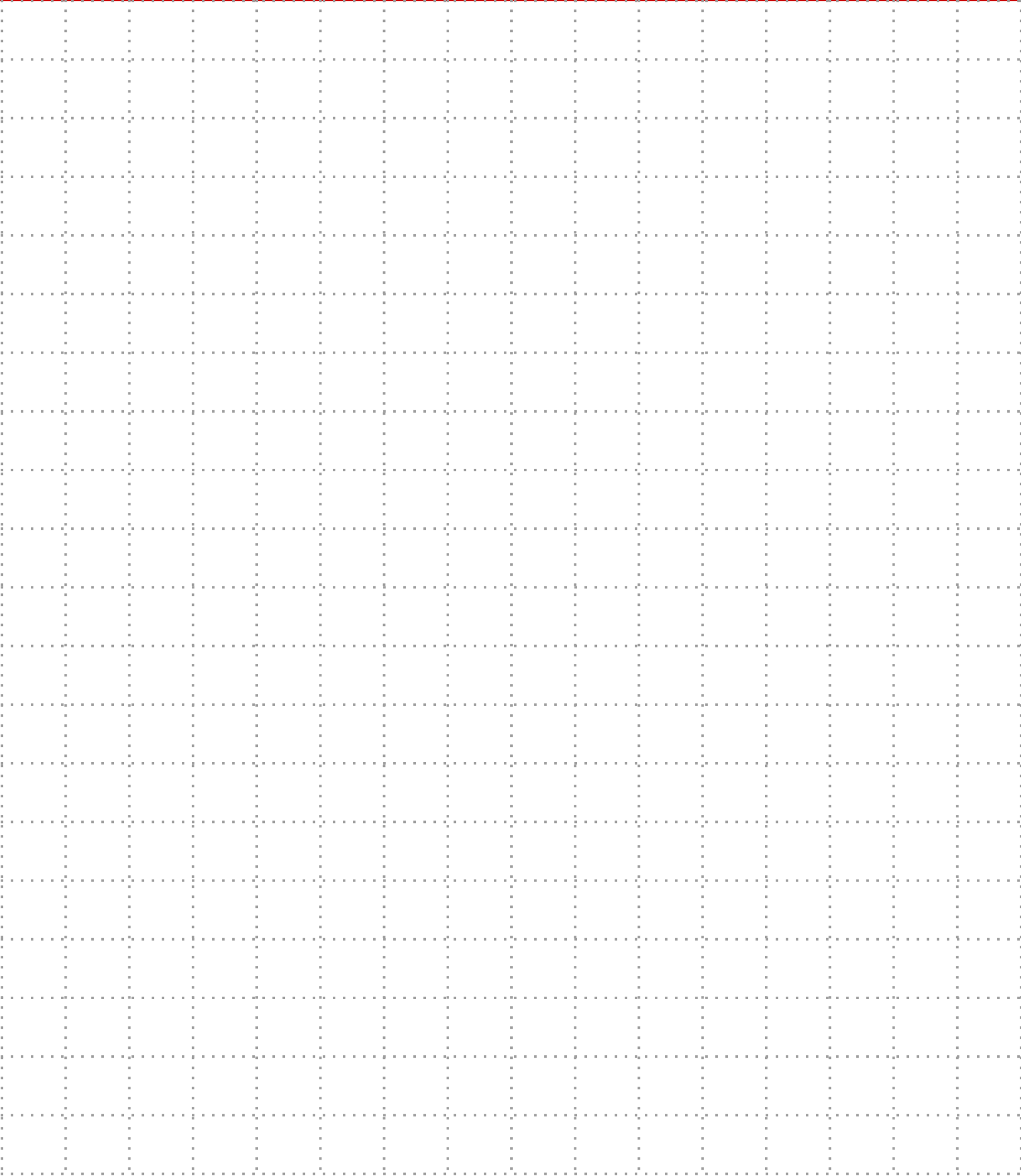
- ❑ Take your “negative” leaders.
- ❑ Put on “DON’T DO LIST” on the top.
- ❑ Put them somewhere you can see them each morning for the first few weeks of 2021.
- ❑ These are the people and things you \*know\* make you miserable, so don’t put them on your calendar out of obligation, guilt, FOMO or other nonsense.
- ❑ That’s It!
- ❑ It’s not enough to remove the negative. That creates a void. Get the positives on the calendar ASAP!

\*\* From Tim Ferriss Blog [tim.blog](http://tim.blog)



[illegible]

# DRAW





# FEAR SETTING

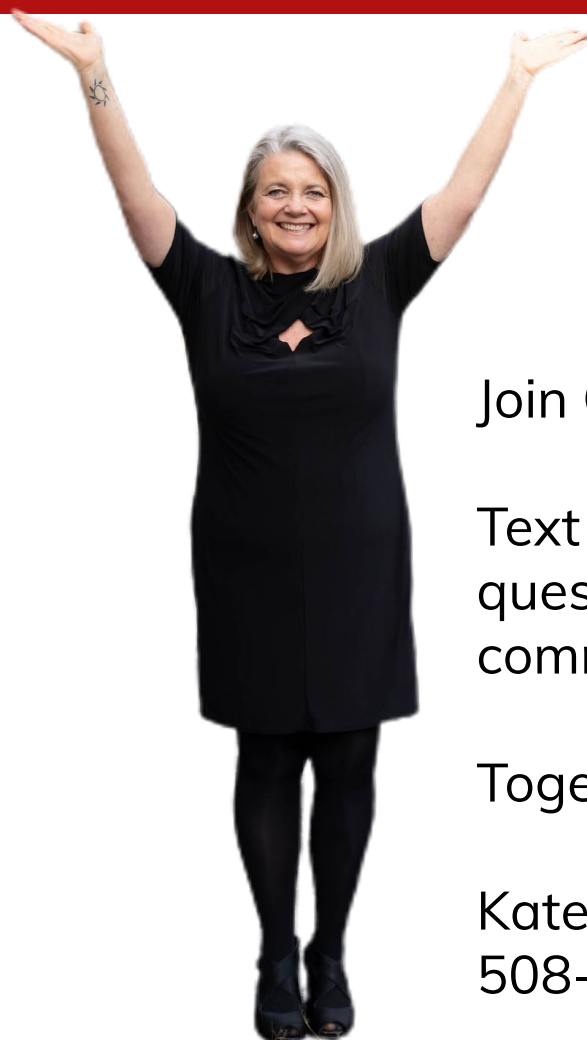


MY FEAR	WHAT'S THE WORST OUTCOME?	RESULT OF THE OUTCOMES	DID I FAIL FORWARD?
EXAMPLE. I WANT TO RUN A MARATHON BUT I AM AFRAID	I RUN 20 MILES AND CRAMP UP AND CAN'T FINISH	I GO TO HOSPITAL. I GET PICKED UP BY FRIENDS. I WALK TO THE FINISH LINE	I FINISHED 10 HALF MARATHONS! I AM FIT! I AM STRONG! I MADE FRIENDS!



# SCRAP PAPER





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comments!

Together We RISE!

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