



Renew 2023

Welcome



THANKS FOR TAKING THE TIME TO REFLECT AND SET INTENTIONS FOR 2023.

Our names are Nic Etheridge Calder and Janelle Woo. At Invoke Coaching, we work to enliven the resilience in leadership, teams and people who work towards social change. As we've worked with people over the last year as one-on-one coaches, team coaches, and in our training, we've seen a theme emerge; there is a tension between the change we diligently work towards, and the need for deep rest(oration) and renewal.

As we prepare to enter 2023 we offer you this resource as an invitation to reflect on the past year, and look ahead to the future. You could think of this as a reflective practice, a personal strategic plan, an opportunity to reset, etc. We believe that we're influenced by the conditions we find ourselves in AND that we have the opportunity, even responsibility, to design our own pathways forwards even in the most challenging times.

As two humans who have had our own share of personal and professional challenges over the last few years, we humbly share this tool. It is a way of grounding ourselves in what is most important to each of us as we walk into a new year. Our approach is holistic - this isn't just a cognitive exercise, it extends to our own emotional and embodied experiences. The questions we ask are shaped to tap into different parts of our human experience (and nervous system), to allow us to reflect and transition, with intention, into the coming year.

It can be used at any time or any season – perhaps with the solar or lunar New Year in mind (there are no rules). As we invite you to reflect on 2022 and step into 2023, we ask you to consider that we all have limited time, energy and capacity. As you say yes to things in the year ahead, we'll also ask you to consider what you need to say no to, or let go of, in order to make space. This can be challenging, particularly for those of us who seek to be of support and transformation for others; however, honouring our own capacity is perhaps one of the most important things on our radar for 2023. Join us in reflecting and building intentions!

With heart,
Janelle Woo
Nic Etheridge Calder

Before you begin:

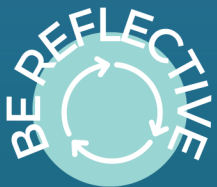
SOME GUIDELINES FOR THE USE OF THIS DOCUMENT AND PROCESS:



Feel free to take notes wherever you want. You can be creative and playful with the process, skip any questions or create your own. Draw, colour, write, talk out-loud, dance – whatever will make you feel most alive!



While you may skip any questions that don't resonate, you might want to check in with yourself along the way to prevent yourself from avoiding questions that may be difficult, but deeply needed. Do this process in your own way (i.e. all at once or over a number of days/weeks).



The process offers you an opportunity to look back on 2022. You are invited to do this by focusing on what's changed or grown in you - and how that leads into 2023 and beyond.



Step into the future and think about what you want to generate, how you want to grow, change and the perspective you want to take on 2023.



When we do this work, we're developing new neural pathways and working with our whole nervous system, not just our mind. This can be a brain, emotion and body exercise. You are invited to be fully embodied - notice cues from your body, thoughts AND feelings (as we can typically ignore one or more of these).

Before you start this process, take a moment to get centered in yourself. This may be with a cup of coffee/tea, a movement, sitting by a fireplace, a centering practice, mindfulness, etc. Once you are ready - what permission do you need to give yourself to begin?

Reviewing 2022

Reminder: you can do this process in your own way, including skipping or changing any of our questions.

If using this workbook electronically, please download a copy to your computer before starting to ensure your responses aren't lost.

1. What word or words would best capture 2022 for you?

2. What was difficult and heavy about this year?

3. What do you want to let go of?

4. Name the things you're committed to letting go of as you walk into 2023.



Reviewing 2022

5. How will you symbolize letting go?

You're invited to engage in an embodied ritual to let go (i.e. write it down and burn it, a smudge or prayer, tell a friend about it, burn a candle and meditate on it. Breathe in what you're holding onto, breathe out what you're letting go of).

6. What was fulfilling about this last year?

7. When was a time you felt most alive this last year?

8. What did you accomplish this year that you want to celebrate?



Reviewing 2022

9. What support or relationships sustained you through this last year? What is it about these relationships that matters most to you?

10. What did you learn about yourself and how have you grown?

11. What values are most alive for you right now?

12. Name 3 things you want to remember and hold onto from 2022.



Looking Ahead to 2023

1. Before we step into 2023, we invite you to engage your imagination in looking further into the future. This can help you access your calming grounded part that helps us widen our view of what's possible.

Imagining 10-15 years into the future... 2033

- *Who are you surrounded by?*
- *What are you doing?*
- *What are your priorities?*
- *What are the qualities you embody?*
- *What is most important to you then?*
- *What do you feel most proud of?*

With these questions in mind, write whatever feels meaningful to you:

2. When you think ahead to 2023, ask yourself (an invitation to close your eyes) the following questions about what you want 2023 to be. Your responses to these questions may seem silly, but thinking abstractly like this helps reinforce new neural pathways. Be creative - have fun!

- *What is the colour of 2023 for you?*
- *What does 2023 taste like?*
- *What images do you see as you think about the year ahead?*
- *What are you longing for?*
- *What will you nourish in 2023?*

Write down whatever feels meaningful from the questions above:



Looking Ahead to 2023

3. What words (or word) would best paint a picture of 2023? (or, optionally, you could draw a doodle or make a collage if that resonates more than words)

- How are you already living these?
- If you embraced embodying that word more fully, what might that look like?

4. What might that look like from both a being (internal world) and doing (action we take) perspective.

BEING

DOING

5. If you were to make changes to your relationships in the coming year (with self or others) what change(s) would you make?



Looking Ahead to 2023

6. What would you need to lean into to bring more of your values alive? (see question 11 in the 2022 review)?

7. What do you want to be most present for in your life?

8. What are three new practices or habits that you want to grow in 2023?



Looking Ahead to 2023

9. What are some of your key goals for 2023 (3-6)? List them and then describe how you'll know you were successful when you look back.

GOALS

INDICATORS OF SUCCESS

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Looking Ahead to 2023

10. What will help keep you motivated and accountable towards your goals? Think about any people, processes, systems, you already have in place.

11. What will you do to make these commitments and goals real - putting them into practice and taking action? This could be intentions, reflections, or concrete steps or actions.

Today:

This Week:

This Month:



Looking Ahead to 2023

12. What will help fill your cup when you need to take a step back from achievement? (ie. what will you do for self care?)

13. How will you celebrate as you complete your goals? What small milestones will you celebrate, and how?

14. Other notes or reflections:

Close this process with an appreciation of yourself & and what you've created.