

Completion Exercise

Completion occurs when you say so. It is an act of declaration in the moment vs. having everything completely handled forever. Not being complete leaks energy, creates stress and leaves you tired. It contributes to feeling overwhelmed and creates a lack of confidence and motivation. We avoid completion to avoid self-assessment and, strangely, self-satisfaction. It is simply easier to keep going than it is to stop and take stock. Very few people have the habit of measuring themselves through a methodical and healthy process of completion. We wear ourselves down when we go through life this way. Pursuing some fantasy of perfection or trying to do 'one more thing' leads to skipping completion and jumping right into the New Year. Again.

The power of completion is a chance to realize how far you have come, how much you have accomplished and what you want to recommit to achieving. This leaves you being energized, clear, appreciated, motivated, confident and COMPLETE! It is mature behavior when you plan and then take the time to review, get complete and look at what is next. It will not happen accidentally. The longer you put it off, the less likely it is to happen. To get some accountability, make a date with a partner (romantic or business) or a friend to sit down at a café, have a cup of Joe and take a look at completing your year. Then you can relax and be present with others. You can rest, recharge and play. A week or so later, you are ready for what is next! Practice creating and allowing completion and supporting others to do the same. It works.

Completion Questions (answer each of the questions below in detail)

1. Are you ready to complete the past year (even though you may have more to do)?
2. How did it go in 2016? What happened?
3. What goals or results did you plan for and accomplish this past year?

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4. What happened accidentally or without planning that was still good?
5. What else did you complete this year?
6. What/Who were you inspired by this year?
7. Where did you get stuck this past year?
8. What (if anything) do you want to do about the places you got stuck?
9. What old stuff (behaviors, thoughts, patterns, feelings) are you done with?
10. What is incomplete that you are still committed to completing?
11. Will you complete it now or next year?
12. What month will you complete each item above? Put these right into your new calendar with a note reminding you a month or two before each items' due date.
13. What did you learn in 2016?
14. What do you want to learn in 2017?
15. What are the top five goals for 2017? (Post these big and bold on the wall as a reminder to you and others-get them public!)
16. Who do you want to share this completion sheet with? (With your information revealed, or not) Dare to inspire. Send it now and support others to be complete. ☺

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