

HOW TO IDENTIFY YOUR GREATEST GAIN FROM 2021,
AND SET YOU UP FOR A TERRIFIC 2022!

MINING YOUR HIDDEN GEMS OF 2021

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DELIBERATE THINKING
OUR MINDS MATTER

MINDFULNESS | RESILIENCE | PURPOSE

INTRODUCTION

I'm tempted to start with the cliché opening line to a Christmas newsletter – “another year has flown by”..... [insert family photo complete with dog and Santa hats!].

But I'll spare you and just say THANKS for doing this exercise with me!

Often, we're so caught up in the busy-ness of the holidays approaching/work winding down/Christmas activities gearing up/credit card limit being exceeded.... that we lose the opportunity to reflect on the year we've just had.

And that my friends, is such a loss!
True, some of us may wish to forget 2021. It was easy to become negative, become wrapped up in the COVID headlines, and allow the negative environment to seep in and impact us.

But in every challenge, every failure and every adversity there is a gem. Much like a pearl. What starts as a small irritation inside a shell, with attention and care, that grain of sand transforms into a beautiful prized object.

We all have these pearls if we reflect, learn and appreciate the lessons and growth the year has provided us through challenge and uncertainty. They become our Pearls of Wisdom!

So this is my gift to you – permission to stop, relax and reflect on the challenges and treasure that can be discovered if you get a little uncomfortable and dig deep.

I'd like to help you mine your 2021 gems and pearls, so that you reframe your mindset around 2021 and set yourself up with a new mindset for 2022. Be prepared to be surprised – the results may not be what you expect!

If you have any insights or questions about this exercise, please email me on rhonda@ourmindsmatter.co.nz

In the meantime, may your 2022 be filled with peace, people you love, a sense of purpose and passion for everything you do.



MINING THE HIDDEN GEMS OF 2021

Preparation

You'll need approx. 30 undisturbed minutes for this exercise.
Read through the paper first, then please print pages 4-10.

Step 1

Close your eyes and inhale and exhale slowly, just allow yourself to stop and relax.

Ask yourself about the Wins you had in 2021.

And the Challenges. What comes to mind for you?

Keep breathing (it's always useful to be reminded!) for another few minutes as you give yourself this space and attention to reflect on the year that was.



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Step 2

Write down your top 5 Wins for 2021.

Examples, for me:

Creating my own Facebook Group

Kick starting my morning routine habit again

Learning in my online project

Connecting more with one of my daughters

Finishing the Tiny House



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4

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5

•		•
•		•

Step 3

Using the same table above, now number these in order of importance, significance, or most impactful where 1 is the highest impact.

Step 4

Write down the top 5 Challenges/discomforts for you in 2021.

Examples, for me:

Loss of income with COVID

Having to constantly reschedule appointments

Heightened stress and anxiety in Q3 2021

Trying to do so much, I exhausted myself

A relationship with someone important to me fading

1

•		•
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Step 5

Again, in the table above number the Challenges in order of importance or significance, or most impactful where 1 is the highest impact.

“I’M THANKFUL FOR
MY STRUGGLE
BECAUSE WITHOUT IT
I WOULDN’T HAVE
STUMBLED UPON MY
STRENGTH”
– ALEXANDRA ELLE

Lessons and Areas of Growth

In the next step, you'll look at the LESSON and the AREA OF GROWTH for your top 3 wins and then top 3 challenges.

Lesson – this is the insight you gleaned from the experience, what you realised or learned in the moment. It’s the silver lining!

Area of Growth – this is the part of you, or the characteristic that expanded from the experience. E.g. patience or positive mindset, or physical health.

Step 6 - Top 3 Wins

This next step requires you to work on your top 3 Wins. Take your top 3 Wins and for EACH write down the lesson and the area of growth:

My examples are on Page 8.

Win #1	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•
Win #2	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•
Win #3	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•

Step 7 - Top 3 Challenges

Now you're going to work on your top 3 Challenges.

Take your top 3 Challenges and for EACH write down the lesson and the area of growth:

Chall #1	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•
Chall #2	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•
Chall #3	•	•
	•	•
Lesson	•	•
	•	•
Area of Growth	•	•
	•	•

Examples for me: my Top 3 Wins

Win#1 - Kick starting my morning routine habit again

Lesson - It's a choice to be deliberate and take the 'try' out of my intention.

Area of Growth - My calm, energy and physical health at the start sets me up for the rest of my day

Win#2 - Connecting with one of my daughters

Lesson - It's never too late, and relationships are a practice not a perfect.

Area of Growth - More patience and compassion using love languages

Win#3 - Learning in my online project

Lesson - I CAN do it, I'm capable, there's always a way

Area of Growth - Patience in myself and being more authentic in my approach



Examples for me: my Top 3 Challenges

Chall #1 - Loss of income with COVID

Lesson - Its temporary and its always ok in the end

Area of Growth - Belief in myself and what I'm doing

Chall #2 - Heightened stress and anxiety in Q3 2021

Lesson - Mindset is a choice

Area of Growth - Compassion for self and more aware of triggers and reactions

Chall #3 - Trying to do so much, I exhausted myself

Lesson - Energy and time are finite, no point wrestling with this! My TO DO list is 'never done'

Area of Growth - Balance progress towards goals with 'present moment', requires some time to rest!

Step 8 – The Transformation

Now this is where it gets REALLY interesting, prepare yourself!

8.1 Pick ONE of your Win Lessons and ONE of your Challenge Lessons

8.2 Now, pick ONE of your Win Areas of Growth and ONE of your Challenge Areas of Growth

8.3 Combine the two lessons into ONE SENTENCE. You may have to add words, take out words, get creative, but keep the essence of your lessons.

8.4 Similarly with the two Areas of Growth. Combine the two Areas of Growth into ONE SENTENCE.

You'll end up with two sentences.

These are your Hidden Gems for 2021.

Here are mine as an example:

Lesson: My mindset, habits and capability are a deliberate choice.

Area of Growth: When I'm patient and believe in myself, others will too.

Combine 2 Lessons	<input type="text"/>
Combine 2 Areas of Growth	<input type="text"/>
Lesson Gem	<input type="text"/>
Area of Growth Gem	<input type="text"/>

Step 9

Your **Lesson** is your gem to share with someone else.

Your **Area of Growth** is the treasure to keep, knowing you'll always have this gem.

Congratulations

You've now successfully mined the gems of your 2021 - literally discovered your own Pearls Of Wisdom.

I hope this has been an insightful reflection and provided the opportunity for you to reframe your 2021.

Plus - you're setting the scene for a terrific 2022.

Knowing that there's always a treasure behind our challenges, adversities and failures is a wonderful mindset in which to view the 2022 that will be.

Your view of 2022 will determine your experience of it!



“GOING THROUGH
THINGS YOU NEVER
THOUGHT YOU’D GO
THROUGH, WILL
TAKE YOU PLACES
YOU’D NEVER
THOUGHT YOU’D
GET TO”

- MORGAN HARPER
NICOLS