

Year Ahead / Year in Review

A Good Time to Begin

The fact that you are reading this means that the process has already begun! Think about that, *you're already doing it*. Our first Y.A./Y.R. was performed at the end of the calendar year in 1993 and has become our tradition for celebrating the New Year. We start Year in Review on New Year's Eve day and then move on to Year Ahead on New Year's Day when we finish up. But, if we get hung up on a topic and want to let ideas or big decisions simmer, we sometimes finish up a month or so later.

Some of our other readers have found that their birthday is a good time to begin. The first day of spring might resonate with you, or your wedding anniversary, or the Winter Solstice. In short, the flexible, adaptable nature of this process means you can start anytime that feels right for you. But that's not a call to procrastinate, because once you begin, you'll *want* to continue simply because it's workable and fun and will create dramatic and positive change in your life.

People who haven't heard about the Y.A./Y.R. method often choose to wait until they are at a "perfect" place in their lives before they start the business of life planning. As human beings, it is in our nature to "wait until we have enough money," or to "wait until we have our career on track," or any one of endless excuses before we are sufficiently motivated to map out our future. Sometimes it feels as though everything is up in the air – career,

relationship, salary, you name it, there are plenty of reasons to put off planning. So how do you seriously begin life planning?

Well, we know that it's difficult to get your entire life lined up neatly; every day you're hit by challenges, some of which come at warp speed. Case in point, you might put thought into, then work on, and then finish up your life planning and suddenly, with little warning, you're forced to switch jobs and your salary changes overnight. Or perhaps you even lose your job. Or you move to a more expensive area and your financials change dramatically. Or you need to take time off to care for a sick family member.

There are as many forces, both predictable and unpredictable, that come into play in our lives as there are reasons to put off designing a plan that can deal with these forces and other unknowns to follow them head on. The point is, things will and *do* happen, which is why we advise you keep this process fluid. *Plan on changes happening and plan on updating as needed.*

So when is the right time to begin planning what could be your best year yet? You guessed it - right now.
