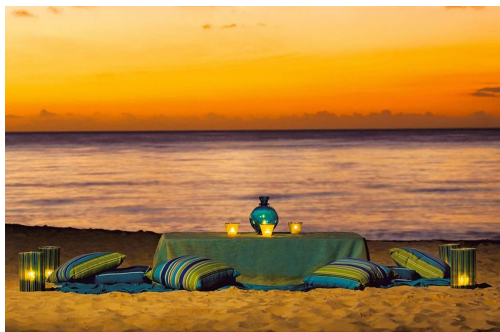




A W A K E N
p s y c h o l o g y

**healing
through
growth**

REFLECT, REJUVENATE AND READY!



This month's newsletter is designed to help you reflect on your year that has been, focus on rejuvenation over the holiday period, and to ready yourself for the year that lies ahead. And there's also links to articles, talks, and books that may just suit your holiday reading/watching list.

And don't forget, our last article was about the rising rates of mental ill-health, and what you can do to help yourself, or those around you. Click [here](#) to learn more, and to access all our previous articles.

The Year That Has Been, and The Year That Will Be

By Amanda Pulford

Director and Clinical Psychologist

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Can you believe it's less than four weeks until the end of 2019? More and more I hear "Where did the year go?" Time continually rushes by – often without us taking time to reflect.

The ending of one year, and the beginning of a new year gives us an opportunity to contemplate. We can reflect on the year that has been, we can spend some time rejuvenating and getting ready for the year ahead, and we can consider what we wish the new year to hold.

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email - click [here](#)

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Sometimes though, we think we're too busy to reflect on anything – we're rushing from one gathering to another, or we're busy getting ready for our own get together.

My suggestion this year (as it is most years) is to spend some **quality** time reflecting, rejuvenating, and readying yourself. Maybe grab a cuppa and your journal, or take yourself off to the beach, or relax in a nurturing bath and allow yourself time to consider the following.

Reflect

1. What lessons have I learnt this year?
2. What am I ready to let go of this year?
3. Who or what am I grateful for this year?

Rejuvenate

1. Where is my time and energy best spent this holiday period?
2. What's one small thing that I can do for a week that helps me to feel rejuvenated?

Ready

1. What do I wish my next year to hold?
2. What do I need to do to make this happen?

You may find by taking some time out to review this year you acknowledge and release any negative thoughts or feelings you have about 2019, and possibly find some joy in the year that has been (even if it was a challenging year).

By focusing on what rejuvenates you, you can be specific about where you put your time and energy over the holiday season (even if you aren't getting a break).

And by setting your intentions for 2020 you can be clear about what you would like, and you're already planning on how to achieve this.

What a great way to start off the year ... mindful and intentional!

Something To Consider

A couple of excerpts from a book that I recommend further on in this newsletter ... maybe one to add to your holiday reading list ... that might be helpful when considering what you might focus on in your reflections, rejuvenations, and readiness.

“... what I'm talking about here is essentially learning how to focus and prioritise your thoughts (*and feelings and behaviours ... my addition*) effectively – how to pick and choose what matters to you and what does not matter to you based on finely honed personal values. This is incredibly difficult. It takes a lifetime of practice and discipline to achieve. And you will regularly fail. But it is perhaps the most worthy struggle one can undertake in one's life. It is perhaps the **only** struggle in one's life.”

And ... if you're struggling for motivation, consider this ... from the same book :

“Don't just sit there. *Do* something. The answers will follow.

... I learned a powerful lesson about motivation. ... Action isn't just the effect of motivation; it's also the cause of it. Most of us commit to action only if we feel a certain level of motivation. And we feel motivation only when we feel enough emotional inspiration. We assume that these steps occur in a sort of chain reaction, like this :

Emotional inspiration → Motivation → Desirable action

If you want to accomplish something but don't feel motivated or inspired, then you assume you're just screwed. There's nothing you can do about it. It's not until a major emotional life event occurs that you can generate enough motivation to actually get off the couch and do something.

The thing about motivation is that it's not only a three-part chain, but an endless loop :

Inspiration → Motivation → Action →
Inspiration → Motivation → Action → etc

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... Taking advantage of this knowledge, we can actually reorient our mindset in the following way :

Action → Inspiration → Motivation

If you lack the motivation to make an important change in your life, *do something* – anything, really – and then harness the reaction to that action as a way to begin motivating yourself.”

The Take Away

Spend time focussing on what you would like to be different in 2020 – and consider how you might achieve this. What is in your control to make 2020 joyful, successful and abundant?

Articles

What Are Your Values : Deciding What’s Most Important In Life

https://www.mindtools.com/pages/article/newTED_85.htm

Values exist, whether you recognise them or not. Life can be much easier when you acknowledge your values and make plans and decisions that honour them.

Life Goals : Why You Should Be Setting Goals In Life

<https://positivepsychologyprogram.com/life-worth-living-setting-life-goals/>

Everyone has something they’d love to change or better themselves with. Sometimes, though, it’s harder to make changes in the right direction when the way to get there is unclear.

Talk

Values vs Goals

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

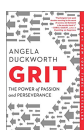
This video explains the important distinction between living a goals vs a values focused life ... and why living in accordance with your innermost values can lead to a more rich, full, and meaningful life.

Books



The Subtle Art of Not Giving a F by Mark Manson

For decades, we've been told that positive thinking is the key to a happy, rich life. Mark Manson, however, doesn't sugar-coat or equivocate. Mark Manson makes the argument that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better.



Grit : The Power of Passion and Perseverance by Angela Duckworth

The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance.

As always, if you would like some help, please feel free to contact us on 0488 954 195, admin@awakenpsychology.com.au or [click here](#)

And, if at any stage, you find you need urgent assistance – go to your closest **Emergency Department**, call the **Mental Health Emergency Line** on 13 14 65, or call **Lifeline** on 13 11 14.

From all of us at Awaken Psychology, we’d like to take this opportunity to thank you for your continual support, and we look forward to being of assistance in 2020.



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