

**YOUR GUIDE  
TO COMPLETING  
2012  
WITH YOUR  
INNER WISDOM  
LEADING THE WAY**

**BROUGHT TO YOU BY:  
Christine Arylo & Amy Ahlers  
and**



**&**



# 2013

## What's Your Story Going to Be?

## Who Are You Going Let Write it?

## And What Can You Gain?

### **You have a tremendous amount of wisdom right in front of you ...**

And this guide was developed to help you find it, see it and take it with you as you step into 2013. You spent a lot of your time, money, energy, and heart in 2012. Some of it paid off big, and some, while it might not have materialized the way you had hoped, can still have big pay-offs. IF you create space at the end of 2012 to PAUSE and REFLECT... because it is inside the pause that HUGE piles of wisdom sit just waiting to make you wiser for 2013.

Get ready to make one of your Feminine Super Powers even stronger... the super power of PAUSE! Inside this guide you'll find two tools that give you the power to end your year:

- \* feeling GREAT about yourself...
- \* feeling solid about what you have accomplished and haven't -- yes, "failures" can be transformed into empowering energy that fuels you...
- \* and feeling clear about where you want to go in 2013 (because you've cleared out 2012, leaving the garbage and taking only the wisdom with you.)

The two tools included in this guide - the Wheel of Reflection and the Wake Up Call 3-Step Process - are tools that we have used with our private coaching clients, in our workshops and in our own lives for years. Taking this year-end PAUSE has made a significant impact on the levels of happiness and success we've seen people create in the following year.

We know that by activating your Feminine Super Power of PAUSE and by changing the channel inside your head on your failures from the Inner Mean Girl channel to your Inner Wisdom channel, you will step into your 2013 full of self-love... ready to empower yourself to have your best year yet. So honored and excited to be on this journey with you!

With big heart,

Christine & Amy

*Co-Creators of Inner Mean Girl Reform School, The Inner Wisdom Golden Circle & The Great Work Retreat*

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# THE WHEEL OF REFLECTION

## Learnings

The knowledge and wisdom you have gained over this past 12 months. New insights, perspectives, beliefs. Qualities and understandings you have with you for the rest of your life - you are a wiser woman!

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Failures

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2012

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Surprises

Whether you like the word or not, we all have failures -- things that didn't work out as planned, ways in which we didn't show up as our best and brightest. Disappointments, goals you didn't achieve. Owning these as failures gives you power vs. the failure having the power. Plus, there is a reason these come before learnings - you can turn them into learnings, but only after you've owned them.

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What happened that was unexpected? Great happenings, and the not so great. The unplanned, the special gifts, the things that the universe delivered in ways that you never expected...

Successes

You knocked it out of the ballpark. These are the things that you did well, your accomplishments, your wins, both internal and external. This is a time to gush! Don't hold back. Really celebrate all that you have gained, done and become over the year.

## About The Wheel of Reflection

Passed down for thousands of years through Native American tribes, this wheel is one of many ancient and sacred “medicine wheels” used for wisdom and guidance in one’s life. These wheels, which always include at least four of the directions, allow us to look at our lives as observers, taking time to pause and see from the outside in. One always moves through the wheel one direction at a time, usually counterclockwise. This particular medicine wheel helps us reflect on a specific time period, in this case the year that has been. By examining the surprises, successes, failures and learnings of the past year, you’ll be better equipped to move into the new year fresh, taking only what you consciously decide is worth keeping. The wheel gives the gift of telling your story, taking in the valuable lessons and letting go of the rest. It was gifted and taught to me, Christine, from my spiritual mentors Pele Rouge and Firehawk Hulin, and to them from their teachers Wind Eagle and RainbowHawk, and now I share it with you.

## Using the Wheel

You’ll need some way to capture your thoughts as you move through the wheel... a journal, sketchpad, computer, anything that takes your thoughts and makes them physical. Thinking through the wheel is not enough. Once you have your supplies, follow these 5 steps in order.

1. **Start in the East with Surprises.** Let yourself think back through the entire year and freely write everything that comes - no editing! Challenge yourself to just let the experiences and words flow and when it seems like you’ve captured everything challenge yourself again to find more. There are always a few gems at the end.
2. **After Surprises, continue on to the South with Successes, and then Failures** repeating the process of thinking back through the year and transforming those thoughts into the physical.
3. **Make a Mind Shift.** Before moving onto the golden Learnings, where your Inner Wisdom lies, take a short pause to shift your perspective on your failures using the Wake Up Call 3-Step Process in this guide.
4. **Gather the Wisdom... what did you learn?** Standing in the North you have a vast perspective on all that you have experienced and accomplished in 2012. From this place, what does your Inner Wisdom know today that she may not have known before. What were your learnings in 2012?
5. **Go back and read through everything you captured.** Write more if more shows up. Notice the themes. Let yourself see the story of the year that’s been and then be willing to close the storybook to start a new book for the new year.



# Surprises

*What happened that was unexpected? Great happenings, and the not so great. The unplanned, the special gifts, the things that the universe delivered in ways that you never expected.*



# Successes

*You knocked it out of the ballpark. These are the things that you did well, your accomplishments, your wins both internal and external. This is a time to gush. Don't hold back. Really celebrate all that you have gained, done and become over the year.*



# Failures

*Whether you like the word or not, we all have failures. Things that didn't work out as planned, ways in which we didn't show up as our best and brightest. Disappointments. Goals you didn't achieve. These can be losses, incompletions, or things that never did quite get started. Owning these as failures gives you power vs. the failure having the power. Plus, there is a reason these come before learnings, you can turn them into learnings, but only after you've owned them. The Achievement Junkie and Doing Addict IMGs especially hate failures, but your Inner Wisdom knows there is gold here. Embracing what didn't work in 2012 can be extremely empowering - GO FOR IT! We'll be on the other side, ready to transform them.*

## Feeling & Transforming Your Failures

We find that most people approach their failures in these common ways... ignore them (“I don’t really want to feel them again, the first time was enough”)... reframe them as something else (“I don’t really believe in failures, I see them as learnings” - achievement junkies especially won’t even use the word failure)... gloss over them (“Ahh, yeah it happened, but no biggie, next year will be better”)... or beat themselves up with them (“I really fell short this year.”).

We’ve tried all these ourselves, watched our clients do the same, and now, because we are much wiser, realize that any of the 4 choices above shortchange the power available to us by seeing and transforming our failures. There is real power in being able to feel the emotion attached to the failure, and then transform it into forward moving energy to fuel our new year. Without addressing and moving the emotion, the feelings get stuck inside of us, and they become blocks to our Inner Wisdom and food for our Inner Mean Girl.

This three-step super powered process - called the Wake Up Call Three Step Process created by Amy - gives you the tools you need to transform your failures from inner critic snacks to Inner Wisdom fuel.

### Step One:

#### What is Your Inner Mean Girl or Mean Dude saying about this failure or shortcoming?

Let it rant out loud, no holding back... “You...” “You should have...” “You could have...” “If...” Once it’s all out, and we mean all out, close your eyes, take a breath, then ask yourself...

### Step Two:

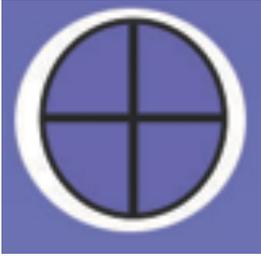
#### What does your Inner Wisdom know?

From this place speak out loud the truth that your Inner Wisdom knows. Let yourself FEEL the energy shift, as if you are melting away all that judgment and criticism (because you are!) Keep speaking until you feel a release or you get to the nugget of truth - a statement or sentence, a love mantra that you can say to yourself to lock in the truth and release any blah ju ju you don’t need to carry with you into 2013.

### Step Three:

**Lock it in.** Find a physical gesture that you can use to lock in this truth - a physical gesture that feels natural, powerful, self loving - could be putting your hand on your heart, tapping your chest, moving your hips, whatever. Say the truth that your Inner Wisdom gave you while doing the physical gesture to lock this in - your new reality - the right reality as you go into 2013. Use this gesture whenever your Inner Mean Girl or Inner Mean Dude flares up!

## Repeat for each failure.



# Learnings

*The knowledge and wisdom you have gained over this past 12 months. New insights, perspectives, beliefs. Qualities and understandings you have with you for the rest of your life - your Inner Wisdom is rockin' with life here! Tune in and listen.*

# Your Completion Ritual

Lastly, as a final step to close out the past year, we have a ritual for you to perform. Rituals mark a shift, and often times a closing and an opening - perfect for this time of year.

This ritual is a way for you to formally leave 2012 exactly where it belongs: in 2012, and step consciously into 2013 as the powerful being that you are... wiser, led by your Inner Wisdom, and continuing to reveal your Great Woman or Great Man to yourself and the world.

We recommend that, once you have answered the three questions below, that you fill out the Proclamation Super Power Statement and read it aloud to yourself or a witness. This act of reading it out loud will officially close out the prior year and ready you for a FABULOUS 2013!

## Step 1: Ask and answer these 3 questions:

1. **What parts of 2012 do I want to leave in 2012?** These are feelings, situations, relationships, lessons that will only weigh you down in 2013. Make a list of these things on a piece of paper. Conduct a releasing ceremony by saying "I release... and leave it behind in 2012" for each one. Burn the paper or disintegrate it with water.
2. **What do you want to take with you from 2012?** These are the skills, qualities, learnings that you want to pack in your Inner Wisdom backpack and toolbelt and take with you into 2013 to help you build and maintain momentum. You worked hard to get these things, be wise enough to consciously decide to take them with you.
3. **Who am I stepping into 2013 as?** As you walk across the bridge of 2012 to 2013, who is the person that is stepping forward? Describe yourself. Who are you today and who are you becoming? Write down a description, right now. Keep that somewhere special that you can reflect back on next year.

**EXTRA CREDIT FOR FUN:** See yourself, this powerful person as you are today, as you step into the new year and play this game: Notice the type of shoes you are walking into 2013 wearing. Are you sporting tennies or are you strutting in high heels or are you barefoot? See the shoes that you'd imagine your Great Woman or Great Man wearing.

## **Step 2: Prepare for the Proclamation**

write here what you will say aloud for your completion ritual

**I release (failures, losses and incompletions):**

**I celebrate (successes & wins):**

**Me and My Inner Wisdom now know and remember (Learnings):**

## **Step 3: Proclaim with Power**

say what you wrote out loud - in front of a mirror, to the ocean, to a friend, just say it aloud from the voice of your Inner Wisdom

**Congratulations! We declare 2012 complete!**  
Enjoy the spaciousness and emptiness to allow the new to come in.