



DEC  
2022



THE SUMMER REVOLUTION LIFE REVIEW KIT  
> *Be the architect of your life*

Welcome to the Summer Revolution Life Review Kit. And welcome to the rest of your life ...

This year and all its challenges, accomplishments, progress and pleasures is complete (or almost). And it's about a 1% sized chapter in the story of your life. A blink. So whether it went great or felt like a hurricane, or somewhere in between, being able to mine the gold from it, make peace with it and move forward powerfully is so valuable.

That's partly what this Kit is for – taking stock of what has been and honouring yourself and what you have experienced. It's also about getting intentional about the year ahead and how you want to shape your life.

The exploratory process in these pages provides a simple structure to take stock for yourself and map out what matters to you and what you want to create both within yourself and around you.

It's as important as ever right now to:

- Continue to look after our wellbeing and protect our energy carefully.
- Acknowledge how we've met the challenges of the year, where we're stronger now within ourselves and how we want to further strengthen ourselves on all levels of self.
- Clarify our values and what really matters.
- Consciously live more fully in the moment and more intentionally every day.
- Take full responsibility for our lives, connect more fully to our sense of agency and build clarity and intuition.
- Stay well connected to each other and support each other.
- Be our own inner architect.

Enjoy the journey this Kit takes you on, and don't be afraid of what unfolds from it. More people than ever before are having full-blown life revolutions right now, so if you feel called for one too, or even some juicy tweaks, you're in good company.

Much love and light to you, *Karen x*



*Karen Ross*  
COACH TRAINER SPEAKER

## Instructions

### What you will need:

- 1 x Summer Revolution Life Review Kit – printed out in hardcopy
- Pens/markers
- Your diary or calendar to review the year that's been
- Two hours of time to yourself; uninterrupted, peaceful and inspiring  
(Note: This might seem like a HUGE amount of time, especially if you are a parent or caregiver or even a rather immersed business owner. It is not. You may just not be used to 'asking for' this time for yourself. Start now.)
- A quiet, uninterrupted space in which to think and relax.

This Kit is really a journey. Take your time to complete each section, in the order in which they are numbered.

# My Year In Review

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Start with a stocktake of the year you've had. Take some time to fill in each month with the things you've achieved, experienced and learned. It works well to go through your diary or calendar to remind yourself. Include activities as well as milestones, changes made, challenges handled, projects started or completed, family events and anything else that has been significant for you.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE

# My Year In Review

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It's amazing how much can happen in a year, especially in an epic year of change and challenge. Capture any trips you've made, any changes that occurred at home or work, your wins such as a promotion, first date or wedding anniversary.

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

## The year that's been

You've handled and achieved so much. Take a moment to reflect on this year through the eyes of compassion for and acknowledgement of yourself.

This year I met the following challenges/I overcame ...

My biggest learnings have been ...



I up-levelled within myself in these ways ...

*(In what ways have you grown personally and professionally perhaps in ways you hadn't predicted or thought possible?)*

This year I'm going down in history for ...

*(What are you doing down in your own personal history for? What were your 'hero moments' this year? Managing a restructure, moving to working from home overnight AGAIN, leading a team through profound change, surviving a period of unemployment, supporting your kids through a global pandemic?)*



## Values + Gratitude

Explore freshly what matters to you and what inspiration you draw on.

How have my values changed or clarified this year?



What matters to me most right now?

What am I most grateful for?

Who or what inspired me this year?



## My Energy

What if our energy is even more important than time or money? We can only be our best self when we can master our energy. To front-foot that for the year ahead, how do you want to proactively manage and protect your energy?

How have your energy levels been this year and why? For each – How has your \_\_\_\_\_ energy been? What has affected it (+ or -)? What external and internal (thoughts, emotions etc) factors have impacted it?

PHYSICAL ENERGY

MENTAL ENERGY

EMOTIONAL ENERGY

SPIRITUAL ENERGY

What gives me energy? What fills me up?



What takes energy from me? What drains or disrupts me?

What am I going to change or do more/less of in light of this?





## Being In-powered

Our thoughts and perceptions entirely shape our reality, so how helpful (or not) are your thinking patterns? See how some reflection can help you move the dial toward a little more empowerment, or what we could call being in-powered.


What (repeating) thoughts are you aware of that drag you down or feel negative in some way? (This one is worth reflecting on for days)

Where do you want to take more control and responsibility now? What will that do for you?

What is a more empowering thought or belief you can replace each of these with? (Put these on post-it notes or on the fridge door!)   

In what ways do you want to grow yourself in the year ahead?

What has felt most out of your control this year?

And ... What is on your 'bucket list' that you want to put onto your to-do list this year?! 



## An Intentional Life: What matters now?

What's important to you now? What do you want life to look like this year? And who do you want to be?

**Vision for Self:** What do you want for yourself in the year ahead? How do you want to be being in yourself? Who do you want to be? How do you want to show up in various ways? Describe that person and all they will have experienced and achieved in the year. ★ ★

**Vision for Life:** What do you want for yourself in the year ahead? What do you want life to look like? What do you want to experience or make happen? What's important to you about your lifestyle and daily life? What would that look like across home/work/health/family/relationships/interests/community/spiritual life, etc?

*Crafting a life  
you don't need a  
vacation from.*

## An Intentional Life: Making it Happen

Creating quality action around your intentions is where the rubber meets the road and you can start moving towards the reality you have envisioned. Sometimes it doesn't even take a lot to get there – think 'quality action' over quantity. Set out your actions. Do one at a time. Watch your intentions unfold ...

What will help make this happen? What key actions do you want to take towards this?

What resources/support/collaboration/plans will help make this happen? →

What are you most excited about? ←

*You were given  
free will for a  
reason: to create  
yourself and your  
life just the way  
you want it.*

*Doing it!*

# CONNECT

Karen Ross is a respected coach, writer, speaker and teacher. She works at the intersection of the personal and the professional, with a unique blend of business coaching and personal transformation that helps people evolve themselves personally and thrive professionally.

Karen has been working with people in business to develop, perform and succeed for 20 years. During an international corporate career she coached and trained hundreds of staff and leaders in over a dozen countries, from Europe to the Pacific including KPMG International, Minter Ellison Rudd Watts, BDO New Zealand and Soar Print. These days Karen's clients are business owners and busy professionals who want to be their best self and live their best life, whatever that means to them.

Karen sees our work journey as part of our personal journey of evolution, because often the biggest breakthroughs in our professional lives come from the deep shifts we make personally.

She specialises in resilience, wellbeing, emotional healing, trauma healing, high performance and lifestyle design. Karen knows how to get stressed-out business owners and professionals out of the mire of busy-ness and burnout and into their ideal flow of ease, brilliance and enjoyment at work. Oh, and live more soul-led lives. Hell yeah...

For more information on wellness and success - for yourself or your organisation visit the website or contact Karen at [karen@startwithyou.co](mailto:karen@startwithyou.co) or on 0800 TO START.

We would love to hear how the Life Review Kit has made a difference to you. [Email us](#) or share with us on [Facebook](#). Feel free to connect on [LinkedIn](#), too.



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[www.startwithyou.co](http://www.startwithyou.co)