

# Letting Go of 2021 and Welcoming IN – 2022

*Our 2 Annual Exercises  
that Set up Your Most Successful Year YET!*



**Your Coaching Matters**

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# Happy Successful New Year!



Dr. Nemeth Defines Success as:  
*Doing what you said you would do consistently  
with Clarity, Focus, Ease and Grace.*

Today's Program will Leave you with a DECISION  
**For what you will DO... and who you will BE as you do it!**

The Ground Floor of Success.

Please close out other programs and settle in.  
Give yourself this GIFT of 1 hour to set your Intention for 2022.





We will spend the first half of today preparing our minds.... Then we will do TWO exercises we've prepared for you.  
**A New Grand Adventure Awaits!**





It is TIME to to POUR OUT the OLD that is last year... and clear OUT the CUP of 2021... so you can fill it with something NEW for 2022!



Think about this: If you are holding a cup of Coffee and someone bumps you, what spills out of the cup?

Coffee of course. Not because they bumped you...  
but because COFFEE was in your cup.

When you are jostled and bumped in the physical reality of life - verses the visionary reality we imagine -  
**what is IN our cup is what spills out.**

Just like if we have a cup of tea and we get bumped, tea spills out. If we have self-doubt in our cup, that spills out. Or if we are full of anger, that spills out.

What is IN your metaphorical Cup  
represents what is IN you...

What you are “full of”, so to speak.



*Think about what spilled out  
of your cup last year when  
things got tough.*

*Yes, we all have these times...  
no judgement ...*

***Just think about it... and  
we will come back to this  
in a few minutes.***

***Jot a few notes down.***



Emptying out things in  
our Cup that no longer  
serve us...

**CLEANING IT OUT...**  
allows us to create a  
*Void so we can  
choose  
what to fill it with.*

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When we consciously  
create a Void... A Vacuum...  
only then can we can  
effectively welcome in and  
**KEEP** in our Cup what we  
**DO** want more of. So, when  
things get tough, as they  
always will, we simply spill  
that out.



To Begin, take a deep breath, and get into a head-space where you are both ready to let go... and invite in for the new year. A few deep breaths with eyes closed. I will tell you exactly what to do.

What we have planned for the next few minutes is our annual regaining of focus. Creating a Purpose for 2022.

Having a Purpose extends **HEALTHY** life expectancy & reduces a likeliness to develop Dementia.

Purpose Also gives us passion and a stick-to-it-ness when things get tough.

It gives us direction and keeps us going.

**Let's imagine that Light represents  
all your Possible Purposes.**

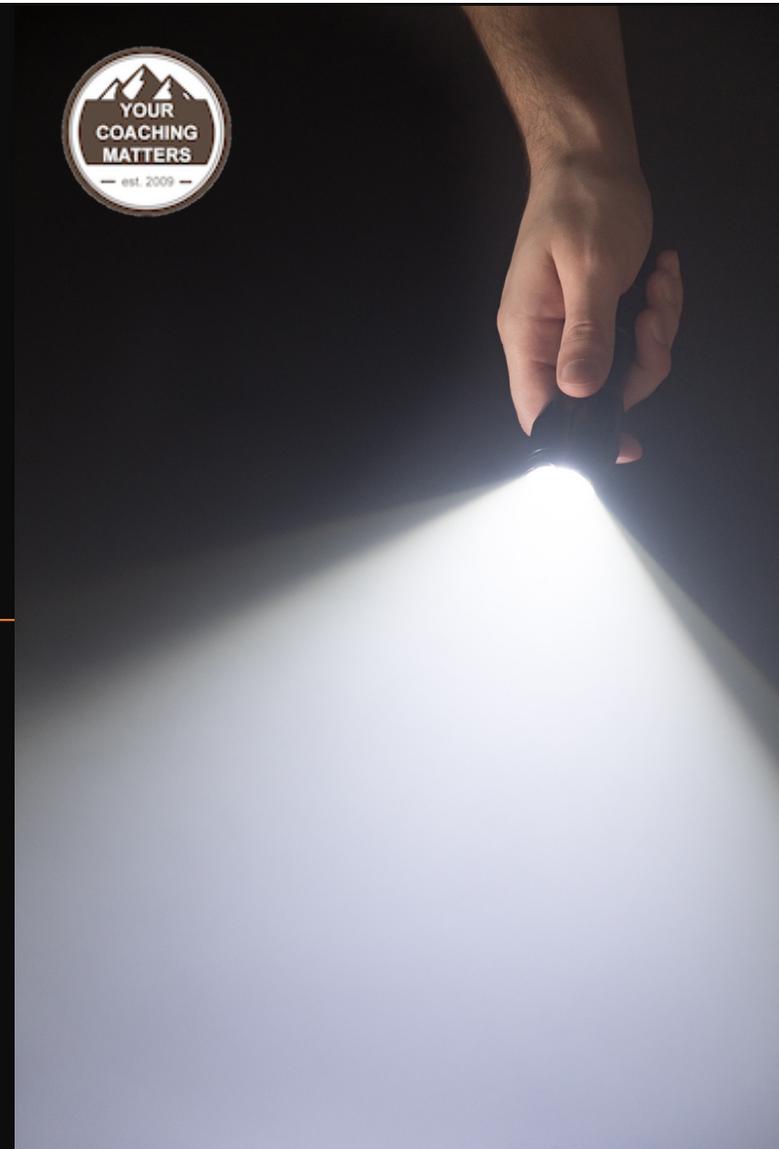
Think about being in a darkened room  
with an empty table in front of you and a  
flashlight shining on it.

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**ALL the light represents all the “Purpose  
Possibilities” for 2022 and there is SO MUCH it is  
literally everywhere on the surface of your table!**

**All that light! All that good! All that possibility!**

**You might be asking: *How can I choose from all of  
that!?***





**Next, we are going to FILTER  
all those possibilities.**

Because, as we know, we can't have everything... there would be no time to use it all! So, we begin to narrow down and FOCUS. It's what we do when we choose our Life Intentions and Standards of Integrity. It's what we do when we Create Goals too!

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LI, SOI, and Goals are some of the tools to filter from all the possibilities... they allow us to SEE so we can choose something Specific.





**Open your eyes now and write down a few ideas on a scrap of paper. What do those “few points of light” represent as possibilities for YOUR FOCUS in 2022?**

**What few things did you notice when you filtered out the rest?**

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**Maybe jot down a note or two...**

**We will come back to this in a few minutes.**

**We are just Priming your Creativity Pump right now!**

**Not Deciding yet.**

**What we know for sure is  
to successfully  
invite IN something New...**



**We must FIRST make space for it by  
letting go of something else... or many  
times letting go LOTS of something else-s.**

Notice that when we try to **do it all...**

When we find all 5's on our Life Intention Inventories or try to be Expert in Everything... *Sound familiar anyone??*

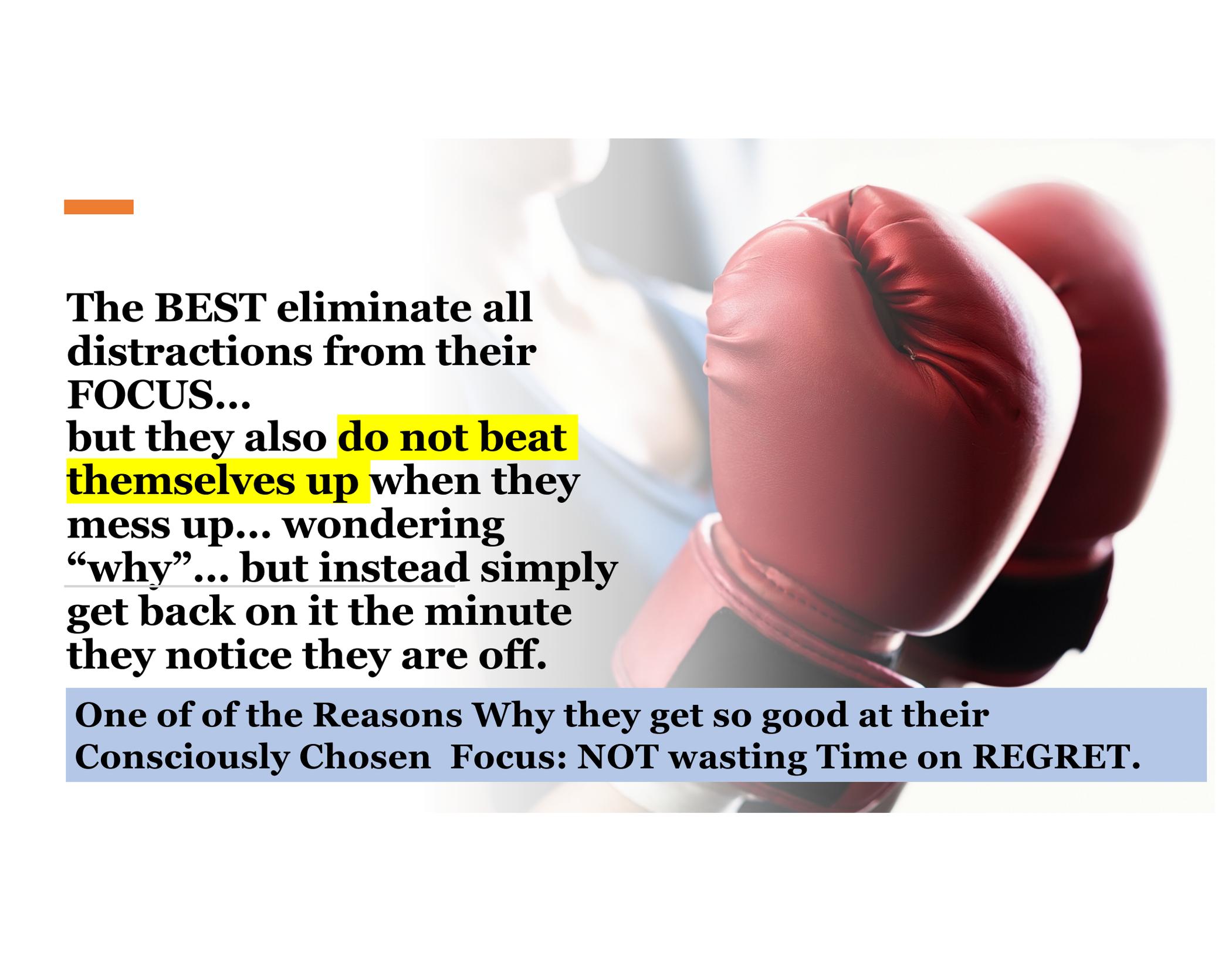
**Or just take on all the “Good Possibilities” available...**

We tend to become confused and exhausted... and overwhelmed.

Which invites monkey mind and frustration & ultimately, resignation.

**The most successful people - the absolute best of the best - have narrowed their focus to just 1-3 things in any given year.**





**The BEST eliminate all distractions from their FOCUS... but they also do not beat themselves up when they mess up... wondering “why”... but instead simply get back on it the minute they notice they are off.**

**One of of the Reasons Why they get so good at their Consciously Chosen Focus: NOT wasting Time on REGRET.**



## The 6 Energies

Time

Money

Physical Vitality

Creativity

Enjoyment

Relationship

It's the **FILTERING OUT** of the “other” with a Focus on what they **DE-CIDE** they want, **that allows the Best to be the Best.**

We will do our Letting GO exercise shortly in which you will have the opportunity to let go what is getting in **YOUR** way of **YOUR** Best.

Think just for a minute... What are those things getting in your way – Crowding out your Vision of **PROFITING** in 2022 in the 6 Energies that take us from Visionary Reality to Physical Reality?



## The 6 Energies

Time

Money

Physical Vitality

Creativity

Enjoyment

Relationship

On the back page of the Letter in your Box, we asked you to write down what you would see as Profit from each Energy.

Get that out now... or if you didn't do it, Quickly write the 6 energies now and jot down next to each an Idea of a PROFIT you want from them.

We will be exploring PROFIT in these energies all year in 2022. Getting REALLY clear on what Profit IS in those Energies on our Monday weekly Calls.

Successful people PLAN  
and EXPECT to PROFIT  
in these energies.

# Exercise One

Clear a space  
and Breathe





Now - get out your Envelopes and take out your thin Square of red paper, Cardboard Square and the Pencil!





**On this SMALL paper you are going to write things you want to let go of from last year.**

**It can be one word, or it can be as much as you can fit on the paper!**

**Go back to where we started today thinking of last year...**

**You may have Notes already on your page... look at those notes and Identify what to Let Go of.**

**Don't worry if this creates a little chaos in your mind.**

**It's Normal.**

**Because... there are SO many Options available!**

**So many possibilities that all that “Possible Good” can get in the way of FOCUSING on the GREAT...**

**What we are doing now is starting to FILTER - by FIRST taking OUT some of last year... some of what don't want any longer even if it was “good”.**

**Perhaps some of the OVERWHELM... what was that?**





Thank these things that you  
want to let go of.

Blessing that past is so much healthier than cursing it.

**It was there for some reason.... Perhaps to learn and  
grow from... and it is now time to let it go.**

When you are done writing, take the paper and crumple it gently... smooth it back out... and then form into a tube by wrapping around your pencil.

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Next, slide the tube  
off and stand it up  
on your Cardboard  
Square

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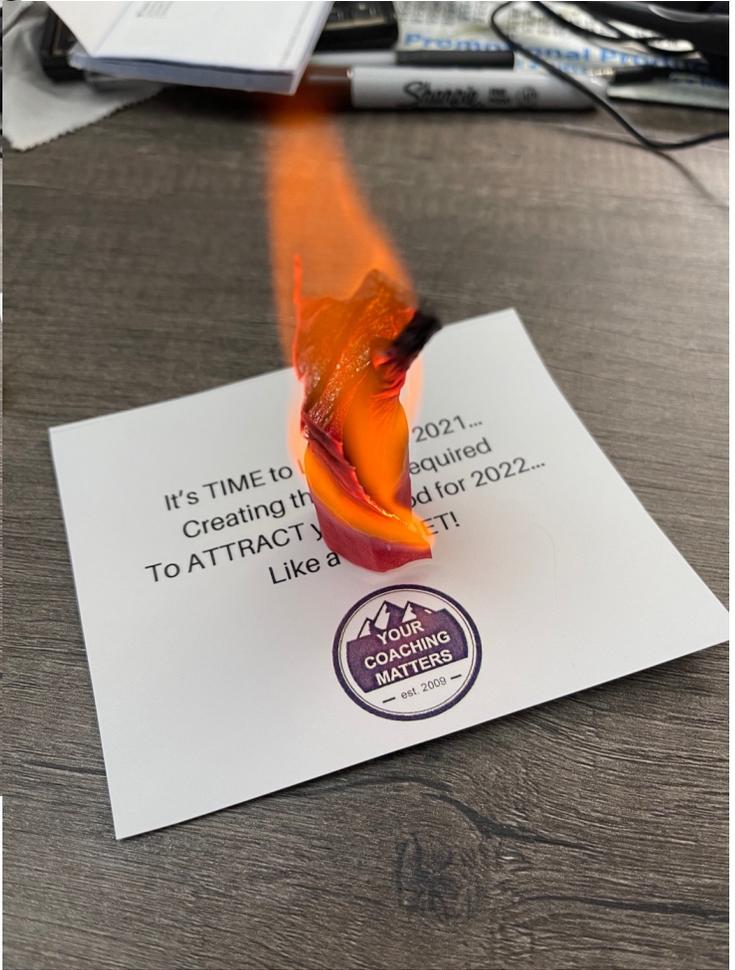
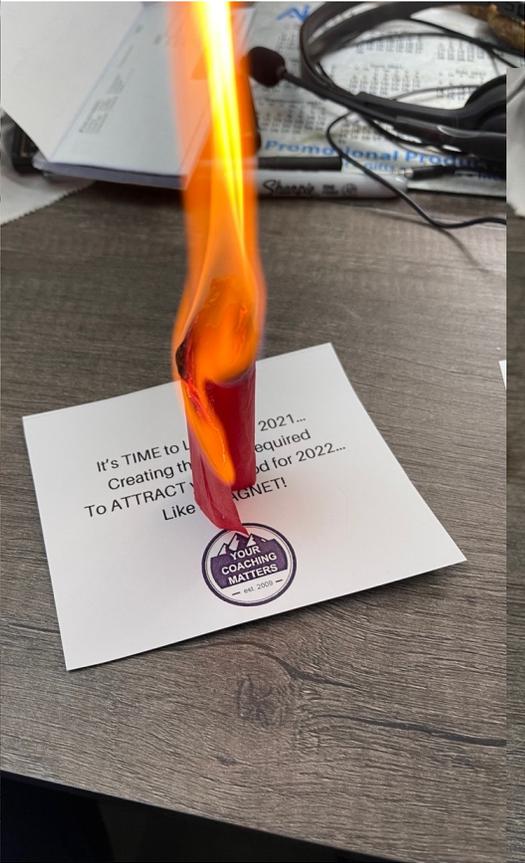


Are you Ready for  
the MAGIC?

We are letting GO of  
this STUFF we don't  
want in 2022!

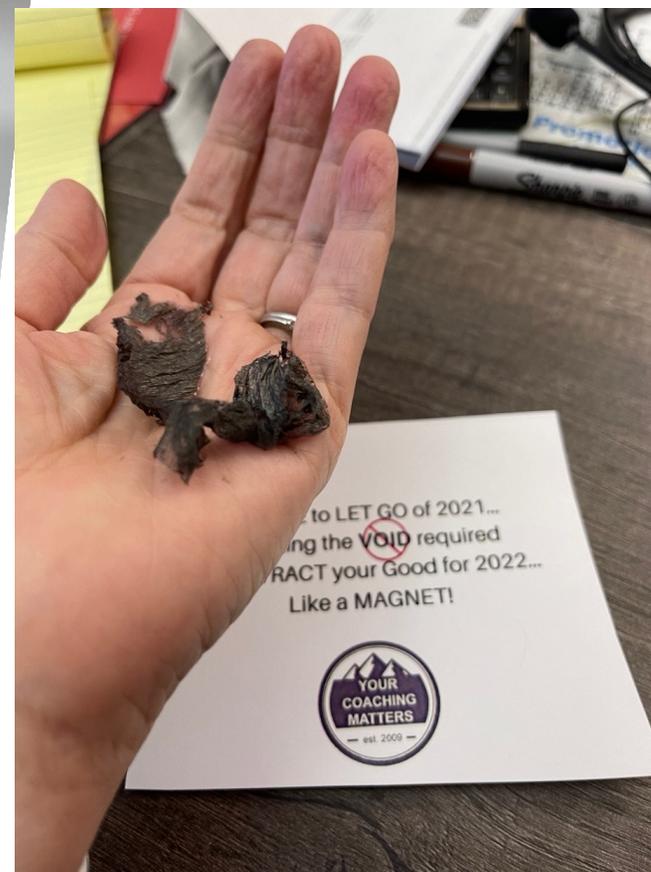
Find your matches  
and get one ready...





Your Ash will go  
up in the air and  
float back  
down...

You can catch it  
in your hand  
and throw it  
away...





# Who is willing to share what they let go of?

Say it aloud or put in the Chat...

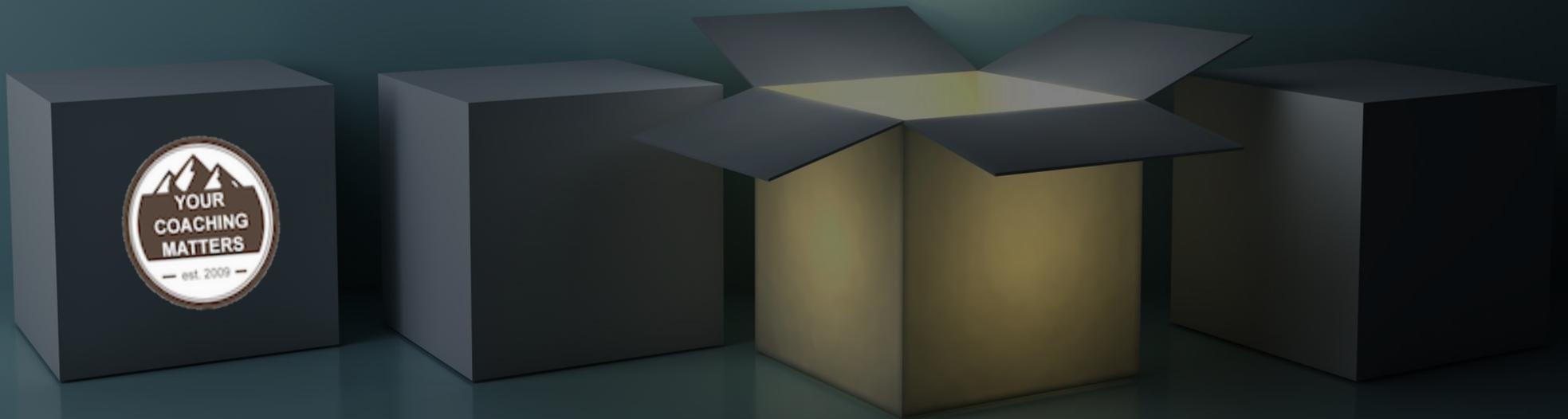


**Now that we've cleaned out some  
"space" – created the vacuum that  
we can invite something ELSE to  
come in.**

**On to Exercise #2**



**I ask you now to Open your MIND  
to what is Uniquely Yours to Hear**





ONE point of Light... from  
All the Possible Purposes  
available to you on the  
table of 2022.



It's time now to get out  
your stone from your little  
Bag and the Sharpie Pen.

Does everyone have that?  
If not, write on a Paper and  
transfer to a stone immediately  
after we are done!

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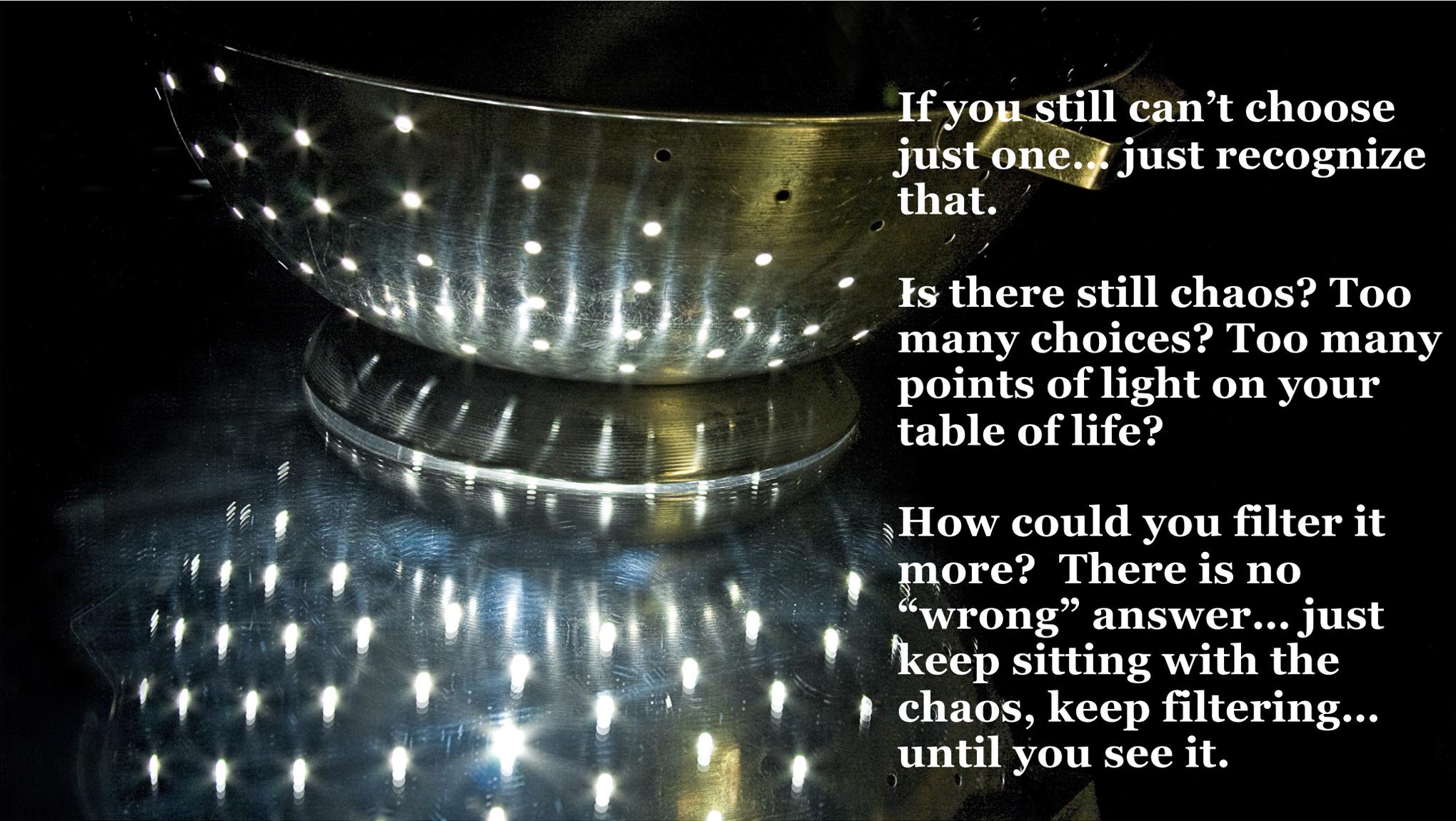




Think of a Wood or Paper project with lots of cut off pieces scattered around... or a marble statue coming out of the chips and shavings of stone that are pulled away from it.

*There is always a Mess before you uncover what is there for you to See..*





**If you still can't choose just one... just recognize that.**

**Is there still chaos? Too many choices? Too many points of light on your table of life?**

**How could you filter it more? There is no "wrong" answer... just keep sitting with the chaos, keep filtering... until you see it.**

Whatever word you choose know that once you write it on your stone, something comes into play that is unexplainable.

It's like the magic of letting go. This is the magic of claiming what comes IN.

**Things in your Life begin to align to that word.**

Opportunities that you wouldn't have had before come up in your life. Or more specifically – opportunities you wouldn't have RECOGNIZED before, you NOW recognize.

I Am \_\_\_\_\_.



Pick up Your Pen and WRITE  
on your STONE!

You are FREE to decide on a  
NEW WORD to  
**FOCUS ON**  
for THIS YEAR ALONE!  
A word to write. NOW

**A new GRAND ADVENTURE.**



**YOUR BEING HERE WITH US**  
right here and right now is proof  
that it is **time to claim a that**  
**new FOCUS for 2022....**

**And it will be the POINT of light you will**  
**use to cross the border on your Playing**  
**field of life... DESPITE monkey mind...**  
**DESPITE distractions...**

**THIS is what you want in your Physical**  
**Reality for THIS YEAR.**

**This WORD that represents**  
**WHO you are willing to**  
**be in this new year!**





Who is willing to share their  
**WORD** for 2022?

What did you **SEE**?

Say it aloud or put in the Chat...

Take your stone and put it where you work, so you are reminded every day of your FOCUS.

This is your very own MOMENTOUS HERO's JOURNEY – Your New GRAND ADVENTURE! *We at Your Coaching Matters are so grateful for you.*

Anyone that would like to hold their stone up to the video, let's do that now... and I'll do a big Screen shot.

**IF you are willing, take a picture of your stone and post it on our private FB page or send to me by text or email, we'd all love to see your word and support you in this all year.**

AND... Whatever your word, have faith once you choose, you WILL experience that word coming to you or *through you. Look for the opportunities and SEE them when they come up.*

We write this word as a reminder all year of who you are willing to be. A reminder of what we are looking for **MORE OF THIS YEAR!**



# Happy New Year!

**Let's move forward NOW to the rest of Our Year!**

**The Energy of TIME is our THEME for January and February. If you are interested in our New Improved Time Management Online Course, it's coming in February.**

**Profiting from the Energy of TIME is something that can positively affect your entire year! We hope you will join us.**

**READY, SET, GO!**

**Let the FOCUS begin!**