

In the Northern hemisphere, Winter is around the corner!

And with its arrival, the opportunity to reflect on
knowledge gained while preparing

As a result of a recent vacation and my insightful learnings from the Hudson Institute of Santa Bárbara Coaching Supervision Program, I invite you to ponder the questions below...

- ✓ From an "integral perspective", how am I feeling having arrived at the end of 2018?
- ✓ What was my most important learning (during this cycle)?
- ✓ Am I living according to my values?
- ✓ Can I identify what irritates me or makes me feel fully satisfied?
- ✓ Can I articulate my intentionality for 2019 in accordance with my priorities?

Know that I wish you the best this season and hope you find an opportunity to reflect on 2018 in order to recalibrate your path moving forward.

May you find, peace, health & lots of great insightful learnings in 2019!



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