



HAFT SIN setting the table for the coming year¹

workshop IO3 I-MoToLe *Achievements and Potentialities*, by CVO LBC Sint-Niklaas

¹ ,Nowruz' is the pre-islamic new year celebration in Iran (Persia) on the 20th or 21st of March, marking the beginning of spring. It dates at least back to 200 A.D. and is still celebrated. Traditionally, a table is set with (at least) seven (,haft') items, which all start with the letter ,s' (,sin' in the Persian alphabet). They symbolize health, wisdom, power, patience, tolerance, etc.

Question 2:

What were my biggest disappointments in the past year?



Think back over the past year and write down your answers to this question. Don't leave anything out. Disappointments big and small, they all count!

A series of 20 horizontal dotted lines provided for writing the answer to the question.

Now, select your top three lessons and write them again below.
These are your *Personal Guidelines* for the next year.
Start each with a verb and make them as short and memorable possible.

GUIDELINES FOR NEXT YEAR	
1.
2.
3.

Look at your list of limiting paradigms and mark the one that has the strongest negative influence on you at this point in your life.
Now, write a new paradigm that knocks this limiting perceptions of yourself on the head. In order for it to be empowering, make sure that it meets the following criteria:
positive,
personal,
in the present tense,
powerfully stated,
pointing to an exciting new possibility.

MY NEW PARADIGM

Question 6:
What roles do I play in my life?



Write a full list of all the roles you are currently playing.
You can add any new role you would like to take on in the next year.

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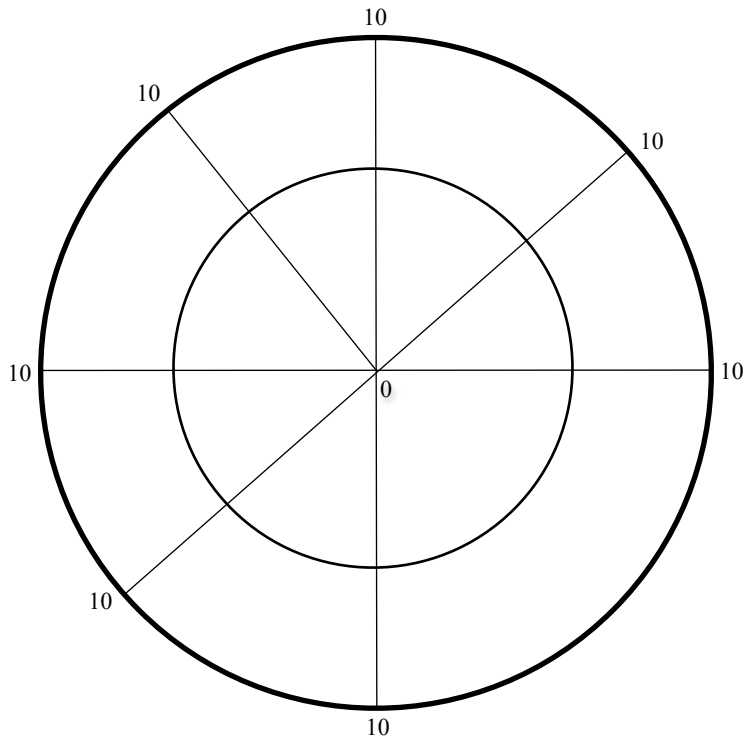
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Now, consolidate your list of roles so that you have no more than seven. Fewer is fine.
Integrate your roles under one title, if necessary.

1.
2.
3.
4.
5.
6.
7.

Use the diagram below to assess your **current** performance in each of your roles:

- write down the name of your life roles
- rate your performance in these roles on a scale of 1 to 10, mark it on the spoke
- join the dots to asses your overall level of performance



If you could put one problem behind you, once and for all, what would it be?
In other words, in which role do you want to have a breakthrough?

MAJOR FOCUS
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Question 7:
What are my goals for each role?

Here follows a form for each of your seven roles.
Write the name of a role on each form.
Fill in the areas of your life in the designated section for each.
Set goals for each of your roles. Keep in mind that powerful goals must:

- be specific
- be measurable
- have a deadline
- start with a verb

Once you have written your goals, check each goal to make sure that it is aligned with your personal values (see question 5) and that you are willing to do whatever it takes to achieve each one. If not, cross the goal off the list.

ROLE:

Areas included:
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Goals:
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ROLE:

Areas included:

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Goals:

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ROLE:

Areas included:

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ROLE:

Areas included:

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Goals:

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Now, select your top seven goals and

set your table for the coming year:

