

Introduction



Now Ruz = new day

traditional Persian feast

20th or 21st March

start of the spring in the Northern hemisphere

miz haft sin (,seven s table')

= table with seven items starting with the letter ,sin':

- | | |
|---------------------------------|-------------------------------|
| - sib (apple) | <i>health</i> |
| - sabze (grass) | <i>nature</i> |
| - senjed (sea-buckthorn) | <i>wisdom</i> |
| - serkeh (vinegar) | <i>satisfaction</i> |
| - saman (a special sweet paste) | <i>power and bravery</i> |
| - somaq | <i>patience and tolerance</i> |
| - sir (garlic) | <i>contentment</i> |

Other items can include: ayyeneh (mirror); goldfish; Quran, Shahnameh or Hafez; sham'dan (candle sticks); decorated eggs...

This workshop consists of seven questions, and leads to seven goals for your coming year.

1. What did I accomplish in the past year?

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



*Please, share one or more of your accomplishments.
They can be a source of inspiration to others doing this exercise.*

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!



*Please, share one or more of your disappointments.
They can be a source of inspiration to others doing this exercise.*

3. What did I learn?

Look at your lists of accomplishments and disappointments. Think about what you have learnt. These can be life lessons that you have actually learnt and put into practice or lessons you could learn, given what happened.



As you write your responses, state them in the form of clear, straight advice. Write your answers as an instruction.

Keep going until you feel you've mined all the gold available from your experience of the past year!

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

*Please, share one or more of your lessons.
They can be a source of inspiration to others doing this exercise.*

4. How do I limit myself and how can I stop?

In which areas in my life am I not achieving what I want?

What do I say about myself to explain these failures?
The answers to this question are your *limiting paradigms*.



A paradigm is a way of seeing and thinking. Some paradigms about ourselves are limiting us in what we do or want to achieve.

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.

*Please, share your new paradigm.
It can be a source of inspiration to others doing this exercise.*

5. What are my personal values?

Think about what is most important to you in your life.
State your personal values in one or two simple words which represent the principles that are most central in your life.
They are the foundation of who you are.



*Please, share one or more of your personal values.
They can be a source of inspiration to others doing this exercise.*

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.



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.

Assess your **current** performance in each of your roles.
Rate your performance in these roles on a scale of 0 to 10.

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?
This is your major focus.

*Please, share your major focus.
It can be a source of inspiration to others doing this exercise.*

7. What are my goals for each role?

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.

*Please, share your goals.
They can be a source of inspiration to others doing this exercise.*

Now, select your top seven goals and

set your table for the coming year:



Outro

*Please, share your thoughts about and/or experiences with this exercise.
They can be of help to make improvements.*