

5 QUESTIONS TO MAKE 2016 A POWER YEAR

In 2015 (and in previous years), what were your:

1. **Triumphs/breakthroughs/wins/progress.** What were you proud of? What felt great to achieve? What got celebrated? What got noticed? (*Note: My blog was about failure because most people avoid it. Of course, success is fantastic and I want more of it for you, so build on your strong foundation.*)
2. **Mistakes/fails/challenges/obstacles/dead ends.** What events or circumstances did you feel upset, angry, disappointed, or embarrassed about? What did not go as planned? What made you want to quit? What drained your energy?
3. **Power List.** Mine these experiences to identify the new power you have developed. Be specific. Because of the experiences of the last year—the successes from question 1 and the fails from question 2...
 - How am I stronger?
 - How am I smarter/wiser?
 - How am I clearer?
 - What lessons have I learned?
 - What experience did I gain that i can leverage in the future?
 - What are my new tools/abilities
 - How am I more confident?
 - How am I more connected to myself or others?
 - How am I more free, relaxed, light, less worried/uptight
 - What new approaches have I adopted?
 - What new connections or relationships have I formed?
4. **Make them real.** Naming your power makes it seem more tangible, more substantial. (For example, you could call it a car or you could call it a Ferrari. Which is more tangible and substantial?) If it's tangible, you'll access it more easily. Name your new powers just like you might in a video game (e.g., reading people could be named x-ray vision, strategic thinking could be a supercomputer, thinking faster becomes a superconductor, resilience could be extra lives, deeper commitment could be NOS, new connections could be Gorilla Glue®, more courage becomes invincibility, etc. Have some fun with them so they're memorable.)
5. **Name your arena.** Where and how will you use this super power in 2016? It's great to know your powers and have names for them. The ultimate step is to name the arena where you will apply them so your brain is ready when you walk into that arena. Get specific. In what activities, on what projects, with what people, in what situations will you access and apply these powers? And how do you plan to apply them?

If you do this with your team. Replace each "I" in the questions with "we." Teams have collective powers.