

Setting Your New Year's Table

Imagine your highlight reel for 2016 - dinners, holidays, vacations, nights out, achievements.... **Who shares in these happy events and activities with you?**

Who are the important people in your life? Living or dead, near or far - who makes your heart swell and influences your way of thinking and being in the world?

Are these people the ones with you in your highlight reel?

If not, who's missing?

Are there other people in your highlights who don't fill you with love?
Do these people also influence your decisions and interactions?

Take your time with your answers and be as detailed as possible - the more clarity you have now, the easier it will be to dedicate time for what and who makes you happy later.

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Set Your Table

Here are a few suggestions to help you get the most out of your table:

1. Because you only have so much time, limit the number of seats at your table.

Around 10 is a manageable number.

You don't have to stop speaking to the people who didn't make your "Top 10" or vote them off your island.

Setting your table is a way to focus on who and what matters most to you, so you can ensure you have the time and energy to engage with them in a meaningful way.

2. You don't have to get it "right" the first time.

Nor do you need to stick with priorities that no longer suit you if things change throughout the year. You can adjust your table at any time to best fit your needs and life.

3. Not every seat has to be filled by a real, live person.

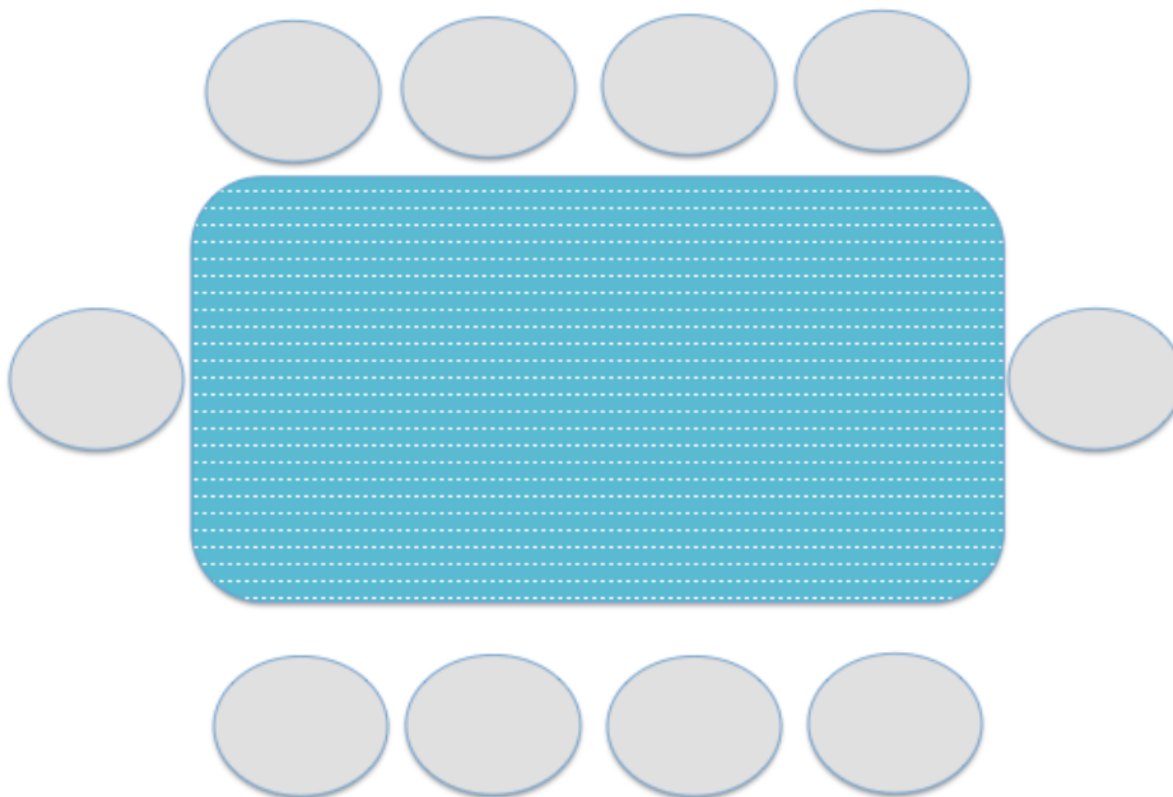
Some seats may be filled by a commitment, like a business or hobby. Others, by a prominent voice in your head or belief you've taken on, like your grandfather's belief that you have to "put in the time" at work before you deserve a bit of fun.

4. Don't forget to set a place for yourself!

You are the most important member of your table and deserve your own time and attention.

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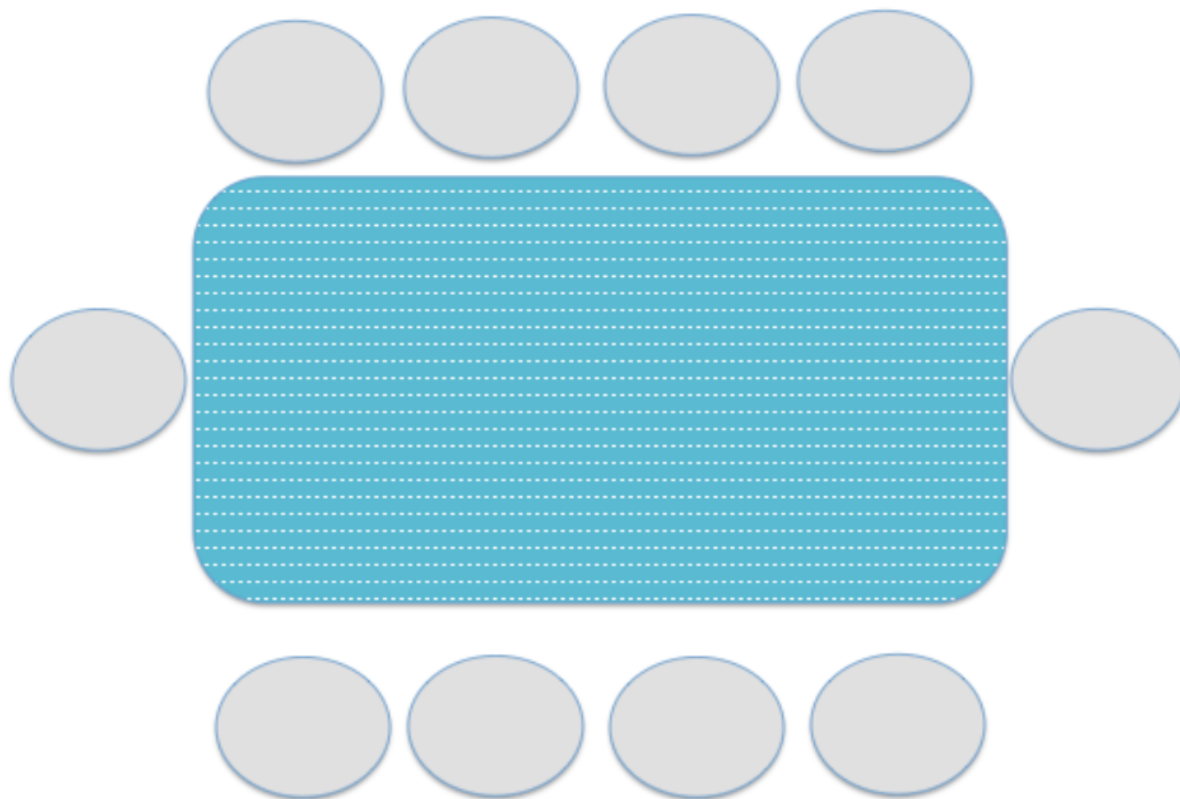
Being as realistic as possible, assign each person or major activity in your life a seat:



Does anyone or anything take a big percentage of your time & energy away from the rest?

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How would table look if you included only those people and activities you love?



Keep this version of your table in mind throughout the year - you can even print it out and put it where you'll see it every day to help you stay clear and focused.

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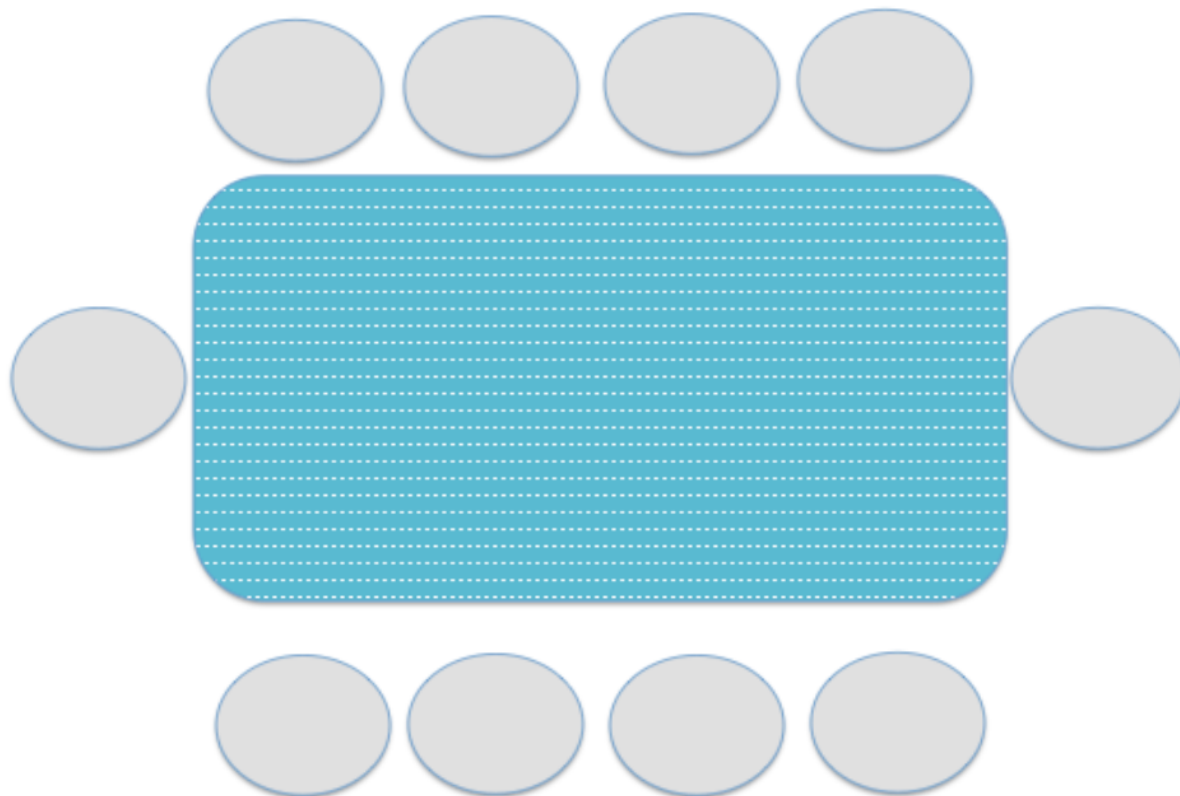
Sharing

If you're in a long-term relationship or live with family or friends, ask them to create their own 2016 table.

There are three main benefits to sharing:

- You'll understand who and what are priorities.
- You'll clearly understand each other's influences.
- You'll be able to better support each other when faced with new requests for your time and energy.

What would it look like if you created a shared table?



Review your shared table once a year to make sure you're still on the same page and spending your time in ways everyone finds fulfilling and meaningful.