



WISHFISH EBOOKLET

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**NEW YEAR,  
ALL ABOUT  
YOU**

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JANUARY 2021

Personally I don't believe in New Year New You because you're still the same you - why would we wake up different on January 1 2021?

The thing that a New Year does give us is an opportunity to look at how you view the year ahead and what's important to you.

You're still your unique, brilliant, talented self with some great skills, talents and qualities that you can bring into 2021 that serve you well - why would you leave them behind?

What we do know though is that the year will be different.

Who knows what challenges lay ahead, if we'll go through further lockdowns, and how the pandemic will continue to unfold?

In this uncertain climate it's more important than ever to understand that no matter what's going on around us, we all have choices.

We can choose to find the best of the situation we're in and continue to move forwards, or we can choose to do nothing and find ourselves stuck.

This guide is my gift to you for the New Year, in the hope that it will help you choose to pursue a compassionate existence and remain focused on what matters to you, in January 2021 and beyond.

Don't forget, I'm always here if you have any questions, need any further support, or just want to explore more of the themes we touch on in this guide.

Love, Debbie.x



## GOODBYE 2020...

I think a lot of us will be very pleased to let go of 2020!

But before we launch into 2021 hoping to leave a lot of 2020 behind, let's take the time to reflect and put the year away, emotionally, mentally and on a practical level.

It's been a tough year and we've all gone through highs and lows, ups and downs. So first of all, take a moment to recognise that you've actually made it! You got through!

**Now grab your journal and pen and think about the following questions and prompts:**

1. How have you been resilient this year? I think we've all learned we're more resilient than we thought.
2. What's brought joy and pleasure this year? For many of us this will be small things like sharing with people online, meeting friends for that first walk post lockdown.
3. How have your relationships been tested this year? Some of us have been unable to see our families. Many of us have found out who our true friends are.
4. How has work changed for you this year? If you've lost a role, how have you reframed how you work or want to work in 2021?
5. How have you been resourceful this year? We've all made our way around the various restrictions, we've been diligent, wearing our masks and queuing outside supermarkets.
6. How have you made sure you've had time to yourself this year? This has been really challenging for many of us in busy homes full of people working and children home-schooling.



## GOODBYE 2020...

Finish with a GAIL – those of you who have read my Christmas ebook will be familiar with this lovely exercise, named after Gail from the Wishfish team.

1. Write down what you are **Grateful** for
2. Write down what you have **Achieved** this year
3. Write down how you have **Improved** this year
3. Write down what you have **Learned** this year

And finally, remember once again that you've got through this year.

Whether unscathed or not, you've got through it. That's worthy of acknowledgement and celebration.



## ...HELLO 2021

I'm going to share with you a really simple, really great exercise that will help you really focus on what you want 2021 to be about, and what's at the very heart of you.



In your journal, complete the following sentence:

Today is 31 December 2021. It's been a great year, and these are the reasons why...

**Try and think of five reasons why it's been a great year. If you can, add five more!**

Cover all four cornerstones of what makes us human – the physical, the mental, the spiritual and the emotional.

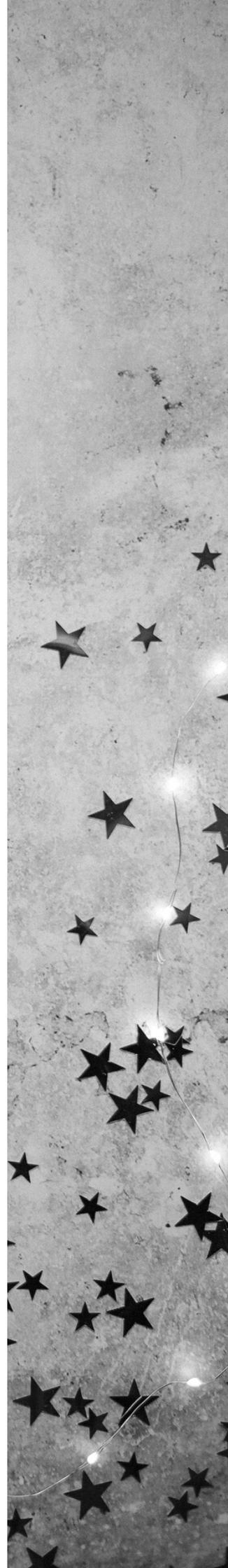
Your goals could include getting fit (physical, with emotional and mental benefits too), taking a course in something that interests you (mental, with emotional and spiritual benefits) or improving your relationships (emotional, with mental, spiritual and physical aspects!).

**The main thing is that they are your goals – they represent what's important to you.**

Now come back to today, and look at what you've written down. Use this information to begin to formulate a 90-day plan.

Look at your big picture, and the things you've written down that have made 2021 so special.

Now drop each of these goals or aims into 90-day quarters.



## ...HELLO 2021

### **For each of your targets ask yourself:**

- How am I going to create that outcome?
- What steps can I take?
- With whom will I need to collaborate to achieve this?
- What might stop me?
- From whom can I ask for support if I need it?
- What's my first step?
- When will I start?

### **When you come to the end of each 90-day quarter, reflect on the following questions:**

- What have been your top achievements in the last 90 days?
- What did you do to make yourself feel good?
- What didn't happen – and why?
- How can you bring even more harmony into your life?
- What actions can you take to keep improving?

### **Now it's time to look ahead to the next 90 days and ask:**

- What will make me feel happy in the next 90 days?
- Why is that goal important to me?
- How will my life improve when I achieve that goal?
- How will I reward myself?
- What are the five most important steps I can take to achieve that goal?
- What will I do daily to work towards that goal?

Repeating this process every 90 days creates a really useful natural cycle of goal-setting and reflection, which helps you stay on track and acknowledge your progress.

Check in as often as you like – if you can, set aside some time each week to check in, to stop the weeks just flying by without you being able to stop and catch your breath! We all know how that feels.



# TROUBLESHOOTING: THE NEW YEAR, NEW YOU BANDWAGON

Let's face it, it's very easy to get distracted in January by the million and one ways we're sold a quick-fix 'New Year, New You'.

From signing up for the latest fad diet to doing Veganuary because all our friends on Instagram are singing the praises of going plant-based (and looking AMAZING to boot), we can so easily end up pursuing other peoples' goals, instead of our own.

**Here are my top tips for avoiding the bandwagon and staying focused on YOU.**

## TOP TIP: Curate your space

Have a look at your social media feed and spend some time doing a detox. Get rid of anything that doesn't help you focus. This is a great way to stop yourself from getting so caught up in social media.

Do the same with newsletters you're signed up for and any other content you're choosing to interact with. If it doesn't serve you, just get rid of it.

## TOP TIP: Come back to the moment

This is a really nice exercise that will engage all five of your senses, help you slow down, and notice what's around you. Bringing you back to yourself is the best way to reset and snap out of any social media wormhole.

Take three deep, cleansing breaths right into your belly then:

- Notice five things you can see around you right now
- Notice four things that you can feel around you
- Notice three things you can hear
- Notice two things you can smell
- Notice one thing you can taste



## TOP TIP: Avoid overwhelm

It's easy to become overwhelmed with the amount of goals you have, and many of us become distracted because the process isn't quick.

If you've completed the first exercise, where you fast-forward to December 2021 and look at what you want to achieve, this will keep you focused rather than jumping from one thing to another.

If you have too much on your plate, you can get so overwhelmed you end up doing nothing at all.

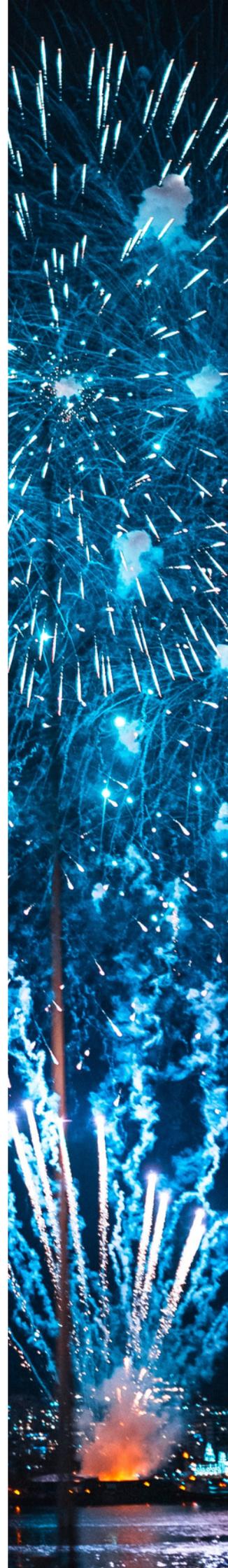
So go back and look at all the reasons you've listed that it's been a great year and then ask yourself, OK, when am I realistically going to do that? Let's say you've put 'it's been a great year because I got fit for the first time.'



When are you going to start?

It's not necessarily going to be January 1, because you'll have a million other things to do that day and if you miss that deadline, you might not start at all.

Try and introduce a new thing every month.



# STAYING MOTIVATED AND BUILDING NEW HABITS

As Yoda says, 'do or do not, there is no try!'

Quick Star Wars reference there for you but what I interpret from that statement is that we all have the power to do something different and make a change.

**We all have a choice. We can choose to act, or we can choose to do nothing – but remember, doing nothing is still a choice.**

The best way to move forward is to start with the simplest of tasks. Just one small step. Then the next, then the next.



But you also need to give it time. If your focus is to go to the gym and get a six-pack, you won't achieve that in a month. But you can move for 10 minutes more a day than you have been doing, and then build it up.

**Setting mini-targets each week will help you get to where you want to be, and make sure you're in control of the process, not the other way round.**

Remember it can take anything from 20 to 240 days to create a habit that sticks.

In my experience the more beneficial the habit, the longer it takes to establish, whereas we all pick up less than good habits (ice cream in front of Netflix, anyone?) almost instantly.

I hope this guide has been helpful and you now feel equipped with a process and series of exercises that will help you achieve your goals in this New Year.



## A FINAL NOTE

Hopefully this guide has given you lots of inspiration and ideas for ways you can prioritise your wellness this winter season.

But if you do find you need extra help and support this year, don't be afraid to ask.

Many people find New Year difficult for all sorts of reasons, and there is lots of formal and informal support out there. Samaritans helpline is available 24 hours on 116 123.

## MORE INFORMATION

For more information please contact Debbie, Laura and Gail on 07496 328 745 / 07896 998 136.

Email: [info@wishfish.org.uk](mailto:info@wishfish.org.uk)

Visit: [www.wishfish.org.uk](http://www.wishfish.org.uk)

Tune in to our Secrets from a Coach podcast via Spotify!

Laura and I have recently recorded a new podcast episode for New Year called 'January Jumpstart'. Listen today!

