



10TH
ANNIVERSARY
EDITION



THE SUMMER REVOLUTION LIFE REVIEW KIT
> *Be the architect of your life*

Welcome to the Summer Revolution Life Review Kit. The 10th Year Anniversary Edition!

Another year has gone by at something approaching warp speed and here we are, feeling perhaps a variety of emotions about the year that's been and all that you've experienced and navigated – the good, the great and the occasionally ugly? Wherever you are within yourself right now, this year is about a 1% sized chapter in the story of your life. A blink.

So, whether it went great, was like a hurricane, or somewhere in between, being able to mine the gold from it, make peace with it and move forward is so valuable. That's partly what this Kit is for – taking stock of what has been and honouring yourself and what you have experienced. It's also about getting intentional about the year ahead and how you want to shape your life from here on. Intention is power.

I feel it's as important as ever right now to:

- Continually look after your wellbeing and protect your energy carefully.
- Stay connected to what *really* matters to you.
- Consciously live in the moment and more intentionally every day.
- Take full responsibility for your life and strengthen your sense of agency, clarity and intuition.
- Stay well connected to others and support each other.
- Be your own inner architect. Always.

Enjoy the journey this Kit takes you on and embrace what unfolds from it. Trust yourself and your path. I'm still seeing so many people having full-blown life revolutions right now, so if you feel called for one too, or even some simple but important tweaks, you're in good company.

Much love and light to you,

Karen x



Karen Ross
COACH TRAINER SPEAKER

Instructions

What you will need:

- 1 x Summer Revolution Life Review Kit – printed out in hardcopy
- Pens/markers
- Your diary or calendar to review the year that's been
- Two hours of time to yourself; uninterrupted, peaceful and inspiring
(Note: This might seem like a HUGE amount of time, especially if you are a parent or caregiver or even a rather immersed business owner. It is not. You may just not be used to 'asking for' this time for yourself. Start now.)
- A quiet, uninterrupted space in which to think and relax.

This Kit is really a journey. Take your time to complete each section, in the order in which they are numbered.

My Year In Review

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Start with a stocktake of the year you've had. Take some time to fill in each month with the things you've achieved, experienced and learned. It works well to go through your diary or calendar to remind yourself. Include activities as well as milestones, changes made, challenges handled, projects started or completed, family events and anything else that has been significant for you.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE

My Year In Review

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It's amazing how much can happen in a year, especially in an epic year of change and challenge. Capture any trips you've made, any changes that occurred at home or work, your wins such as a promotion, first date or wedding anniversary.

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

The year that's been

You've handled and achieved so much. Take a moment to reflect on this year through the eyes of compassion for and acknowledgement of yourself.

This year I met the following challenges/I overcame ...

My biggest learnings have been ...



I up-levelled within myself in these ways ...

(In what ways have you grown personally and professionally perhaps in ways you hadn't predicted or thought possible?)

This year I'm going down in history for ...

(What are you doing down in your own personal history for? What were your 'hero moments' this year? Managing a restructure or other big work change, leading others through change, dealing with a bereavement, navigating the changing political or economic climate, helping one of your kids through a difficult time?)



Values + Gratitude

Explore freshly what matters to you and what inspiration you draw on.

How have my values changed or clarified this year?



What matters to me most right now?

What am I most grateful for?

Who or what inspired me this year?



My Energy

What if our energy is even more important than time or money? We can only be our best self when we can master our energy. To front-foot that for the year ahead, how do you want to proactively manage and protect your energy?

How have your energy levels been this year and why? For each – How has your _____ energy been? What has affected it (+ or -)? What external and internal (thoughts, emotions etc) factors have impacted it?

PHYSICAL ENERGY

MENTAL ENERGY

EMOTIONAL ENERGY

SPIRITUAL ENERGY

What gives me energy? What fills me up?



What takes energy from me? What drains or disrupts me?

What am I going to change or do more/less of in light of this?




Being In-powered

Our thoughts, emotions and the energy we're transmitting outwards determine our reality, so how helpful (or not) are your thoughts and feelings? See how some reflection can help you move the dial toward a little more empowerment, or what we could call being in-powered.


What (repeating) thoughts and feelings are you aware of that drag you down or feel negative in some way? (This one is worth reflecting on for days)

Where do you want to take more choice, control and responsibility now? What will that do for you?

What do you actually want to feel? What thoughts go along with each of these feelings? (Put these on post-it notes or on the fridge door!) 

In what ways do you want to grow yourself in the year ahead?

What have you been tolerating this year? What feel like "have to's"? Where are you people-pleasing at the expense of yourself?

And ... What is on your 'bucket list' that you want to put onto your to-do list this year?! 

An Intentional Life: What matters now?

What's important to you now? What do you want life to look like this year? And who do you want to be?

Vision for Self: What do you want for yourself in the year ahead? How do you want to be being in yourself? Who do you want to be? How do you want to show up in various ways? Describe that person and all they will have experienced and achieved in the year. ★ ★

Vision for Life: What do you want for yourself in the year ahead? What do you want life to look like? What do you want to experience or make happen? What's important to you about your lifestyle and daily life? What would that look like across home/work/health/family/relationships/interests/community/spiritual life, etc?

*Crafting a life
you don't need a
vacation from.*

CONNECT

Karen Ross is a respected business coach and intuitive healer, writer and teacher. She works at the intersection of the personal and the professional, with a unique blend of business coaching and inner transformation. Often the biggest breakthroughs in our professional lives come from the deep shifts we make personally.

Karen has been working with people in business to develop, perform and thrive for 20 years. During an international corporate career she coached and trained hundreds of staff and leaders in over a dozen countries, from Europe to the Pacific including KPMG International, Minter Ellison Rudd Watts, BDO New Zealand and Soar Print. These days Karen's clients are business owners and busy professionals who want to be their best self and live their best life, whatever that means to them.

Some of the areas in which she helps people uplevel and thrive are:

- ☆ Stress, burnout and building resilience
- ☆ Performance at work or in sport, etc
- ☆ Clearing emotional patterns and trauma
- ☆ Life-work balance and lifestyle design
- ☆ Energy management, clearing land/buildings/spaces, and mediumship
- ☆ Spiritual growth and discovering your true self.

[Get in touch](#) for a life-expanding chat about unleashing your best (and most expansive, confident, fulfilled) self or [learn more here](#).

We would love to hear how the Life Review Kit has made a difference to you. [Email us](#) or share with us on [Facebook](#) or [LinkedIn](#).



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www.startwithyou.co