



24 QUESTIONS

to complete 2023 and move into
2024 with courage, resonant
intention, and focused action



@larks_song

INTRODUCTION

We've reached the end of 2023 and are edging forward into 2024. Our theme for the year at Lark's Song in 2023 has been - Endogenous Growth. We took time this year to celebrate our 10 year anniversary milestone as an organization and identify what needed attentive assessment, consistent cultivation, and proactive stewardship.

Because of this, we subtracted many things that were no longer serving the organization and its vision and multiplied, reinforced, and cared for other things that really needed more attention and resource. We took time to rest and renew. We made space to nourish and recover from three years of pivoting and responding through a pandemic.

Collectively, we are completing one year and continuing into another. But perhaps, instead of seeing the end of 2023 as a full-stop and the beginning of 2024 as a starting line, we could view it as the next phase in a cycle of life, the next wave of our ever-expanding awareness and sense of aliveness. We want to be very clear, when we say that no matter what happened in 2023, no matter what you did or did not do, no matter what you made happen or what happened to you - there are some things that do not change. As you anticipate this transition, remember that there are some things we know for certain:

We believe that you are creative, resourceful, whole and relational. We believe that you are uniquely valuable. You are worthy of being championed. You are capable of solving complex problems. And you are ready to live at choice. We believe this is true of you every day, and that these questions are not about being a "better you." Because, beautiful human, you are just where you need to be - just as you are. These questions are about reflecting to increase awareness and appreciation and choosing to move forward with conscious, resonant choices, at your own pace and in a way that will serve you and the world around you best.

As we all move in to 2024 with as much courage, wisdom and intention as we can muster, we'd like to offer you this tool as a thank you for supporting us in this year. It was a year of clarity, connection, and beautiful growth!

Whether you've supported Lark's Song as a client, colleague, partner, coworker, friend or family member, we are incredibly grateful for you! There are many mixed feelings that come up as we think about 2023, but when we think about the people that have co-created with us, the overwhelming emotions are joy, gratitude, and hope!

Be well,



Megan N Gilmore

Founder & Executive Director



INSTRUCTIONS

We hope you will use the following as a tool, one without too many rules. Make it messy or precise, finish all of it in a day, some of it over the coming weeks, or none of it at all. As you use this tool to complete and create, keep the following in mind:

- **Live at Choice!** No one else is responsible for your life choices and you're not responsible for anyone else's, so stop being held hostage by other people and their limits or expectations.
- **Be Courageous!** Failure is actually an option! If you never fail, you are actually choosing to create an ineffective "life laboratory" in which learning and growth cannot take place. Stretch yourself to hope for more, to dream for more, to commit to more.
- **Be Creative!** Don't make rules where there aren't any. If your life isn't honoring your strengths, your values, or your purpose, then create one that does. That doesn't mean that your life circumstances need to drastically change, but it probably does mean that your perspective, practices or approach to your circumstances does.
- **Delight in the process!** There are no rules here. You don't have to answer all 24 questions if you don't want to. You can skip some, answer some today and some tomorrow, change the questions to fit you in a more personal way – whatever you like. Turn on some music, get something to drink, and enjoy this time.
- **Write your answers and share your responses with someone!** This step takes commitment and courage. Writing something down is an act of commitment, just skimming over the questions will not help. You actually have to **WRITE** something. Sharing your intentions creates additional responsibility for you, but it is also inspiring to others and gives you the gift of accountability as you accomplish your goals. Step out of your comfort zone and try it. (People are 5 times more likely to achieve their goals when they have accountability measures in place around it!)

Our wish for you as you enter 2024 is that you will live in a way that courageously co-creates a more fulfilled and flourishing world - starting with you. Please feel free to share this resource with anyone that you have the same wish for. If you'd like to meet with one of our coaches to work through your responses to any of the questions below, feel free to set up a free 30-minute exploration call with Megan Gilmore on our website.

(It may be helpful to have your calendar or planner for 2023 and/or 2024 on hand, as well as a journal or other resource for saving your responses.)



QUESTIONS FOR 2024

- 1** What were your top 3 successes, gains and breakthroughs of 2023?
- 2** What were top 3 your failures, losses and breakdowns of 2023?
- 3** What is one lesson you learned that you want to be sure to always remember - in one sentence of 10 words or less?
- 4** Have you given yourself permission and space to process grief, anger, disgust or sadness for what did not go well in 2023? If so, how did you do that? If not, how will you do that?
- 5** Who have you harmed in 2023 and what repair work do you need to be sure to do as a result?
- 6** How have you been harmed in 2023 and what healing is needed because of that? How can you take responsibility for transforming your own pain in 2024 with practices or rhythms of restorative care?
- 7** Have you given yourself permission and space to feel and express pleasure, excitement, happiness, or celebration for all that went well in 2023? If so, how did you do that? If not, how will you do that?
- 8** What are you tolerating?
(Make a list! All the broken items, stacks, piles, irritants, half-done projects, etc.)
- 9** If all you needed to solve your problems was to subtract, what would you get rid of, cut out, let go of or release in 2024?
- 10** What one person do you need to pay a gratitude visit to that impacted you in 2023 and was never properly thanked for that?
(A gratitude visit consists of writing a specific and concrete letter of gratitude that is about 300 words long, setting up a meeting with the recipient, reading it out loud to them, and talking together for about 30 minutes afterwards about their impact and getting curious about what is next for them. Consistent gratitude visits have been shown to diminish depression and increase flourishing more than medication and therapy combined.)

QUESTIONS FOR 2024

11 As you lean back and look forward, what do you want to savor right here in this present moment about your life?

12 Personal Scavenger Hunt: As you think about the person you were in 2023, go find/gather 1-3 objects that represent that person. Then, as you think about the person that you are right now, gather 1-3 objects that represent that person. Finally, as you think about the person you want to become in 2024, gather 1-3 objects that represent that person. What do you notice about these objects similarities and differences? What do they represent to you?

13 What is one courageous choice that, if you made it in 2024, would drastically change your life for the better?

14 What are 2 simple practices that you could start, adapt or continue every day that make you feel more alive?

15 What is your theme, vision, or word for 2024?
(This is where you get to imagine! Your vision is just a picture of something better, not goals or strategic action points. What does your picture look like? What do you really want for 2024? If you could sum up the year with one word, what would it be? 2024 – the year of _____. There may be a quote, song, piece of art or metaphor that comes to mind.)

16 What 2-3 people do you REALLY want to co-create something meaningful with in 2024?

17 What are your top 3 priorities that for 2024?
(If you struggle with aligning priorities or coming up with goals, breakdown your life into categories and assess which categories you would most like to grow in throughout the coming year – professional development, relationship with spouse/significant other, finances, community involvement, personal/spiritual development, health and well-being, leisure and recreation, family and friends, physical environment, etc. Or use our PERMA+ME Wheel to assess a good place to focus on increasing your well-being.)

18 What 2-3 character qualities would you like to develop in 2024? Who and what will inspire you?
(Try using the VIA Character Strengths Table.)

QUESTIONS FOR 2024

- 19** What one thing do you need to remind yourself of every day? How will you remind yourself?
(Get a painting, write it on your mirror, keep a card in your wallet, change the wallpaper on your phone?)
- 20** If you could transform one relationship, story, space, or problem in 2024, what would it be?
- 21** What obstacles, limiting beliefs, or saboteurs can you anticipate may come up in 2024? What's your plan for overcoming them?
(If you're not familiar with your saboteurs, check out the Saboteur Assessment from Positive Intelligence. You can also use this simple tool called "WOOP" for creating a plan to reach your desired outcomes and overcome obstacles from the Character Lab.)
- 22** If you were to assess the voices that are surrounding to (the people in your circles, the books on your shelves, the music/podcasts you listen to, the media you consume), which voices do you need to listen to less? What voices are missing? Who do you need to listen to more?
- 23** What accountability and support will you put in place to ensure your fulfillment and flourishing in 2024?
- 24** How can Lark's Song help or support you? Will you let us know?

Please tag #larkssong when sharing on social media. We would love to hear your favorite question or how you adapted this process to work for yourself.

If this tool served you well, please consider making a tax-deductible donation of \$10 or more to Lark's Song to help us continue our work in 2024 at www.larkssong.com/donate!

