

Janus Practice

A Year in Review



New Years Resolutions — why? why? why?

- Not ready to change
- No self-monitoring
- Lack of planning
- Overconfidence
- Not looking at what has to be given up



Janus

- The god of transitions and dualities,
- Portrayed with two faces,
- One facing the past,
- One looking towards the future.

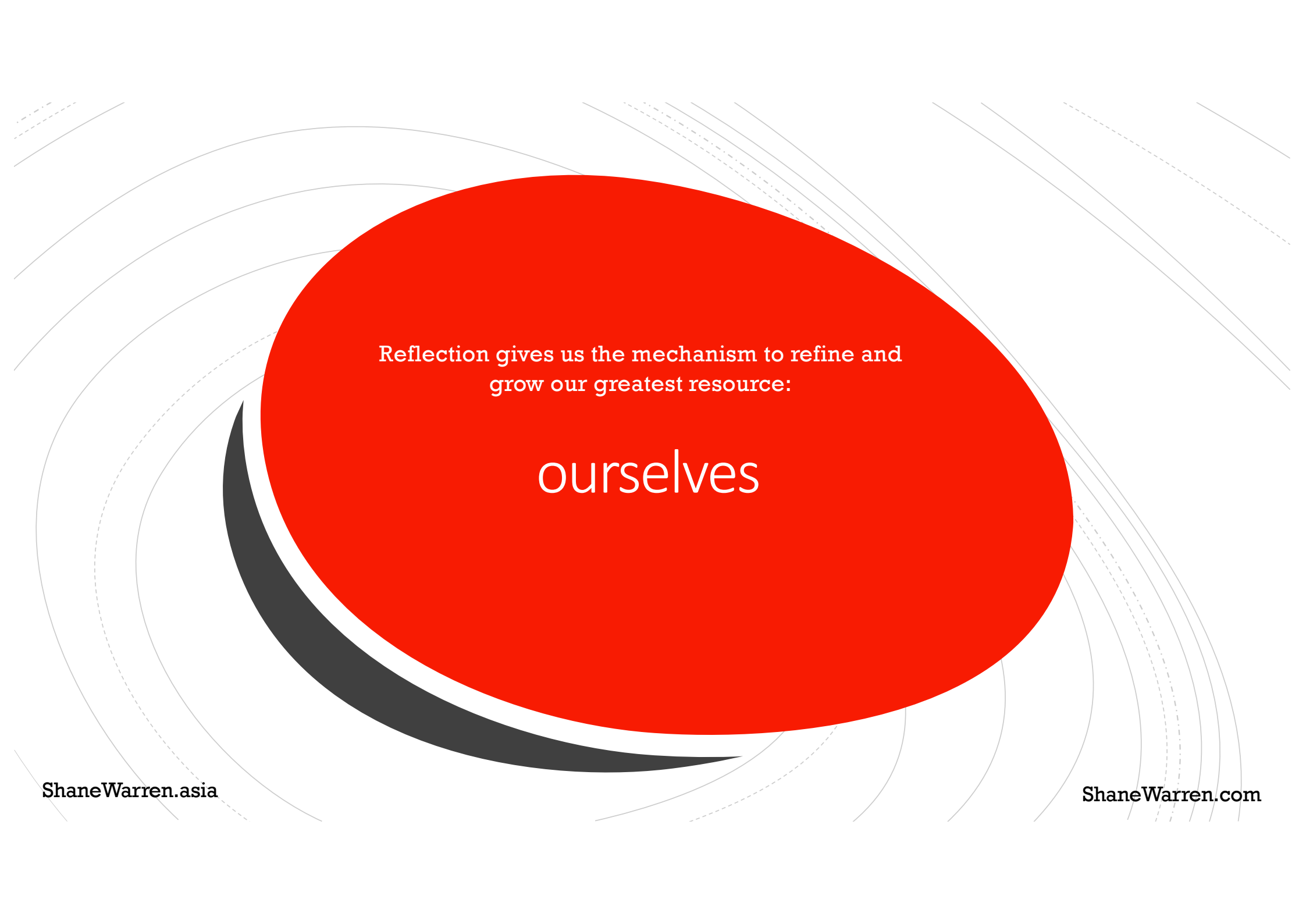
Reflective Journaling

What is this? Reflective journaling is a practice of documenting both your experiences as well as your interpretations of those experiences.



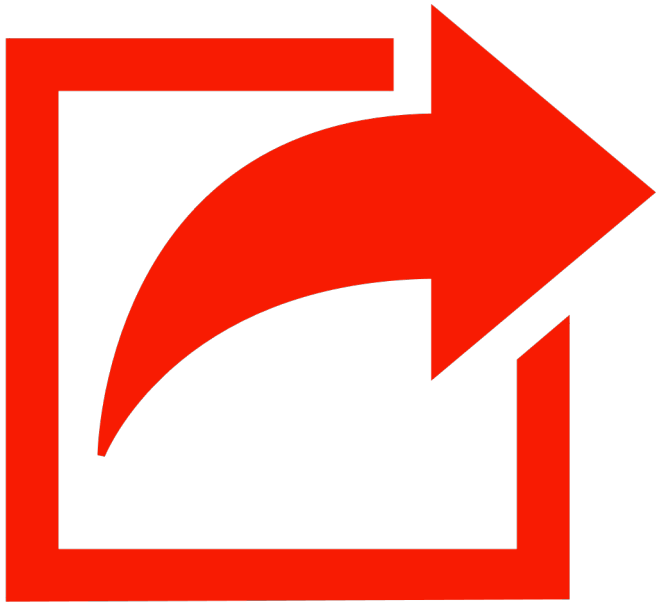
What to reflect?

- All life areas can be examined reflectively and will help us understand why our life is the way it is today.
- But reflection on experiences that were profound or had an impact on our lives helps learn for similar experiences in the future.
- Through the reflection of our feelings and behaviour, we can learn who we are and where we fit into the world.
- We can build on our strengths to allow us to create a larger change in the world.
- A consistent practice of reflection on who and why we are results in a greater understanding of who we are and how we interact with the world.
- This then empowers us to make more effective decisions that then result in a more effective fulfilling life.



Reflection gives us the mechanism to refine and
grow our greatest resource:

ourselves



Some Starters

Maybe begin with this questions...

5 Questions

1. When did I laugh the most? What was it about that moment that made me laugh so much?
2. When in my work day did I feel the most excited? Why? For what reason(s)?
3. In what clothes did I feel the most comfortable? Why?
4. What meal (food and drink) did I enjoy the most? What was it about that meal, that moment, that taste that worked for me?
5. What's my reply to the question 'what do you love most about your job'?



Next Bit

Now think about these questions...

4 Questions

1. Now that I know this, what do I think?
2. What emotions am I feeling as I reflect on this thought?
3. In knowing this, what do I need to do?
4. How will I know that I have done what I need to do in the above question?



Last Bit

Some final reflections...

3 Questions

1. What did I do this year that I would do the same next year?
2. What did I do this year that I will do differently next year?
3. What did this year teach me a about me?

Janus

Looking forward looking back journal...

Looking Back Looking Forward



Janus

In ancient Roman religion and mythology, Janus was the god of gates and doors. He was known as the initiator of human life, transformations between stages of life, and shifts from one historical era to another.

What is unusual about the god Janus is his iconic image. As the god of transitions and dualities, Janus is portrayed with two faces—one facing the past, and one facing the future.

He also holds a key in his right hand, which symbolizes his protection of doors, gates, thresholds, and other separations or openings between spatial boundaries.

In ancient Rome, the symbol of the key also signified that a traveler has come to find safe harbor or trade goods in peace.

Lessons for Us

Let's use the influence of the perspective of two faces - let's look at our past, so that we can face our future...

As we travel along this journey lets know that it is designed to bring us towards a safe harbor...



Shane Warren

ShaneWarren.com
Exercise Source: TherapistAid.com



One More Thing: Be accountable to yourself...

- Take out your diary
- Count 100-days from today
- Write to answer on this date: How am I going?
What do I need to do to make the next 100-days
more wonderful?

Cheers thanks a
lot!

Shane Warren
COACH | COUNSELLOR | CONSULTANT