

Review & Renew

QUARTER
1 2024



A complimentary **workbook** to help you **create a recipe** for what you want in **your life**, in the months ahead, with **ingredients** you bring from the months gone by.

BROUGHT TO YOU BY

VIGGLEESON

Memoir Author, Mentor & Podcaster

THE POWER OF THERAPY ON THE PAGE

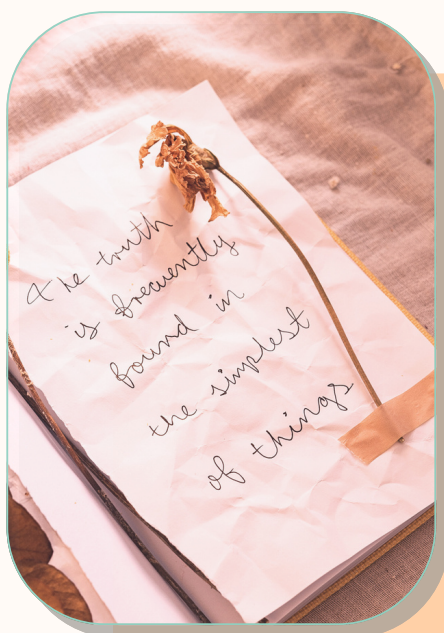




Listen

This little workbook is a companion to **season ① episode ④** of the **Life & Memoir Writing Circle Podcast**. Pour yourself a cuppa. Grab your notebook and pen. Snuggle up in your favourite space and **listen to the podcast** as you ponder the ingredients that make up **the recipe of your life**.

Breathe & Enjoy ♥



Endings are Beginnings

When you **pick the ingredients** you want for the recipe in **your months ahead**, keep it simple and trust that endings are beginnings. Take a chance on yourself. Be **your own best friend**. Feel the lightness in your dreams. Make a wish, set an **intention**. Believe in your power to influence what you can bring into your future. The hard part is over. Now let go.

Welcome to YOUR future YOU.



Begin

Move through the **review questions** in order so your answers can become your guide to **renew** your future. Skip irrelevant questions, but pay attention to that which annoys or triggers you. This is not a test. You set the rules and rewards for doing the work. Allow for magic, embrace heartache, and let your soul open. Light a candle or ten and put on some shooting music.



Please consider the environment before printing this workbook 🌱

Love & Light
Vig ♥



Review

When you look back on what was, that which now has passed, you can see and join the dots between events, experiences and relationships you've had. This, together with your dreams, thoughts, beliefs, **emotions, and actions**, makes up your life's tapestry or recipe. Each significant or small element is an ingredient. In these **review questions**, think about how your past months or year played out with the ingredients you had, were given, used and received in your life. I'm curious to know if you find a magic potion or chemical reaction. Let me know.


-  **What was the past months or year like for you?**
You can make a quick list of a few words or journal for hours on this. You do You!
-  **How did it start?**
If you like, write a scene or dictate a story that describes your New Year's Eve or a holiday or skip this question altogether. Make your own rules.
-  **What were the most significant events in your past months/year?**
Did you complete an education, receive an award, lose a loved one, relocate, divorce or find a life partner, retire or change career?
-  **What made you happy?**
Did you receive a gift, a kind turn, achieve or experience something you've wanted to do or have? Did you reach a goal or overcome adversity?
-  **What or Who annoyed you?**
If these ingredients still annoy you, let it rip on the page. Get it all out. These are your pages, for your eyes only. No limitation. No rules.
-  **How did your inner voice speak to you?**
Did you speak to yourself harshly or treat yourself emotionally well? Did you interrupt negative self-talk or let your inner critic stop you from adding magic ingredients to the recipe of your life?
-  **Who was in your inner circle?**
The people you know, and who know you the very best. What was your relationship with each of them like? Did you let go of or bring new people into your life?



Jog Your Memory

Memory is flawed and often elusive. Here are a few easy tips & tricks I used – while writing *Speak #TRUTH Lies* – to help you remember that which now has passed.

1. Browse through your text messages, day planner or journal (if you have them), social media posts and photos on your phone.

 Watch out for the white rabbit. Maybe set a timer so you don't tumble into Research Wonderland, never to return.

2. Meditate on your greatest achievements and recall where you were at each milestone. What did these places mean to you? How did you feel? What did you wear?

3. Think about excursions, trips, or holidays. What food did you taste, sounds did you hear, sensations did you feel in the air?

4. Listen to your most played music from the past months and recall the people you met. What did you do together? Who gave the best hugs?

5. Draw a mind map or make a timeline of past events. Then fill in the blanks. It's amazing what we remember when we intentionally review how we spent our time.







Dreams become ideas we can manifest into reality with intention and action.

“Dreaming is free, Vigdis!” The Captain used to say. “Dream big, for dreaming is free, and nobody can take your dreams away from you.”

Speak #TRUTH Lies page 52



Review

-  **Who or What inspired you?**
Events. People, Books, Podcasts. News. Emails... any stories at all. A quick list will do. Why do you think this inspired you and how did it change you?
-  **What were you grateful for?**
Gratitude is an antidote to lack and loss mentality and can lift you out of despair by shifting your lens onto what you already have. When you focus on gratitude, how do you feel?
-  **What saddened you?**
Missed deadlines or opportunities, friends and family you didn't spend (enough) time with. A loss of health, hope, or faith. Acknowledge your sadness and allow yourself to grieve without wallowing forever in misfortune and victimhood. Death is natural, our journey through grief is towards a changed relationship, with the departed, that comforts us.
-  **How did you spend your 'free' time?**
Did the time you spent on a particular ingredient bring you joy, enlightenment or vitality? Did you care for others or volunteer in your community? Did any time you spent helping others leave you feeling resentful? How much TV, news or social media did you consume and why?
-  **What or Whom did you miss?**
Maybe you missed closer relationships, a greater community, more (or less) intimacy, deeper learning, more time to yourself or an activity you haven't indulged in... forever.
-  **If you could do it all again...**
What would you add, delete, copy and paste?

“Congratulations, you’ve just given yourself the gift of time with yourself. Before you move on, shower yourself in gratitude, give yourself a high five, and if you can, jump up and do a happy dance.

- VIG GLEESON -

Open Circles

Do you have any open circles?

An open circle is an idea, task or project you planned but haven't got around to completing. If this is you, here are some follow-up questions you might like to ask yourself :

Do I still want to develop this idea or complete this task or project? Why?

Closing Open Circles

On **the podcast**, I talk about how creating photo albums is a perpetual open circle project for me. Other open circles can be decluttering, writing a will, starting a business or completing a writing project - you probably know it took 7 & a 1/2 years to write my memoir, which meant it was an open circle for years. When you work with your open circles, **be kind to yourself**. Not all dreams, hopes and plans are meant to come to fruition.

Ask yourself what completing or ditching this means to you. How will you feel when you've completed this? How will it positively impact your life? As Marie Kondo would say **if it doesn't spark joy, let it go**.



When your open circle sparks joy and you choose to complete it, ask: ? why is this so important to me?

? can I get someone else to do it with or for me (delegate)?

? what is **one small action** I can take today to move a step closer to completing this? Commit to yourself that **you will do it today**.

? how much time will I dedicate to this? am I willing to commit to a specific time each day/week? By when do I want it to be done?

When your open circle sounds like a nagging inner voice, ask:

? am I willing to let this go and would letting go bring me peace?



Did you notice the three **trick** review question? **Yes!** You already have the answers to your **renew** questions. Together with your decision to keep or ditch your open circle(s) you know the ingredient you want in your recipe for the next few months of your life.

Add the ingredients you missed.

Give yourself the gift of adding one or a few ingredients you missed (back) into your life right now. **Do one of these, right now:**

Message or call one person on your list of people you missed.

Text the leader of the club, group, or organisation you want to join. If you want to join me, [click here](#). Invite that special someone for a memorable meal, walk or jive. Add candles to your shopping list for the intimate times you will have with yourself or your person(s) later this week or month.

You get to have more of the good stuff.

You already know what you want more of. Would you like to type or write it up nicely, record it for yourself to listen back to (like a meditation), or make a vision board (I prefer scrapbooks and screen wallpapers) to remind yourself to **make time for what you want more of?**

Make time.

Look at your answer to how you spend your 'free' time. Are you willing to give up an hour or fifteen minutes a day/week of that which makes you feel blue or resentful, to **create more time** for that which lights you up and moves you closer to what you want? This is **Your Choice!**

Closing Circles.

Be realistic, if this has been an open circle for a long time, give yourself three times longer than you think it will take to complete it. If it's a BIG project, make each task tiny and feel the dopamine hit of achieving each completed step. A habit tracker is a good tool that could help you.

Taming your inner critic

Commit to love and be kind to yourself. Patterns interrupt your thinking when your inner critic breathes you. Listen out for words like should, would, if, can't and shouldn't. I will be speaking a lot more about the inner critic in the months to come.

I want a life that flows with ease towards the future while I live – at peace with my past – in the present.

- VIG GLEESON 2022 -

Your Number 1

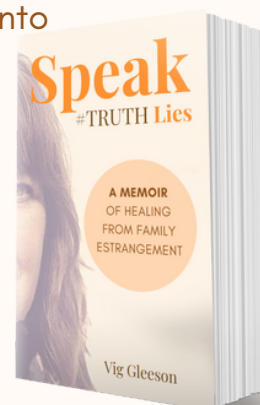
Whether it is singing in a choir or joining your local theatre group, planning a holiday or retirement, polishing your CV while you search for new career opportunities, creating a reading list on topics you want to learn more about, improving your mental health, applying for a grant, a colleague degree, running a marathon, writing your memoir or moving into your dream home. **Pick one** of your top dreams. Turn it into a project to plan and focus on for the next three months. The simple act of starting will **shift your focus** from wishing to doing. And so starts your journey of **making dreams come through**. I will check in with you in a few months, but please get in touch with me, anytime, and let me know your number ① choice.

The Power of Connection

In 2009, I was a new mum, dreaming of having my own business. I'd never been a photographer or run my own business and needed **confidence to believe in myself**. I joined a local, all-woman business network run by Gaye More. She quickly became one of my best friends and my 2009 dream turned into WonderWorks Photography.

In 2015 I dreamt of living in far-flung places while writing a book. When in 2016, far from Irish shores, I felt lonely and longed for a **connection to HOME**. That's when I joined my friend and mentor, Moira, and her online community. You know what came from that dream. Without community and friends to help and encourage me Speak #TRUTH Lies would still be just a dream.

I want confidence and community for you! [Click here to join me in person online every week, for free. YOU, Me and OUR stories.](#)



Speak #TRUTH Lies

A Gift for You

If you want help to focus and develop your hopes and dreams into real-life projects. If you've set goals before and they haven't worked, I want to share **my secret sauce** with you. Every year (often more than once) I do this free course by my mentor, Moira. I want you to have **Don't Set Goals, Try This!** too.



Pay it Forward

I wrote this little workbook for myself and since it helped me get **clear** on my **intentions** for what I want in my life, I want to share it with you. I hope that it will help you too. If it does, please share it with your family, friends and colleagues. When we **share** what we love with others, we **inspire** each other to **grow** and **learn** together.



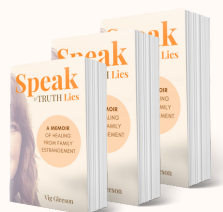
Who am I?

This is **a powerful question** I encourage my writers to circle back to all the time during their writing sessions. It is the question I use when I write because it keeps me **curious** and brings me deep into **possibilities** and **vulnerability**. But, for brevity, this is part of who I am: **I am Vig**, the author of **Speak #TRUTH Lies**, a Memoir of **Healing from Family Estrangement**. **My purpose**, as a memoir writer, mentor, developmental editor, podcast host and photographer is to help you heal and grow through **The Power of Therapy on the Page**.

Let's Meet

Whether you are a writer or storyteller, **your story matters and I'm waiting to hear it.** Maybe you want to read my book or **tell me your story**, you don't have to be interested in writing your own story to do that. Come to one of my free online **Storytelling Circles**, or book a one-on-one chat with me. If you want to work with me on writing your true story, I'm here waiting for you. As long as you are on my **email Circular**, you have the power to **ask me anything**, anytime. Not signed up for the Circular? No problem, sign up here.

Links



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