

The Uncensored Caregiver Podcast

with Master Certified Coach Iryna Ishchenko

Episode 39:

How to plan your next year when you can't plan anything

Iryna Ishchenko [00:00:00]:

There is a gazillion of different trainings on how to plan your new year, set your measurable goals, and stick to your plans. They all sound good, except if you are in a stage of life when being in charge of either elders or little people inevitably brings a long uncertainty in your schedules, and all your plans can fly out of the window. Many people, including a past version of me, just don't plan anything because of that. Why bother if you know the plan wouldn't work? And when it's that time of the year when people start asking each other of what happened in their lives in the past 12 months, what they celebrate, and they start making new big plans. It sounds like a harsh reminder that our lives were put on hold indefinitely. But it doesn't have to be so. Let's talk about it. First of all, if you haven't listened to the previous episode about wrapping up the year, I highly recommend you do so because planning something new, big, and unknown is much better when it starts with a celebration.

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As a minimum, let's celebrate we made it to 2024. Then I want you to forget for now about all the New Year resolutions, smart goal settings, and block scheduling, and to dream with me, we are going to create a unique plan for you that will guide you through the year and help you make the decisions you'll need to make no matter what challenges and uncertainties are on your way. Are you in? Let's begin. So what does the year ahead look like, and how it could be an ideal year. What will make it great? And by the way, what actually is great for you? Think of different areas of your life, personal, professional, or academic, your friendships, your physical and mental health,

your creativity. What would mean to you to have a great year in each of those areas? And make sure you are thinking of your own life, not of the lives of the people you love and taken care of. It would be great to have at least 7 hours of sleep every night is about my life. It would be great if my father-in-law didn't have complications from his current treatments, would be great too, of course, But it's about my father-in-law life, not mine, even if his life affects mine.

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Things like children getting to the colleges they have dreamt about and spouses getting more fulfilling and better paid jobs are also great, and they are also not about you. Focus on yourself only. And instead of the generic, I want to be well and have rest, I invite you to think more specifically about each Area of your life I mentioned. You can add your own areas if I didn't list it. But the main rule here is We want you to focus on as many areas of your life as you can think about, not only caregiving. Now when you define what will make each area of your life great, Think of how you want to feel when things are great. And because the definition of grade would be different for different areas. The feeling could be different too, not a universal, I would feel good.

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For example, the meaning of a great year in my professional life could mean making progress with writing a book, and I want to feel accomplished. But in my family life, a great year would be Each of us grows personally, and me supporting my family and my receiving the support from my family On all all our challenges and our new beginnings because we are the cheerleaders And the advisers for each other, so the main feeling I want to feel in my family life would be Feeling connected. So ask yourself, how do you really want to feel? You don't have to report your answers to anyone, so you can be honest with what you want. Now let's brainstorm. When you feel the way you want to feel, what will be different in your life? What you will be doing differently, what would be at least 3 things You let go of. What would you be saying no to, and what would you be saying yes to? We are all familiar with the idea that no is an empowering word, and we should be using it, to prioritize ourselves. But we forget we need to say yes to

ourselves as well. For example, this year, I am saying no to the idea I can do everything myself, And I'm hiring contractors to help me with different aspects of my business.

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And I am saying yes to more playfulness, both as literally playing games and as being adventurous and open to new explorations and taking things easy when I tend to make them complicated. And you know what's interesting? As I am talking to you now about my saying yes and saying no, I can easily come up with a list Of what I want to say no to, but it took me some time to come up with my list of ideas At on what to say yes to. I know what I want to get rid of my life, but not what I want to bring instead. And it's actually an interest in my observation about my my own, And I wonder how it is for you. Let's move on. What would be the 3 people You can lean on in rough times. Do you have their numbers on your speed dial? Do they know they are your pillars and you appreciate them in this role? And if you can't think of anyone, it's time to build your own support squad. Think of 2, 3 people who you want to have on your side, and just invite them.

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Hey, friend. I want to have a small group of people I can lean on when things are hard, and who I can support too. I want you to be one of them. Yes. It can be that simple. Next, Think of how you can connect with the people you love. Again, be specific about how that connection would be for each person. For me, it's having coffee with my son in the morning before he's off for the day And going for a walk and talk with my husband when he comes home, when we share with each other how a day Our days went and what happened and what we're thinking.

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What will you be doing for yourself every day. How will you take care of yourself? It could be anything from doing planks and tracking how much water you drink in a day to stay hydrated to saying a prayed prayer or reading a book for 5 minutes each day. Next, what are these 3 places you will visit? It's a tricky question because your mind

might remind you that right now, you cannot afford to travel overseas Because who will be taking care of everything and everyone if not you? But the places to visit Don't have to be exotic vacations. It could be your neighborhood park or a hiking trail nearby. It could be your local library. It could be a fire station. The firefighters usually are very happy to show you around, let you climb into the fire truck, and maybe even turn the siren on. And at the same time, they can tell you How they are going to respond to different emergencies, they might happen in your life.

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It's a win win. None of these options require much time, travel, or expenses, By the way, they are totally doable. How will you celebrate yourself and your achievements? What are at least 3 things you are going to love about yourself? List them out. Now imagine it's December 31, 2024, and you are writing in your journal or sending me an email about the past year. Write it in the past tense as if this already happened. Dear diary or dear Irina, this year, I got so much energy from, Fill the blank. I stopped procrastinating on, fill in the blank, I was very brave. When? Fill in the blank.

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I said yes. When? Fill in the blank. The best advice I gave myself was fill in the blank. This year was so special for me because fill in the blank. Now let This future version of you, the version of you of December 31, 2024 that wrote that email to me, pick One word for you that summarize this whole year. Write this word down and keep it visible for yourself. Because this word is going to be your reminder of your intentions and your commitments to yourself for this year. Use it when you need a boost to remember to not give up on your dreams.

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If you have sat down with the pen and paper and followed this exercise with me, you've just created Your own plan for the year. Congratulations. You can even call it your new year resolutions if you want. And the world that you choose is going to be your guiding star. My word for this year is Compassion. Let me know what yours is.

And if your heart tells you It's time to claim your life back and make your year 2024 the best year ever. I'm here to guide you on this transformative journey with 1 on 1 coaching.

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We'll dive deep into what makes you uniquely you, unravel the dreams you put away, and address what's holding your life back. What's holding you back? It's not just another year. It can be a year to dream big and to live big in your current circumstances. A year to break free from what ifs and what abouts and step into it will be this or better. Let's start this journey together. Use the link in the description of this episode to book a call with me, or go to the uncensored caregiver.com Do send me a message, and we will explore how personalized coaching can change your life. Thank you for being with me, and thank you for joining me in this new year. I'm master certified I'm coach Irina Ishchenko, and I will talk to you