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Welcome!

“All life worth living is difficult. Nobody promised us happiness; it is not a commodity you have earned or shall ever earn. It is a by-product of brave living, and it never comes in the form we expect, or at the season we hoped for, or as the result of our planning for it.” ~ Katherine Anne Porter

Take a few minutes to reflect and review all that has transpired this year.

For me, 2020 has been:		
Calm and peaceful. The world finally gets to see how I really I want to live	It's had its challenges, but it's okay, overall	By far, the hardest, year of my life

A word or phrase I would use to describe 2020:

WHY THE FUSS?

Do you remember the early months of 2020? A brand-new year, an entirely different decade, offering a clean slate of 365 days to live life. Perhaps you had big plans, a lot of hopes, and expectations for the upcoming year. It may seem like forever ago, but try to remember the early months of 2020.

Some of my early hopes, plans, and expectations included:
1.
2.
3.
4.
5.

A few months into the year, life was deeply disrupted, and things turned upside down in ways no one saw coming. Change can be hard, but adding fear and uncertainty to it can wreak havoc in many areas of your life. Perhaps you've been tossed around and faced some very trying times and circumstances.

Changes and disruptions I faced during 2020:
1.
2.
3.
4.
5.

This has impacted me in the following ways:

1.

2.

3.

4.

5.

Thoughts I struggled with:

1.

2.

3.

Emotions I struggled with:

1.

2.

3.

How I've coped with everything that's happened:

1.

2.

3.

WHERE'S THE FOCUS?

What you pay attention to and give energy to will grow and gain powerful momentum in your life. What you focus on shapes your entire outlook and perspective. Your focus fuels your thoughts and feelings, and they feed off of one another, which further influences your beliefs, moods, perspectives, and behaviors.

Throughout life, you've established structure, habits, patterns, and routines that help life feel stable, predictable, and reliable. This comfort zone probably helps you feel calm and even safe—all of these are core human needs. Your brain is hard-wired to look for the familiar, and when that gets disrupted, it's like a short circuit to the entire system.

My main focus this year has been:	
1.	
2.	
3.	

Though you may have previously dreamt about rest, relaxation, and stillness, life without the busyness and familiar distractions can be very challenging. We are not a society that knows how to wait, be still, or manage too much uncertainty.

When it comes to quiet and stillness, my approach is:		
Bring it on. I love it!	It's okay, manageable for the most part	I may seriously lose my mind

Without the routine of normal life, some issues I was forced to look at:	
1.	
2.	
3.	

Circumstances reveal the truth of who you are and what’s inside of you – the good, the bad, and the ugly. There is no doubt this year has created change and disruption, perhaps forcing you to adapt and acclimate very quickly to unfamiliar situations. These times have caused uncertainty, doubt, and interference to what was once normal, typical, and trusted. You may be scrambling to find anything that’s familiar.

The “squeeze” showed me:
1.
2.
3.

Though feelings of fear, concern, and overwhelm are normal, it’s crucial to be aware of the thoughts and feelings you’re entertaining. It’s important to *think about what you’re thinking about*.

Perhaps you add stories, make assumptions, or jump to worst-case scenarios, making a hard situation even worse. Being aware of your thoughts will allow you to gauge how healthy and effective they are and reveal some long-standing patterns or struggles.

What story have I created about this in my mind?

What thought patterns came to light?	What behavioral patterns came to light?
1.	1.
2.	2.
3.	3.

The way you choose to look at things shapes your perspective. It is important to be aware of your thoughts, feelings, and beliefs to see how well they serve you. Believe it or not, you can choose your thoughts, outlook, and perception. It may take some practice, but it can be done.

Sometimes it feels like life is happening:	
To Me	For Me

A major hurdle I had this year:

A win I had this year:

--

What lessons has this year shown me?

--

What needs my attention before the end of the year?

1.

2.

3.

WHAT'S THE FUTURE?

Change begins with a decision. This is your opportunity to decide. The clearer you are, the more deliberate and intentional you will be with your thoughts, words, actions, and decisions. An intention is your personal declaration for the day, situation, relationship, year, etc.

My intention for 2021:

1.

2.

3.

If I am my most authentic self in 2021, what/who will I be?

1.

2.

3.

4.

5.

What I most want:

1.

2.

3.

4.

5.

During 2021 I want to:

First Quarter

1.

2.

3.

Second Quarter

1.

2.

3.

Third Quarter

1.

2.

3.

Fourth Quarter

1.

2.

3.

Some action steps I intend to take are:

1.

2.

3.

4.

5.

WOW! You've just done some amazing work. Congratulations!

Take some time to acknowledge and honor what you've accomplished.

You may be wondering, "now what?" or "how do I get started?"

You don't have to do this alone.

It would be my honor and privilege to walk with you during the next stage.

Reach out to me to learn more about how we can work together.

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