

Practice Excellence TIPS December 2019 - **2019 in Review Because Hindsight is Always 2020**
Positive Reflections on Your Practice

The goal of this month's TIPS is to help you reflect in a positive way on your professional practice. Taking time for positive reflections, mindfulness and gratitude are necessary to prevent burnout both personally and professionally. To that end, here are some guidelines for you to consider in reviewing where you have been this past year.

1. In reflecting on the past year, in your professional practice what were your guiding principles? What moved you? What inspired you? What are you grateful for? Examples:
 - a. Learning new skills and concepts
 - b. Time with family and friends
 - c. Sharon Strand Ellison's talk Powerful Non-Defensive Communication at the CP-Cal Celebration – reminding us to use our words wisely and building skills to coach others in taking the war out of their words!
 - d. Attended IACP and met like-minded professionals from all over the world!

2. In reviewing the year with those in mind, what did you do that moved you toward them? What obstacles did you overcome and how? Did you discover or develop new strength? Examples:
 - a. I learned to listen more and ask questions to promote understanding
 - b. I set boundaries for myself so I had time to enjoy my personal time with family and friends
 - c. I took Sharon Strand Ellison's 3 day course on Powerful Non-Defensive Communication

3. Think about who in your professional life helped, inspired, mentored, or supported you in relation to your goals in #1 – consider sending one of more of these people a thank you, a small note or gift to acknowledge their support for you. We would like to encourage you to participate in the CP-Cal version of Secret Santa/Hanukah Harry and acknowledge one of these people who were important to you. It can be sweet and simple. Examples:
 - a. Write a short note or email saying thank you.
 - b. Write a positive review on their web site
 - c. Make a phone call and say thanks, it really meant a lot when you...

4. In reviewing the past year think of people and times where you offered support or mentoring for others. How did that inspire you or energize you?

5. How have you acknowledged your accomplishments? It is never too late to honor yourself with a celebration, a pat on the back, or a little Rest and Relaxation!

6. Consider making a list of 4-5 things you are professionally grateful for that happened in this past year. Write them down and post them where they are easily visible and can inspire you daily.

From the PEC:

Collaborative pro's have lots of questions about how to do online marketing. The most important one is: does it work to actually bring in clients?

Here's a case study: MHP Nina Raff, in San Francisco, has embraced Tim Crouch's help and guidance and not only put up her profile but also wrote and sent in 3 blogs to the [collaborativedivorcecalifornia](http://collaborativedivorcecalifornia.com) website in the last few months. AND...last week she reported that "out of the blue" she got 2 calls about starting collaborative cases. Now, is this because she wrote great articles? Yes. You can do that too!