

Happy New Year 1/01/07

With the brand new year of 2007 upon us, it is time to make those typical New Year's resolutions. For many years I gave up smoking on New Year's Day and was smoking again by no later than January 3rd. I smoked like a fiend on New Year's Eve, preparing for the fresh new start. It was a joke amongst my friends, "Let's see if she can do it this time... ha-ha.... Here she goes again, all determined, like every year." I finally did give up smoking but it wasn't on a particular day. I think expecting a change from one day, December 31st to the next, January 1st is a set up for failure. Once we fail, we start feeling like a failure so we throw in the towel and then wait for another significant date or milestone (turning 35) to try it again.

These days, I use a much gentler approach to the New Year. I reflect on all of the blessings and lessons that I have received in the previous year. I take a good, hard look at my life, my patterns, my direction and my overall dreams. A year-end review is really a wonderful way to end a year. I then create a board of dreams, wishes and affirmations as a visual way to see my ideal year of 2007. I collect images and sayings from magazines throughout the year.

The key to these boards is to surrender the outcome. I found myself being impatient and angry the first time I put one together. I wanted all of the things to happen – and happen fast. I became depressed because my life was so far away from the "ideal image" I had pasted down. I actually felt like a failure once again. However, as I let the process unfold, I realized that what I wanted was something hidden underneath the images. Something I was unaware of. Something bigger than I had even imagined. It takes time for dreams to grow once a seed is planted. Just like a plant, dreams need attention, watering, weeding and nurturing. It is in trusting the process and allowing things to unfold that peace starts outweighing impatience. The bigger picture is that you become clearer on what you really want and put it on the next year's board if you still haven't brought it into your life. Never ever throw in the towel. Never give up on your true desires. Many things I put on my board I don't want anymore. My life has taken a different direction. Many things have resolved themselves and many are a work in progress. I now know the power of not closing a year as you would close a book. Instead look at it as a new chapter, one with possibilities, opportunities for growth and fulfillment of more dreams.

So make 2007 the best year of your life! If you would like some guidance or would like help with an end-of-year review, contact me to set up a session. See my "Upcoming Events" page for details on my workshop to support your plans for 2007.