

A FRESH START

Many people expressed a lot of gratitude for last year to be over and to be given a chance for a fresh start.

So here it is, a new opportunity to create what you want for yourself, your loved ones, at work, in your neighborhood, community and the world. It can be exciting or daunting depending on how you look at it. You can be a new person. What will the nicer, kinder, better, more generous of spirit be like? Or if you give too much already, what will the self caring and self appreciative person be like? What do you feel you need to do this year? Or what do you want to do?

Ways to Make A Fresh Start:

Get rid of bad habits. Quit smoking, eat better, get to bed earlier, take time to meditate.

Begin a new project. Go back to school, learn a new skill or craft, make necessary repairs.

Strengthen relationships. Help friends, family, neighbors and peers in need.

Reach out. Volunteer, make charitable donations, donate excess material objects and go out of your way for strangers.

Be kind to yourself and forgiving of your shortcomings and mistakes, we all have them!



"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

-Carl Bard



"You don't have to be great to start, but you have to start to be great."

-Joe Sabah

"Anyone who has never made a mistake has never tried something new."

-Albert Einstein

Is your mission in life to help your community, or are there projects that will make life better for people, ones that will change the world that you would like to join or start?

There is certainly a lot of opportunity for projects in the world that would benefit people through adding our wisdom, peace, spirituality, and economic opportunity and gains as well.

What kind of person do you want to be? What kinds of changes would you like to see in your home life, schools for your children, in the neighborhood, safety wise, and on the planet? Are you up for the challenge? Do you want to see what you can do to make the world a better place?



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