

A FRESH START AND NEW BEGINNINGS

"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture... Do not build up obstacles in your imagination."

-Norman Vincent Peale

Sometimes there is an area in life where we think we need a fresh start. Kids used to call it a "do over". Some people may feel there are many areas they would like to improve. Other's may wish they could change almost everything! Whether it's one area or all of them, as the saying goes: a journey of a thousand miles begins with a single step. A person may feel overwhelmed with the idea of starting over. They may be afraid to start something new. Or someone may feel they can't add any more to an already overflowing plate.

As the saying goes, if you want to get something done, give it to a busy person. A person has to wedge the time for a new project or to revamp an old one into their schedule. Yes, this can seem daunting at first. What is the alternative? Not to try at all. That seems no more productive. When asked if a person should take on a new accountability, one response is that the time will pass anyway so where will they be at the end of it?



What would you like to improve upon that you have been avoiding? Is it a new hobby, making a new friend, working out, getting a job, cleaning out the attic or basement? Whatever it is, it won't likely get done by itself!

It may take some motivation to get started. But once you begin, it can get done much more easily. What is in the way of your beginning it? Fear of failure, success? Apathy? Resignation? If the goal seems too big, possibly you could break it down to smaller parts...



"If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him."

-John F. Kennedy

Once you get started, you can reward yourself for a goal met or a job well done. You get a piece of that carrot cake if you get that work presentation done, volunteer or support your local community project. You can take a warm bath with scented oils and relaxing music, if you clean one small section of the den or your room...

Good luck and let us know how it turns out. Your success is important and will inspire those around



"Life is just a mirror, and what you see out there, you must first see inside of you."

-Wally "Famous" Amos

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