



Starting Afresh

Each New Year Offers the Potential for a New Beginning

With the dawn of a new year, we often feel a great deal of inspiration and a great deal of pressure.

“There is no greater burden than great potential.” – Charles M. Schulz.
And every new year – and also each day! - holds SO much potential!





Let's start this new year - not with dread, not with burden - but with gratefulness for the year gone by and a hope for the new year to come!

So, to start, ask yourself:

- What's really going well in my life?
- What joys and achievements did I experience this past year?
- What have I learned?
- How have I grown?
- What is the most important thing to work on/focus on this year?



And if you're looking to change a few things, or set a few new year's resolutions, remember this:

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”
- Socrates

Tips for Building the New:

- Don't be afraid to try something new.
- Remember, insanity is classified as doing the same thing over again and expecting a different result. Don't be insane – learn from mistakes and make different choices that lead to different outcomes and results!
- Choose to spend time with people who inspire you towards where you want to be and who you want to become.
- Alter your environment to elicit your goals (- if you can, remove the things that are keeping you from your goals, and add to your environment the things that inspire you towards your goals).
- Keep the end goal in mind – envision it often.



“

Therefore if any man be in Christ,
he is a new creature: old things
are passed away; behold, all
things are become new.

”

- 2 Corinthians 5:17 (NKJV)

Happy New Year to you!



Healing Hands
Health Center