

January 2006

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New Year, New Beginnings

Every New Year, comes the same question, "What is your New Year's Resolution?" Well, I am not going to ask you this question!

I think the New Year should be a time to reflect on your last year.

What you've been through?
What you learned?
How you have changed?

It should also be a time to begin a new chapter in your life.

What would this chapter be called for you?
When you think of the title of your chapter, how do you see yourself?
What will you be doing differently?
Where will you be?
How will you go about fulfilling this chapter of your life?

New Year's Resolutions are often very basic. Diet, exercise, play more golf, go out more, etc. Instead, **I want you to really think about how you want your life to change and improve for you.** It shouldn't be a quick response. What I like about the New Year is that it does give us the opportunity to really focus on what we want from our lives and reflect on what we have done to get there.

Take the time to answer these questions. Applaud yourself for what you have done and accomplished. Things may not have turned out exactly as you wanted last year but the New Year brings another opportunity. Every attempt at anything is growth, regardless of the outcome. Embrace your growth and reward yourself. Yes, we all have setbacks in life. I can attest to this! However, remember sometimes the setbacks in life were really tests to see how we would respond to them and to prepare us for a much bigger opportunity!

Wishing you much happiness and success in the New Year!

Dr. Nina