

## JANUARY 2024

It's hard to believe that it is 2024. In six short years we will enter the third decade of the 2000's. It really blows my mind. Anyway, happy new year to you all. I hope that the year is starting off on a positive note for you all.

This time of year, many of you have made "New Years resolutions". I have made resolutions in the past and I no longer do that. My reason is simple. Whenever I made a resolution in the past and didn't stick to it, I felt bad. Like I was a quitter or like I had no self-control. Making changes in your life is never easy.

In recent years I have given up on resolutions and made a small list of things that I was going to make an effort to do or change. By making an effort, you allow you self to make mistakes without the internal "negative talk". You haven't failed to keep your "resolution". When you slip up, it's alright. Just keep on making that effort. Kinda like climbing a hill. If you get tired or winded, stop and rest and start climbing again.

This year, I would like everyone to make an effort. Personally, I am going to make an effort to be kind to people and slow down and give attention to others. I am always in a rush to do this or that and that makes my engagements with others rushed as well. One of the kindest things you can do for someone else is give them your time and attention.

I know I won't be perfect it at it, but I am going to make that effort. I will be kind to myself when I mess up. Everyone makes mistakes. Acknowledge it and move on. Never give up.

So, what are you going to make an effort to do this year? I would love to hear. If you feel like sharing you can text me, email me or write me a letter.

I hope that you have a very healthy and prosperous New Year.