



## Take Time

Traditions such as New Years, gives us an opportunity to reflect on what is. How's it going? What have I accomplished? When you look back it can seem like only a moment ago when you made a resolution to enhance your life experience. What did you do? How did it go? Did you even get started?

Promises made with great intentions BUT- something's missing, or something happens and another year goes by and nothing changes. Time goes by until one day you wake up to a reality check. The bottom line realization is: "To experience change you have to create change."

You have to change something: an attitude, a belief, a behavior something. If you keep doing what you've always done, you keep getting what you've always got.

So what does it take to keep your commitments to yourself? Exploring the essence of motivations, will power, discipline and the like, I have observed that what makes all the difference in the world is where you come from in making the decisions in the first place.

For come from a attitude of, to be fixed", thing."

When we hear: should, have to, must, it is our conditioned instinct to resist, to hold onto what is at least comfortable and familiar and to busy ourselves with all the outside obligations of should and have to, and another year goes by and you get forgotten again.

There is a more conscious way. It is coming from a



most of us we tend to place of fear. We carry "I am broken and need or, "I should do some-

place of inner principles, foundations, and personal truths that encourages you to take the time to sit and contemplate your life. Revisit what is important to you now. What are your spiritual truths? What inner values and principles do you live by? What is your passion? What can you do for you?

Discovering what is important to you makes it easier to choose how to live your best life with Purpose and Principle, rather than obligation and fear.

Have a Great Year!

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