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Chat - Just Begin!**

Begin

"Today is the day to begin. This New Year is a blank canvas upon which you have the delightful opportunity to paint.

As you do, be authentic. Your greatest accomplishments are the ones that contain the greatest quantity of you.

Be innovative and creative. The challenges you face will melt away when you apply fresh, original thinking to them.

Remember not to take yourself too seriously. You'll climb much higher when you're thoroughly enjoying the effort.

As you move forward, do so with genuine and persistent integrity. That way, the results you create will be results that are actually worth attaining.

Today you stand at the beginning of a grand adventure, with the very real and present opportunity to shape this year into the best one ever. Begin now, take the initiative, and never stop living life according to who you know you are." - *Ralph Marston*

Thanks, Sandy Law, an OPN sister, for sharing this with me. I thought I'd share with all of you!

This is going to be short and sweet! I know many are still trying to get back in the swing of things after holiday happenings.

Thanks to the 43 new subscribers & all of you who continue to support & encourage me to do what I love -coaching, either by phone or helping by my written words!

How cool is that?

A friend of mine doesn't do resolutions, he writes a New Year's Manifesto.

Here are some of my own New Year's promises. Are they some of yours as well?

- Appreciate where you are - right here, right now. Goals/Dreams give us something to strive for, but don't forget to be PRESENT now! I always have my coaching clients keep a Gratitude journal, focusing on what they're grateful for IN THE PRESENT, to keep anchored in the NOW.
- I am very grateful for all of you! So, you deserve to always know when to look for me! **This newsletter will be sent every second Wednesday of each month** - that's my New Years plan!! Thanks for helping me stay on track! Here's more -
- Connecting with others, building relationships nurtures our very soul. If you owe an email/phone call/visit to an old friend, take the time & renew that relationship. I did & the rewards are worth any embarrassment!

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