

January 2012 – Christmas Newsletter

You're probably thinking: *funny topic for the start of the New Year.* Stay with me, there is a link.

Every year I write a Christmas newsletter to include in my holiday cards to family and friends. It chronicles my activities, travels, visitors and musings about life. Also, I share my thoughts on major news events and even include some photos illustrating the year.

So the link to New Year's? Reflection on the previous year to move forward in the New Year.

Writing the newsletter allows me to reflect on the year I lived. I review the things I did, everyone who touched my life, how I touched others' lives. I relive many memories by reviewing my photos to decide which ones get included. I re-experience the highs and lows of the year, what I did and the missed opportunities. Where did I stretch myself and where did I hold myself back? How did the year compare to the intentions I set at the beginning of the year?

Some of my answers to the reflection questions are (*thanks for the idea Tilla*):

- I learned I am brave – acting despite my fears (scave, for readers of previous thoughts).
- I received the unexpected gift of care – friends taking care of me when I didn't know better.
- The advice I'd give myself if I had the year to live over again - take on more transformational things than I thought I could handle – more isn't always better and more things from my 'to do before I die' list are my priority.
- I want to let go of trying to be 100% ready – perfectionism is not a noble goal and I can never be 100% ready for everything, make the best of the opportunity in front of me

All of this reflection helps set the foundation for the next year. What do I want more of next year? What do I want to let go of in order to move forward? How do I want to push myself in 2012? How do I want to grow as a person?

An added bonus of sending out my newsletter is that it encourages communication back to me from those I may not have heard from recently. It's the connection with people that makes the journey of life satisfying and full.

Wishing you insightful contemplation and a happy and productive 2012 – and more.

Live your potential

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