



Coach Jane

New Year - New Beginnings

As we begin this New Year, are you excited about the possibilities of new beginnings? The beginning of a New Year is much like a fresh snow and everything is covered under a blanket of white. What kind of tracks will you make this year?

Remember as a kid how much fun it was making angels in the snow? As the year begins we get to decide what kind of tracks we will leave this year. I remember the joy and thrill of making forts and tunnels in the snow. My parents were always telling me the safety hazards of building tunnels and of course I did it anyhow.

How many of us apply the same amount of gusto to our lives today? As kids we just enjoyed the day. We didn't worry that our masterpieces would melt and disappear. The conditions didn't have to be perfect. We didn't worry about how much time we had. Whatever we built or fun we had was perfect exactly the way it was.

Wouldn't it be magical to bring some of that wonder back into our lives today as adults? I know some of you are saying, I don't remember having fun like that as a kid. Trust me you did, you probably have just forgotten how to play. As adults we can be pretty boring.

As a child you knew the value of being in the moment. Today many of us are so geared up we view ourselves as production robots doing more and more all the time. Society tells us that doing and having more is success. These are all important but our quality of life is key to peaceful living.

The New Year is a good time to reflect and is certainly an excellent time to plan and decide what you are going to do and accomplish this year. I also encourage you to think and ponder about who you want to "be" this year. Many times we get so caught up in doing that we forget who we are being and who we are becoming.

At this time of year I encourage clients to choose a theme to embrace for the year. For you this could be the year you choose to incorporate more balance in your life, maybe it is spirituality, patience, nurturing or peace. Choosing a theme can help you stay anchored in being who you want to be this year.

What will this year 2007 be about for you? Will life be a grand adventure or will it be more of the same? Chances are if you do the same things as last year you will get the same result.

Is there an area of your life that could use a new beginning? Could your health use a new beginning or your relationship with your spouse? Could your career or business use a jolt of new energy? Set your intention and steer yourself in that direction. Sound easy? Remember lasting change happens over time.

Take time to smell the roses or at this time of year, get out and play in the snow and make some fresh tracks in 2007.

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