

New beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a **New Year**. We resolve to get in shape, lose weight, improve career paths, and the like. We also make heartfelt promises to others, whether aloud or in our minds. We want to care more, express love more, reverse bad feelings in old relationships or seek out new loving relationships.

How do we prepare for the 2017 New Year? Here are some ideas to help you get 2017 off to a good start.

Take stock of where you've been and appreciate all of the accomplishments you've made in the last year. Ask yourself these types of questions:

What went well for me last year?

What accomplishments did I have?

How did I improve my life?

How did I improve my relationships?

What did I remove from my life that is now making me happier?

What do I wish I had taken more time for?

Finish what you started. Which projects, errands, and a general list of to-do items do you have left over from the previous year that you can complete in 2 hours or less? Do them now to clear your mind of the old items.

Focus on the feeling you want to experience. Think It, Feel It, Believe It! Spend time every day embracing the feeling you will have when you have that which you desire. You might access the feeling through meditation and visioning exercises. Let the thought inform the feeling and let the feeling have your energy. How specific should you be about that which you desire? Be specific about the quality of the feeling you desire but do not be too specific about the particular form that it should take. For example: If you desire more love in your life, practice being more loving and opportunities to love will manifest for you.

Have positive expectations. Helen Keller said *Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.*

Put yourself at the top of the list. The adage is true; we really can't help others until we help ourselves. Taking care of yourself and striving to reach your goals will make you a better partner, friend, child, and parent.

See everything in life as a great cosmic dance of Spirit: the dance of life, evolving, unfolding, expressing itself through and around you. You are both dancer and the dance, the seeker and the sought, the knower and known. That which you are looking for is that which is looking for you.

Every year I make a resolution to change myself..... this year I'm making a resolution to be myself!

Affirmation: *I dedicate myself to giving and receiving peace and love this year.*