

Starting Over...Again

Once again we find ourselves at the inauguration of a new year, bringing with it the opportunities new beginnings offer. For many of us the opportunities will go the way of our New Year resolutions – approached with goodwill but little enthusiasm. They will fail to come to fruition because we will not give them the dedication and support it needs to flourish.

Giving the whole resolution practice some thought, it occurs to us that the reason we make promises to ourselves on New Year's – as opposed to whenever the need for the promise arises – is because we need the power of the “fresh start” to get us committed. If we have a few extra pounds around the waist in August, we may try to lose a bit of weight, but our strongest commitment comes when the first of the year rolls around. Then, of course, for many of us, the magic of the New Year fades and we are back to our old ways. Our inability to truly commit and nurture the resolution indicates that it never really was that important to us. We believe this because we believe that we all have the capacity to accomplish our goals when they really and truly mean a great deal to us.

Like resolutions, opportunities need to be nurtured. They need to be given the chance to thrive by being afforded all the resources and energy they require. Without a true effort, opportunities fade away and are most often lost beyond recovery. It's like the children's adage; “while you're deciding whether or not to get your net, the butterfly is flying away”.

The New Year marks the fresh start many of us need to revisit the unfinished business of the previous year and, while reconciling the objectives with the accomplishments, set the path we need to move forward. Certainly some of our plans will include unfinished business from the previous year, and other portions will set the stage for a new series of goals.

The important point is that we accept the new beginning as the onset of new possibilities and we endeavor to discover and embrace the opportunities that the fresh outlook brings. Our ability to remain committed is what will separate the successful from the mediocre, an assessment we are all certain to make as this year winds to its end in December. For us, our commitment is to be on the side of the successful. We look forward to seeing you beside us.