

*Picture of the Week: December 29, 2014 – The Sails Within*

Hope your holidays have gone well so far. The year has certainly gone quickly for me, but I'm ready for 2015 to begin. At this time you've probably started hearing about new year's resolutions and goals from television, online or your peers. It's become a fad in which I'm not sure how many people are able to follow through, but it got me thinking, do many of us making resolutions for each day? When we wake up, do we make an intention to setup every hour before we go to sleep? If we focused on what we could accomplish in the present moment, then perhaps that would build into accomplishing a bigger goal we have.

I was once in a good habit of making my own "resolutions" of the day, and even if I didn't always accomplish them, I liked having a guide to make my days more meaningful. It's a bad habit to break, but I'm getting back into it now. :) Meditation, a good breakfast and yoga have made a great difference for me, bringing about more mental clarity and ease in whatever I have to face or receive. So far, daily resolutions and being in the present moment have helped me fulfill the biggest accomplishments: loving myself and becoming a better person.

Whether January 1 is a holiday for you or another day on the calendar, I hope you're able to fulfill your resolutions and goals for the day, week, month and year. To your happiness, health and prosperity always.

