

Happy New Year!

I hope 2015 has started off well or if you're like me, it's a continuation from last year with a difference in the date. I pulled this from a Facebook post of a family friend. The author, based on my research, is pleasefindthis, and it's from the book, *I Wrote This For You*. This is great to remember and live by, especially when we get stressed or feel out of focus on what's meaningful in the present moment.

“And every day, the world will drag you by the hand, yelling, “This is important! And this is important! And this is important! And this is important! You need to worry about this! And this! And this!” And each day, it’s up to you to yank your hand back, put it on your heart and say, “No. This is what’s important.”