



NEW GOALS & HEALTHY BEHAVIOR CHANGES

So, we did it!!! We made it through 2018, and what a year, huh? I can't speak for my wonderful audience; however, I am DEFINITELY ready to have a fresh start.

Fresh Start. Hmmmm.

How would one articulate the meaning of such a phrase? Well, I could defer to Mr. Webster for assistance. Applicable definition of *Fresh Start*: To start a new life.

Easier said than done, right?

Also, let's imagine that we take a deeper, more literal view of that definition. Well, that's just down right impossible! Who has the time, ways and means to actually *start a new life*?

Remember my Golden Rule: We only have control over ourselves (in what we say, think and do). With this in mind, we do have power over what opportunities we create for this new year in tow.

So, I challenge you to ask yourself: What is it I would like to change, improve, and let into my life to enrich my living experience? Also, repeat after me: THIS IS NOT EASY.

Yes, my friends, this is NOT an easy task. I remind my clients from time to time that change evolves from crisis. You can't really have one without the other.

So, maybe the more appropriate question is: What crisis are you willing to ignite and at what cost? Oh, the comfort of living with status quo! So cozy, such warmth and familiarity. But, seriously, if you want true change...raw and genuine growth...you will have to experience a little anguish in the process.

Organize. Decide what is working and what is not. Sort through the clutter. Listen to Kelly Clarkson, "Pick the weeds...keep the flowers." If you were spinning your wheels in mud during 2017, well, maybe it's time for new tires or a different landscape...you ultimately decide. But let's face it, this particular situation isn't working AND it can improve.

Set reasonable and attainable goals. Try not to set yourself up for failure due to rigid perspectives or unreasonable expectations. Be honest with yourself and those around you, creating a healthy structure and clear path towards change.

Get on your marks, get set, and GO!! Try it out, knowing, that these steps may not work and you may have to restructure your approach. Notice I said, "you." Yes, be accountable for your actions. Be flexible and willing to work with the process. Don't give up and be passionate about the health involved in change and your goal at hand.

Again, easier said than done, but remember: change is a process. Don't quit. We all have areas in our lives that require nurturing and improvement. Creating plans of action around such areas can bring about relief, accomplishment and progress. The only limitations existing are the ones you choose to hold on to. They seem to rear their ugly heads in doubt, fear and disappointment. Avoid them at all costs.

So, envision this: A large, beautiful pasture, with grass-untouched and ready to explore. What paths will you create and what imprint would you like to leave on the soft, brilliantly green grass?

Breathe in the **Fresh** air and **Start** this new journey.

Warmly,

Miss Gretchen, MS, NCC, LPC