



REFLECTIONS AND PROJECTIONS FOR A NEW YEAR

Dear 2017...					December 1 You have...	December 2 I understand...
December 3 I lost...	December 4 I refuse...	December 5 I changed...	December 6 I regret...	December 7 I felt...	December 8 I pushed...	December 9 I loved...
December 10 I gained...	December 11 I released...	December 12 I hated...	December 13 I cried...	December 14 I adjusted...	December 15 I enjoyed...	December 16 I wanted...
December 17 I realize...	December 18 I laughed...	December 19 I shifted...	December 20 I embraced...	December 21 I pretended...	December 22 I questioned...	December 23 I doubted...
December 24 I believe...	December 25 I watched...	December 26 I welcomed...	December 27 I forgive...	December 28 I experienced...	December 29 I learned...	December 30 I take away...
December 31 Thank you...	WRITING CHALLENGE					

Adapted from @Enduring Ink #DEAR2017

Reflections of the past year:

- Something you will remember forever?
- Something you accomplished?
- Most challenging part of the year?
- Something you would change?
- Most important thing you learned?
- Something that was hard, but got easier?
- Area of you biggest improvements?
- Something you taught someone else?
- Favorite book read?
- What adjective best describes the year?
- What advice would you have given yourself:
 - DO...
 - DON'T....
 - BE...
 - GO...

Projections for the coming year:

- What would make you happier?
- What/who should you avoid?
- A habit that would benefit you?
- Something you've wanted to do, but haven't?
- Something you are looking forward to this year?
- Something you'd like to accomplish, but feel is impossible?
- What area of your life do you want to improve or change most?

ONE WORD RESOLUTIONS:



NEW YEAR.
NEW MONTH.
NEW WEEK.
NEW DAY.
NEW MOMENT.
NEW OPPORTUNITY.

A History of New Year's Resolutions: (history.com)

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the New Year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the New Year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

For early Christians, the first day of the New Year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year's Eve or New Year's Day. Also known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the New Year. Now popular within evangelical Protestant churches, especially African-American denominations and congregations, watch night services held on New Year's Eve are often spent praying and making resolutions for the coming year.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

Making Your New Year's Resolution Stick

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

---Start small---

---Change one behavior at a time---

---Talk about it---

---Don't beat yourself up---

---Ask for support---

21 habits of highly successful people

What do highly successful entrepreneurs have in common? They share productive habits that lead to prolific action which translates into positive outcomes and results!

Ultra-successful people like Bill Gates, Daymond John, Oprah, Richard Branson, Marcus Lemonis, Deepak Chopra and even Napoleon Bonaparte all share everyday habits that are proven to produce success.

Here's just a list of the 21 habits of successful entrepreneurs:

1. They keep a journal.
2. They talk to themselves in a mirror.
3. They meditate.
4. They read.
5. They embrace their fears.
6. They know that failure is part of success.
7. They associate with only positive people.
8. They set intentions.
9. They talk to the universe.
10. They are thankful.
11. They prioritize their time.
12. They don't sweat the small stuff.
13. They focus on what they can control.
14. They actively listen.
15. They enjoy money as a byproduct of their dream.
16. They don't count on luck.
17. They love having fun and celebrate.
18. They forgive themselves and others.
19. They never give up but will change when needed.
20. They don't make rash or emotional decisions.
21. They listen to their intuition.