

"Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart." *Unknown*

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New Year

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Today is a perfect day! Before me I have a wide ocean; blue, tranquil, and calm. The sky is completely clear, without a cloud in sight. The sun radiates all its energy.

Today begins a new year; behind us are the celebrations, dinners, dances, and meetings with friends. Each January we propose new resolutions or reaffirm past resolutions that were unfulfilled. Each January we recharge our energy to begin a new year with both small and large expectations. With the will to do things well, we are motivated to succeed in our lives or in our work.

Today is not a perfect day. It is cloudy, the sky is grey. Temperatures have dropped to record levels. The heater is turned on maximum heat, and the weather forecast warns of strong storms approaching.

With the passing of the months, we gradually lose that initial high level of energy that we had at the beginning of the year. It takes us longer than we thought it would to achieve our goals. The projected outcomes of our business ventures are not realized. Our exercise routines begin to decline until we are exercising only twice a week or not at all. And we are sick of eating healthy and watching our diet.

That is why it is very important to know ourselves well. We must pay attention to our own "symptoms" of disinterest until we can identify them, so that our minds will know when to expel negative thoughts and ideas. If by chance such thoughts and ideas creep into our minds anyway, we will know to get rid of them, so that they are in our thoughts for as little time as possible. It is very important that we are receptive to better things; to things that fill us with happiness and allow us to succeed.

We must ask ourselves:

Am I living, or merely existing?

When will I put an end to this fruitless cycle that is taking me nowhere?

Am I open to change?

What can I do to stay motivated?

It seems that the best gift we can give ourselves is reflection. Each month we should revisit the initial list of resolutions and goals, and if we have to change something we should do so immediately without letting a single moment pass. This way we will avoid falling into the pattern of leaving things undone.

Happy New Year!