



Every January, we get to experience a new year. The door closes on the old year and another opens on a new year which can bring a lot of promise. It is time to take stock of what is being left behind as we start to look ahead. Renewal is in the air. Spring is coming closer, and, with it, new life and hope. Think about the lessons you learned in the past year and how you can apply them to new and exciting things to come.

Believe in the power of new beginnings. The power that comes with new hope and life can inspire us to new heights, push us to help ourselves and everyone around us. Everything we do affects the world, and new beginnings are what drives us.

What can you do this coming year?

- Call a family member or friend you have not talked to for a while.
- Bake some cookies and visit a neighbour.
- Organize those pictures you want your children to have.
- Read a book that has been sitting and awaiting your attention.
- Go for a walk ... and invite a friend along.
- Take time to enjoy the nature around you, no matter the time of year.
- Slow down and relax.

Have a Happy, Healthy and Blessed New Year!