

SHINE IN '09

As we head towards Christmas and the New Year there is the anticipation of fun and celebration but with that also comes some anxiety about trying to be 'good' and not overindulging. The real concern is not about what we do or don't do or eat between Christmas and New Year, it's about what we do, don't do or eat between New Year and Christmas that really counts!!

by : Jennifer Atkins



THIS is the time to reflect on the year that has been and focus on what you have achieved, what you are proud of and all the things you have accomplished both big and small. It is also important to have a look at what didn't work for you – this isn't something you should dwell on but rather use it as an education and learn from your past failures or mistakes. This gives you the leverage you need to design your destiny for 2009!

This is the time to get really clear about what it is you want for your life in the new year. Take the time for yourself to do this and be honest with yourself – what do you really want?

Once you have decided, you can take some action by setting some goals and making a plan. I can hear you groaning now at the thought of setting goals.....I know – you've done it all before and it didn't work, right? If this is the case it is because you have set some completely lame and uninspiring goals or they have been someone else's goals. It is not enough to have some half-hearted go at what your goals or new year's resolutions are going to be as you

head out with friends for your new year's celebrations or as you start sipping on your third glass of champagne at the New Year's Eve party!

Make this your year to come up with some compelling goals and make sure you write them down. Make them SMART goals – Specific, Measurable, Achievable, Realistic, Time-bound. Don't settle for anything less than you can be! Don't be afraid – make it happen! What will make YOU happy?

Happiness, whether we like to believe it or not, aside from health, is probably the number one goal of every person on the planet. If you're happy, then your life becomes a joy, not a mundane day to day existence that leaves you wondering "what is life all about?"

The big question for most of us is how do we attain happiness and lead fulfilling lives that inspire us and others around us?

The reason most people 'go through the motions' is because in many ways society has created a monster that nobody can live up to. If you're single you should be

married, if you're married you should have a child, if you have one child you should have two, if you're a stay at home mum you should be working, if you're a working mum you should be spending more time with your kids etc - you get the picture!

Living up to society's expectations is like playing a game you can't win. There will always be something missing. What really creates happiness in your life is being true to yourself. By being true to yourself you are seeking out your own journey, your own path to walk down and to create something that comes from within. It is from this place that you can lead a truly meaningful life that is in line with your own dreams and aspirations and not a life influenced by other people's opinions and expectations. It is from here that you will find the courage and motivation to achieve your goals and make 2009 your year to shine! **f**

flourishNOTE: Jennifer, pictured above, is the founder and director of *Jenesis Mind & Body* and can be contacted on 1300 367 724 or visit www.jenesismindandbody.com.au