

2012 Getting into Action!

"Look not mournfully into the past. It comes not back again. Wisely improve the present. It is thine. Go forth to meet the shadowy future, without fear, and with a manly heart."

Henry Wadsworth Longfellow (27 February, 1807 - 1882), American educator and poet

With these wise words from Longfellow, let us take head and remember that if we keep on regretting the a past and focusing on what might have been... or what mistakes and regrets we have- we prevent ourselves moving forward into a beautiful tomorrow.

It is about today - about NOW we need to focus on- living in the moment. To capture life, to enjoy each precious moment that the gift of life has given us.

So for a change- there will be NO New Year's Resolutions made, as they are soon broken, as you well know

Get into ACTION

Get rid of the regrets of your past youth, the figure you 'once had' ..the face...the hair- and the list is endless.

Free yourself in this New Year- just embrace who you are NOW

Re- look Your Wardrobe

There is a most wonderful feeling when you tidy up clean out and throw out!

Just to remind you- that outfit...you paid a fortune for ten years ago, that you *may want to fit into again or if only you lost 4 kg....* perhaps...or maybe need...or perhaps revamp- get rid of it- YOU HAVE CHANGED remember! And statistics prove we truly only wear 10% of our wardrobe!

De- Clutter your Home

When we recently moved from a large home into a smaller townhouse, I realized just how we become slaves to STUFF!

Tidy up, clean out, throw out, give away, and donate the clutter. A home un cluttered is more friendly, easier to live in and to clean- and the bonus- static's has proven adds more energy to your daily life!

Re Vamp – Add Colour

Re look the interior, and the exterior of your home with new eyes. Re-paint rusted and worn outdoor furniture in a lovely bright fresh colour. Cover the cushions in a new look (buy at discount fabric shops)

Change the cushion covers in your lounge. Remove old magazines, books and ugly ornaments. Re frame some paintings, throe out all prints (they have no value).....tidy your kitchen cupboards, un-clutter the kitchen tops, replace the curtains...the list is endless. And if you do not have the funds, buy a large quantity of cleaning materials, wash and clean curtains and re-hang them nicely again, scrub the walls, re arrange the furniture.... Bring light into your home by ridding of all the overflow of stuff- and you will just feel how the new energy will flow!

De -clutter your Diary

We make our lives so full of commitments.

Make a list of all that is important, less important and unnecessary- avoid people and commitments which drain your energy, fill your life with people and things that you love being with and make you feel great and do the things you enjoy, then spend quality time with your family

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Me time

To me- the most important of all the action plans.

Time for filling yourself.....to read, meditate on God's Word, look after your health, your grooming, time to rest. When you are so tired and snowed under, the pressures of life are usually larger than they seem. When you are in control of your life, diary, home and time- you will have perspective and can then make wise choices.

So don't make resolutions for once- as they will be broken.

Just get down to action and DO IT!

And may this be your best year ever-

I leave with you an Irish Blessing for 2012

*"May you always have walls for the winds,
a roof for the rain, tea beside the fire,
laughter to cheer you, those you love near you,
and all your heart might desire."*

Until next time

Anne