



# Chart Your Change Now

## Mastering the Workplace Newsletter

Winter Issue 2010 - vol 5, Issue 11

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### Quotes on New Beginnings:

"There are two mistakes one can make along the road to truth...not going all the way, and not starting." -- Buddha

"Every new beginning comes from some other beginning's end." -- Seneca

"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." -- T.S. Eliot

### Dear Reader,

## Looking Through the Rear View Mirror

*"When a great adventure is offered, you don't refuse it." -- Amelia Earhart*

I always think of the New Year as starting a new adventure without knowing where it will lead me. But before I embark, I reflect on the past year and allow my emotions to surface, remembering the wins, the losses, the sad times, the joys, the accomplishments.

I honor the past by celebrating all that came to me in 2010. I invite you to do the same.

Reflect on the changes you've made, and the growth you've accomplished. Take a piece of paper and write about the last twelve months. Sometimes I start with January and in my mind move through the calendar. But, sometimes, as I empty my mind, I travel back in time to being on vacation and meeting new people; to meeting a new client; to forging a new alliance; to prevailing over challenges; to making mistakes and learning something valuable from them. I am always amazed at how much I grow from my client relationships and how rewarding it is to volunteer in my community, expect nothing and then getting so much in return.



So, where were you in 2010? What were you doing? Who was in your life? What did you try that was new? How did it work out? What did you learn? How did you grow in your personal and profession life? Don't limit yourself now by judging your growth process. Head a column with "What I accomplished." Head another one with "What I learned." Head a new one with "What I will change."

In olden days, people stepped into a tub to symbolically wash away the old year. You too can shake off all the incompletes; all the "I wish I did" and "I wish I didn't" thoughts and give yourself the present of renewal.

Now step into the New Year by honoring yourself. Know that you have grown by reminding yourself of all that you accomplished; forgiving yourself for falling short and loving yourself for all that you are. Get excited about what is next. Open yourself to what is possible in 2011.

With loving support, I thank you for being part of the *Chart Your Change* community.

*"The first step towards getting somewhere is to decide that you are not going to stay where you are."*

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*Have a Joyful Month,*



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