



Take a Deep Breath.... Relax

It's truly amazing that the holiday season is upon us. Once again, we all will be moving so fast that the next time you lift up your head it will be the middle of March 2022. The holiday season add another lane of oncoming traffic merging into your already 100 mile per hour day. Knowing all of this to be our collective realities take my advice. Find a few moments every day and take a deep breath and Relax.

As your relaxing, execute what Socrates taught us. About 400 years before Christ, he said the following, "the unexamined life, is not worth living".

2021 is almost over and 2022 is right around the corner. In those few moments of deep breathing and relaxing fill yourself with gratitude. Let the gratitude come from recognizing all you have accomplished this year. Use these questions as the catalyst. Listen to your answer. Then take note of the feeling these positive answers create within you.

Question 1: How lucky are you to be part of a great _____. Answers could be Family, Community, Team, Company, Group of friends, or specific groups).

Question 2: Where every you are in your life; this is exactly where you're supposed to be. Reflect on all the effort, energy, work, structure, and discipline you had to exert to be here. Let your body of work bring a smile to your face. You deserve the positive recognition.

Question 3: What do I want my 2022 to be? Go deep into your relaxation and ask your subconscious to deliver this answer to you. It might take some time for it to appear. Be patient and it will happen. Today, just plant the seed.



Question 4: What immediate behavioral changes should you make in 2022. These new behaviors are not difficult to think of. Many of them have been in your conscious mind for years. Know that 2022 will be the year of change. Don't make a big deal of doing them. Just do it!

Lastly, I'm going to give you an early holiday gift. I wish I had received this gift from someone when I was younger. The gift is knowing that gratitude is the secret sauce, the magical wand of life. Be filled with gratitude from your toes to your head 24/7/365. This gratitude will create a magnetic force that will pull to you all the resources you need from the universe. Gratitude is the currency that pays for all these unexpected resources you will be receiving.

Remember, during this special holiday season to Rejoice, Rejoice, you do have a choice!

Happy Holiday's

Mark