

Tuesday Truths 12/28/21

Good morning! I hope you had a wonderful, Merry & Blessed Christmas Holiday.

I'm going to take a small detour today from the 10 Simple Tips to Help you Cope and /or reduce Stress during the Holiday season to talk about the "THE NEW YEAR" and a New YOU!

What do we do every Jan 1st? WE make New Year Resolutions..... and how does that work out for you???

The end of the year brings a wide range of emotions from exhaustion to nostalgia, anxiety to hope.

We use this time to regroup, settle in, think about what has come to pass and.... what is to come in the new year.

Let's make 2022 the Year of Moving Up to the next level of **Living Your Best Life!**

Usually, I'm BIG advocate of setting personal boundaries and knowing when to SAY NO.

I'm declaring 2022 is the year of..... saying **YES!**

It will be the year to Let go of FEAR, DOUBT, & the UNKNOWN, and findingthe unexpected GIFT of saying **YES!**

Saying **YES**to INVEST in YOURSELF and NEW OPPORTUNITIES!

To think out of the box and learn to TRUST your INTUITION/
Your TRUTH!

Time to Grab on to NEW opportunities because
.....Opportunities don't always come again.

At this stage of life..... I feel **REGRET**..... is worse than **FEAR**.
Saying **NO**.... can stop you from reaching & LIVING your FULL
POTENTIAL.

A quote from Sir Francis Bacon, an English Renaissance
statesman & philosopher wrote:

*“Begin doing what you want to do now. We are not living in
eternity. We have only this moment. Sparkling like a star in our
hand and melting like a snowflake.”*

If this sounds a little like Shakespeare, there is the “Baconian
Theory of Shakespeare” that Sir Francis Bacon wrote the
plays which were publicized as Shakespeare's to shield Bacon's
identity.

If you would like a more contemporary quote..... Here is one
from Oprah Winfrey” *Cheers to a New Year and another
chance for us to get it right!*”

2022 can be your year to mediate on the words of wisdom of others, to start your new year off right..... **What IF you said YES to yourself?**

Thanks for watching and until next weekTrust Your Truth!

Check out my website for my ***New Programs for the New Year***
[@michelerase.com](http://michelerase.com)

Have a Safe and Happy New Year. Love to you all.....

Happy New Year!!!