

Celebrate the new year and the new you

Written by Penny Jones-Richardson
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During this wonderful month, in this new exciting year, I want you to think about all the possibilities that await you.

This month we will celebrate the Rev. Dr. Martin Luther King, Jr.'s birthday with a holiday, and it's a great time to think about what you truly want out of life. I'm not talking about just your dreams and goals this time, but I am talking about reflecting on your life and asking yourself, "Is this truly where I am supposed to be? Am I doing what I am supposed to be doing?" This is the year that you "*step up*" to the next chapter of your life.

Think about it this way. Are you working a job that you love going to every day? Are you living a life that you believe you were meant to live? Are you completely satisfied with where you are right now in your life? If you answered no to any of these questions, then it may be time to reflect on your life.

Many times we go through life doing what has become comfortable to us. Going to a job you hate, or one that you know you are not going to move any higher in could be because you are comfortable. But when you are working to move into your greatness, sometimes you may be uncomfortable for a while. Moving out of that comfort zone could change your life forever.

Next, take a look at the people you have in your life. Are you surrounding yourself with people who are doing positive things in their lives, or are your friends in your ear telling you that you should be satisfied with what you have? In order to move into your greatness, you may have to move away from people who are stuck and want to keep you stuck. We all have those people in our lives that don't seem to understand that we have a plan for our life and the plan includes moving and doing things that may be a little different from what you are used to doing. If you have negative people in your life maybe it's time to reevaluate who you are and what you really want for your life.

Use this month to celebrate the holiday by staying positive and also by celebrating the New Year and the *new you*.

And as always remember, stay focused, stay determined and keep striving for greatness.

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Penny Jones-Richardson is a published author and life coach. She can be reached via her website at www.thequeensproject.com or email at penny@thequeensproject.com.