



The Newsletter Volume 2 Issue 1

Starting Over

A routine part of the New Year is to make some resolution to change the way we behave. We will be slimmer. We will eat healthier. We will be better. How many of these objectives are met by the end of the year? How many are tracked? How many are written down? How do we know we have succeeded? In most cases, we cannot even remember in March what our resolutions were!

The fact of the matter is that “change” is difficult. Contrary to what many say, we are “creatures of habit” who cling to the routine of life and, in general, do not respond well to change. We take comfort in knowing our schedules in advance so that we can plan and know what is in store for us in the coming days, weeks, and months. When there is a disruption, our bodies and our psyche know it and respond with stress, weight gain, sleep disorders, grinding teeth, and worry.

This new year, consider dealing with change by embracing it and looking at it as an adventure and a challenge. Sudden change that upsets your life can be handled through preparation and knowing that life is full of second chances if you start to discipline yourself.

First, get used to sacrifice. This means either giving up something or some activity for someone else or for a greater good. You can start small and perhaps, instead of eating three meals a day, only eat two. Carry the third meal in the form of a peanut butter and jelly sandwich in your briefcase and give it to someone who either forgot his or her lunch or cannot afford it. You know that old jacket that hangs in your closet that you never wear (everyone has one); take a few minutes and drop it off in one of the clothing drive bins that are popping up all over the place. Better yet, give it to someone you know or see who can use it. What about paying the fifty-cent toll on the highway for the stranger behind you and waving to him as you leave the tollbooth. A random act of kindness and generosity will do much to help yourself and someone else. Good acts tend to ripple through our society and promote other good acts. Start small.

Second, immerse yourself in your life’s work in both what you do for compensation and what you do as a hobby. Keep yourself busy so that at the end of the day, you can look at what you have done and feel a sense of accomplishment wash over you. You will feel renewed.

Third and finally, be a part of some movement or belief system that transcends the self. It may be your love of nature, poetry, or being spiritual. Dedicate some time each day reflecting on this principle so that you will learn the practice of letting go of material things and experience goodness and truth. Read a nonfiction book that makes you feel noble and that touches your heart. Set aside worldly matters and look to the higher virtues- faith, hope, and love.

Start over.

Happy New Year 2010

The Duffy Achievement Group