# **Preparing for New Year's Successes**

by Caron Maclane

What were your successes? Maybe you reached the stars in some areas, the moon in others while some learn from the places you felt like you failed?

Consider any goals, intentions or vision you set for yourself this year. Take the time to assess your specific wins and losses, so you can celebrate. Celebrate success, including those successes that may look different than you anticipated. Take the time to reflect on where you have been to more accurately figure out where you are and where you're going next.

ties, you can see how you stacked up. Realistically past stuck and into motion in an entirely new and some things may have lost importance and fallen unanticipated area. off the list. It is valuable to maintain the flexibility to let things go as your life changes. A high school soccer player was counting on a sports scholarship self as status quo. As you look at that, consider if ski much better with Caron than those same chilto pay for college until she tore her anterior cruciate ligament, essential to knee movement. She considered the options without the scholarship and selected a local community college so she could save money. She was flexible in finding a new solution. a new path more quickly.

plished even more fully than you anticipated. What gives you the space to fully let it in. Last year is over. Now can be a productive happened to allow that extra success? Those who time to review and assess the year and celebrate. are fully prepared are better able to take advantage of favorable circumstances. A man who sought a po- it out, notice what you have accomplished and what sition as a bicycle tour guide had obtained the train- you have learned. I would love to hear what you acplaces were barely off the ground. What did you ing and bought the bicycle and clothing specific to complished and learned. When you are clear where that job before he even applied. He was equipped. you are, then you can figure out where you would When he was offered the job, he was ready to go. like to go in 2016. Are you ready for the stars? Preparation or even courage may have allowed you to take a couple of steps at once.

You may have some bonus successes that were surprises. Some of my coaching clients have opened doors they were unaware of at the beginning of the year. One, who had been stuck on what to study, realized she enjoys her creativity. She then looked at art schools. That allows her to select her next step in response to her passion rather than If you take the time to look at the year's activiacquiescing to whatever comes along. She moved

> Perhaps there was an area that maintained itmaintenance was a victory. You may already be at the level you would like. If you are at your ideal weight, it's a success to stay there!

times it is the small things that can be the biggest out more at www.CaronCircleCC.com.

Other items on your list may have been accom- deal. Taking the time to savor your achievement

How was your 2015? As you take time to check



Caron MacLane, a level three certified ski instructor, has fun teaching all ages at Crystal Mountain. The youngest child she has taught to turn a ski is 18 months, the oldest just turned a senior citizen. A threeyear old she taught was racing and winning when he was six. Her happy clients include parents who say their children

dren ski with their parents. In addition to teaching skiing, Caron is a personal coach. She integrates coaching on the slopes for people to learn life lessons on the snow. Watch for her upcoming book, The full-on wins are when you meet what you How to Teach Your 3-Year-Old to Ski: A Guide to Flexibility can allow you to redirect your energy to have set up for yourself. Celebrate those! Many Low-Stress Family Fun on the Slopes. You can find

## What are some of your goals for the New Year?

#### Chad Cleveland,

Spokane, WA

- 1. Call at least one Family member or Friend Every Day
- 2. Work ON my business as often as I work IN it
- 3. Visit my Bro in Bellingham at least 3 times in 2016
- 4. Spend at least 7 hours per week being physically active

## **Danita Hammond**

Davenport, WA oohlalaquilt.com

I have always wanted to do a complete handmade Christmas. Victoria Caudle (Where I make all my gifts. It's on my bucket list) I say this every Founder, Huckleberry Press year but this year is it!!!

### **Bert Klimas**

Rice, WA

Resolution? Not me. If I need to do it badly enough I'll try any time of year.

#### **Gladys Hanning**

Spokane, WA

Interior Designer/Junebug Furniture and Design Creator/The Mad Hatter Vintage Flea Market

My word for 2016 is "see." I chose this word for 2016 to remind myself to use my eyes, my mind, and my heart to really see, to take in the roughness of the grain of wood on an old farm table or the way the morning sun shines through the windows ~ to see things as they are, on their own terms. And, this goes for people as well as things. I want to nurture myself a greater sense of empathy for others and for whatever journeys they may be on. I know that truly seeing will require me to stop and to be still and quiet, each of these challenges are a gift in its own way. I am excited for the New Year and to see....

In 2016 I resolve to give forgiveness to any enemy; compassion to any opponent; my heart to every friend; utmost service to all my customers; charity to everyone without the expectation of personal gain; a good example to every child; respect to myself; abundant kindness, generosity, and appreciation to my husband; and all the glory to God.

This January, why not start the year with an empty jar and fill it with notes about

the enjoyable events that made you happy. Then on New Year's Eve, empty it and see what awesome stuff happened for you in the last year.



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