Glimpse into Motivation Monday – week 1 2014/15 – design the story that you want

This Wednesday is New Year's Eve, so of course, the "make sure you are the best you that you can be" motivational talks are everywhere. I think that it is as good a time as any to make a fresh start, to take stock of where you are in life, and make new goals and plans, but of course, you do not need to wait til January 1 to do this.

If what you plan for your year is not working out, make adjustments to your strategy. Reflect and assess throughout the year. Be aware, be grateful, aim big, be realistic, learn from mistakes, don't be discouraged, work hard, treat yourself, love your life, do not take any day for granted, fight for what you want and be happy.

Stay safe this New Year's Eve, celebrate within your limits, and enjoy the start of a fresh chapter. Happy New Year and may 2015 be one filled with good health, happiness and new opportunities.

