







## 5 ways to start next year on rightaa

There are so many ways to jump start your life but it's important to find the ways that work best for YOU.

Start with this list and then continue searching for the tips that speak directly to your authentic self.

### 1. Start Anytime, Not Just on January 1

The focus of this article is to encourage you to look at the next year of your life at any point in the year.

January 1 is a big time for new year's resolutions, reflection and plans to change, but if those new plans or resolutions only last a month or so (which is typical), then re-evaluating the upcoming year in March, April, or May will keep you moving in the right direction.

That's a better approach than a complete stop mid-year and waiting again for January 1 to start again like a lot of people do.

### 2. Put Yourself First this Year

Permission granted to put your needs, dreams and goals first before anyone else in your life. Yes, that includes your children, partner and parents.

So often we live our lives based on what other's need or expect and before we know it, our life flashes by and we haven't truly taken care of ourselves or done the things we want to do.

Wouldn't you also be modeling something very important to others in your life anyway, especially your children? If you model how to put yourself first, you'll be teaching others that it's ok to do the same.

### 3. Allow Others to Put Themselves First

Maybe it's time for a family discussion about what it means to each family member to put themselves first.

How does it look differently for each person and how can you support one another with this new priority?

You can't expect to put yourself first if you don't allow others to do the same.

Starting with communication may be just what you need to ensure everyone is on the same page.

