



## Brand New Day

Hello,

Happy 2010! What a dramatic start to the year. Although I'm relishing the slower pace that all of the snow has enforced upon us. Its giving me more incubation time. An opportunity to deeply reflect on where I've been not just in 2009 but in the past ten years of my life...and on where I'm going now.

Life revolves around the choices we make. If we don't stop and take time to muse and reflect, how can we know whether we are creating what we really need and want?

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## Journaling

Journaling is a significant part of my development. I've kept a journal since the 20th February 1999 - yep for a whole decade! Everything that I have experienced over the past ten years is recorded: questions and confusion; despair and joy; the times when I've been at a total loss; and the times when I've been flying high; the little miracles (yes they exist); incredible synchronicities; the people who have come and gone...and my dreams. **Its amazing how my dreams always guide me to what is right and what needs to change in order for me to grow and live a fuller life.**

## Alive Choices

I have learned and experienced much in the past decade. If there is one piece of guidance I would give it is to **build a strong life-force by making choices that bring you truly alive!**

What must live and what must die? What attitudes, values, career, relationships, environment etc., no longer serve you, or you them, and need to change? **We must be open to brand new paths, new ways of thinking and seeing, in order to grow.**

## Letting Go

Many of my choices over the past decade were difficult to make. They include: divorce; a complete career change; many different house moves up and down the country (counted 6 so far); earning a high salary and then leaving security behind (its not the answer); many personal metamorphoses; healing relationships especially those with my family...and so it goes on.

All deep change is hard work but worth it. Hopefully your choices over the next decade won't be as dramatic but it is absolutely vital that you are honest with yourself.

## A Juicy Life

### **Sweet Darkness by David Whyte**

This poem sums it all up. The courage to honestly face my life and look deeply into who I am has opened up paths for me that I could never have imagined.

**So if you want a vital, juicy life then make alive choices!**

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[May: Lost Leaders](#)

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## Your Views

As always, I love to hear your own stories, comments and questions so please do get in touch if you have any.

**Wishing you a juicy, vital and adventurous 2010!**

With love,

## Wise Words

"...anything or anyone that does not bring you alive, is too small for you."

David Whyte  
Poet

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