



Contact Us:
704.561.1696

[Visit our website](#)



A New Year, A Renewed Vision

Racing toward the end of year finish line – but more than ever – We want this X#&! over and done with. Bring on vaccines, bring back meetings over coffee or drinks and stimulating, face to face deep conversations.

I'm not even looking forward to having some days off. What am I going to do – binge watch Netflix? Been there... Like most of you, I'll miss entertaining and being entertained this year because no eagerly awaited reunions for me.

I'm sharing my grinchy state of mind so you'll understand why, this month, I'm writing about rediscovering and refining vision, for us personally, and our organizations. Because, I don't know about you, but I need, not only the vaccine, but an inoculation of optimism and energetic inspiration.

So, here's my intention for some different activities to try over the holiday weeks ahead. ***I welcome hearing your ideas to "replenish your***

pantry” of how to enter 2021! Please respond with your own ideas for a ‘reset’ and we’ll share those. *

-I will have music playing more often

-I am going to look at after holiday sales for some respectable work from home clothes. I apologize to everyone who might have seen me at the Post Office. The problem with me wearing sweatpants and shirts is that the longer this has gone on the easier it is to just stay dressed down, way down when I leave my office at home to “run a quick errand.” It’s now past a matter of self-respect.

-I might work on some type of vision board – yes, the technique of creating images, sayings, mottos, colors. According to the Law of Attraction: that which you can visualize, you can attract. So, this might be a fun thing to do with old magazines and dull scissors, and something I can do on the floor, in that sweatsuit, what’s not to like?

(Occurs to me this could be a fun family activity too – get the whole family to envision what they’d like the family to look and be like in 2021).

- I’m going to finish reading, Caste, by Isabel Wilkerson and reach out to someone different from my usual circle with whom I can discuss and learn.

- Do *Creative Morning pages* again for a couple of weeks over the holidays. Julia Cameron’s technique from her stimulating book, The Artist’s Way: A Spiritual Path to Higher Creativity. Three pages every morning without stopping writing as soon as you wake up and before you get up. No editing, no evaluation.

-Spend time outdoors whenever weather permits – this has been enjoyable and restorative during this lockdown and I want to continue.

Ok, none of these includes hiking the Camino de Santiago or painting a canvas, but its manageable and likely to boost my spirits and expectations. As I progress my way through, I am going to start including some focus and reflection on my work. The purpose and objective that has been satisfying and might need a creative nudge to have more impact. Not putting pressure on myself for a spanking, new business plan but I will jot some notes in a journal or include in my morning pages.

“The world is full of magic things, patiently waiting for our senses to grow sharper.”

— W.B. Yeats

I know I'm ready for a 2021 full of magical things – what about you?

Best wishes for peace, rest, love, and inspiration sharpening your senses this holiday!

Kathy, Art, Bill, Bruce, Juontonio, Katie, Laurie, Lisa, Patty, Steve,

**And let us hear your ideas for re-invigorating your vision for the new year!*