

Learn, let go and then ... Leap into 2012!



**He came to my desk with quivering lip;
The lesson was done.
"May I have a new sheet, dear teacher?
I've spoiled this one."
So I took his sheet all spoiled and blotted,
And gave him a new one – all unspotted,
Then into his sad eyes smiled,
"Do better now, my child."**

**I came to the Throne with quivering
heart;
The old year was done.
"May I have a new year, dear Master?
I've spoiled this one."
So He took my year, all spoiled and
blotted,
And gave me a new one – all unspotted,
Then into my sad heart smiled,
"Do better now, my child."**

This is a poem by Katherine Wheeler that I finished last week's article with. What an appropriate thought, feeling and attitude to start this week's article and to close off 2011... ready to begin a fresh, new and 'unspotted' year.

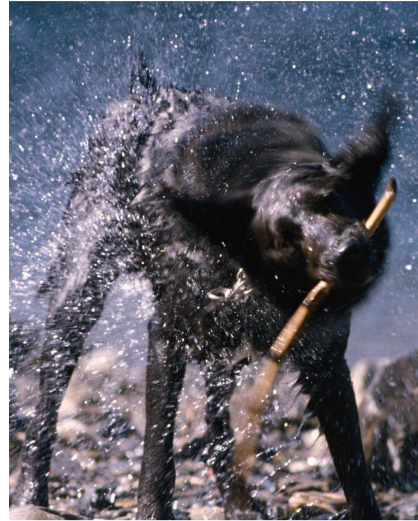
Closing off on 2011

It is done! Whether a great year, an average year or one that would be better off forgotten ... it is over. How was yours? What were the things you said you were going to do this time last year? How did you go with them? What did you do well? What mistakes did you make? What didn't you do that you said you would? Is your life in a better place now than it was 12 months ago?

These are incredibly important questions to ask yourself right now - if you want your life to improve or continue to improve. Let's face it ... we all have had a 'spoiled and blotted' 2011 in certain areas. The goal should not to have been perfect or ever expect that things will always go the way you want. More importantly, the key is to learn from your mistakes and the challenges, then let go of them so that you can leap into a new year with no baggage, no regrets, with a fresh perspective and renewed excitement about how life can really be for you.

When I look back at my 2011, I have to admit, there are things that I cringe about! Things that I said ... ooooh some of the things that I said!! Bad choices that I made, things that I said would do but didn't and things that, quite frankly, I haven't yet overcome my fear to do ... but still I have had an amazing year.

Whilst there are things that I wish I had done differently - I am not angry at myself for the mistakes I have made, I don't feel like a failure for the things I haven't achieved and there are no regrets. I have learned from every experience, I have let go of any emotional baggage & negative feelings and I now feel confident that I will leap into 2012 feeling great about what I will achieve and where I will be 12 months from now. Are you ready to forgive yourself and **shake off any bad feelings** of 2011? Are you ready to free yourself from guilt and regret? Great, let's do it together ...



Start Leaping with resolve...

Are you ready to leap into 2012 with expectation and excitement about your best year ever? You may be tempted, as in previous years, to make a New Years Resolution or two. This is definitely something I want to encourage ... but before you do I want you to understand the significance of the word 'resolution'.

It is a strong word, a powerful word and a life changing word if it used literally and not as a 'wishy washy' hope for a lucky break! From www.dictionary.com the definition of the word resolution is:

res·o·lu·tion [rez-uh-loo-shuh n] *noun*

1. A resolve or determination: to make a firm resolution to do something.
2. The act of resolving or determining upon an action or course of action, method, procedure, etc.
3. The mental state or quality of being resolved or resolute; firmness of purpose.

Get it? A resolution is not something to be made lightly. It is not something to make after several drinks at 2am on January 1, 2012! It is, by definition, a determined resolute firm resolve to achieve what it is you desire. It is a feeling and commitment that you will do whatever it takes, whenever action is required, for as long as it takes and irrespective of circumstances.

So, what do you want for 2012? How do you want your life to look, your health to look, your relationships to look, your financial situation to look this time next year?



I am here to tell you again, for the last time in 2011, that it is possible for you and you are already good enough. Just forgive yourself and others from 2011, learn from the year just gone, make a firm resolution that things will be different in 2012 and leap with passion, vision and excitement into the New Year.

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Andrew Jobling
ANDREWJOBING.COM.AU