



**A W A K E N**  
p s y c h o l o g y

healing  
through  
growth



## WELCOMING IN 2020!

Happy New Year! We hope your 2020 has started off the way you have intended. If you haven't yet thought about your year ahead ... it's not too late ... it's never too late.

And don't forget, our last article was about reflecting, rejuvenating and readying yourself for the year ahead that will be. Click [here](#) to learn more, and to access all our previous articles.

## The Year That Will Be

**By Amanda Pulford**

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If you're interested in our previous articles, please click [here](#)

As we've already said ... it's not too late. It's never too late to focus on what you would like this year to be.

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email - click [here](#)

Maybe choose now to spend some **quality** time answering the following questions – reflecting on 2019, focussing on what rejuvenates you (and maybe even incorporating this into your weekly routine in 2020), and setting your direction for 2020.

Maybe grab a cuppa and your journal, or take yourself off to the beach, or relax in a nurturing bath and allow yourself time to consider the following.

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## Reflect

1. What lessons did I learn in 2019?
2. What am I ready to let go of from 2019?
3. Who or what am I grateful for in 2019?
4. What is my most treasured memory from 2019?
5. What is my most challenging memory from 2019?

## Rejuvenate

1. Where is my time and energy best spent during this year?
2. Where is my time and energy not well spent (i.e., what do I need to say “no” to more often)?
3. What’s one small thing that I can do each week that helps me to feel rejuvenated?

## Ready

1. What do I wish 2020 to hold?
2. Who do I want to be in 2020?
3. What do I need to do to make this happen?
4. What people are important to me to spend time with in 2020?
5. What places are important to me to spend time at in 2020?

Release any negative thoughts or feelings you have about 2019, and see if you can find some joy in the year that has been (even if it was a challenging year).

Focus on what rejuvenates you, and be mindful of this throughout the year.

And set your intentions for 2020 – be clear about what you would like (and also what you don’t want) – you’re already planning on how to achieve this. Maybe also think about how you will ‘check in’ with yourself throughout the year, to see if you’re on track with your intentions (could you do a 1<sup>st</sup> of every month check in, or a last Friday of every month journal night reflection)?

And ... if you’re struggling for motivation, consider this ...

“Don’t just sit there. *Do something.* The answers will follow ... If you lack the motivation to make an important change in your life, *do something* – anything, really – and then harness the reaction to that action as a way to begin motivating yourself.”

## The Take Away

Spend time focussing on what you would like to be different in 2020 – and consider how you might achieve this. What is in your control to make 2020 joyful, successful and abundant?

## Articles

### Making Your New Year’s Resolutions Stick

<https://www.apa.org/helpcenter/resolution>

It can be daunting when your list of New Year’s Resolutions is as long as your shopping list. And it may be anxiety inducing to not be able to keep your resolutions by February, March or even late January. Read on to find out how to make your New Year’s Resolutions stick this year.

### Gratitude and Appreciation: Why We Should Indulge Daily

<https://www.psychologytoday.com/au/blog/my-heart-my-sleeve/201710/gratitude-and-appreciation-why-we-should-indulge-daily>

Expressions of gratitude and appreciation can melt the separation caused by long days at work, shuttling kids around, mindlessly doing household chores after a long day, and, in the case of couples, can be an excellent gesture that helps shift the gap between the tendency to veg at the end of the day and the desire to have some intimacy and connection.

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## The Psychology of Living Life Fully

<https://www.psychologytoday.com/us/blog/media-spotlight/201805/the-psychology-of-living-life-fully>

What does it mean to live life more fully? New research in psychology addresses the age-old question of how to be happy. Read this article on how to live your life, fully. And remember, "It's not the years in your life but the life in your years that matters most."

## Talks

### The Power Of Appreciation

[https://www.ted.com/talks/mike\\_robbins\\_the\\_power\\_of\\_appreciation](https://www.ted.com/talks/mike_robbins_the_power_of_appreciation)

In this humorous and thought-provoking talk, Mike talks about "The Power of Appreciation." As Mike discusses, there is an important distinction between "recognition" and "appreciation." Leaders, teams, organizations, and individuals who understand this distinction can have much more impact, meaning, and productivity in their lives and with the people around them. He also discusses important research in the field of positive psychology that exemplifies the importance of appreciation.

### There's More To Life Than Being Happy

[https://www.ted.com/talks/emily\\_esfahani\\_smith\\_there\\_s\\_more\\_to\\_life\\_than\\_being\\_happy?language=en](https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy?language=en)

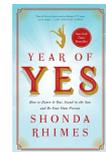
Our culture is obsessed with happiness, but what if there's a more fulfilling path? Happiness comes and goes, says writer Emily Esfahani Smith, but having meaning in life - serving something beyond yourself and developing the best within you - gives you something to hold onto. Learn more about the difference between being happy and having meaning through the four pillars of a meaningful life.

## What Makes A Good Life?

[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness?referrer=playlist-what\\_s\\_the\\_secret\\_to\\_living\\_longer](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?referrer=playlist-what_s_the_secret_to_living_longer)

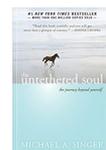
What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. This 75-year-old study on adult development shares three important lessons learned, as well as some practical, wisdom on how to build a fulfilling life.

## Books



### Year of Yes by Shonda Rhimes

Shonda's sister laid down a challenge: just for one year, try to say YES to the unexpected invitations that come your way. Shonda reluctantly agreed - and the result was nothing short of transformative. In Year of Yes, Shonda Rhimes chronicles the powerful impact saying yes had on every aspect of her life - and how we can all change our lives with one little word. Yes.



### The Untethered Soul by Michael Singer

This book explores the question of who we are and arrives at the conclusion that our identity is to be found in our consciousness, the fact of our ability to observe ourselves and the world around us. By tapping into traditions of meditation and mindfulness, the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

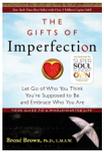
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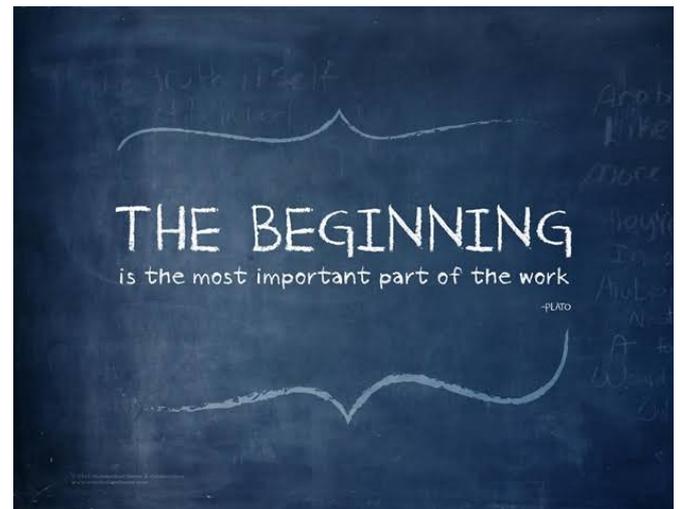
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**The Gifts of Imperfection** by Brené Brown  
Popular writer, researcher, and educator Brené Brown offers an interactive guide that through stories, meditations, and creative activities helps us embrace our flaws and live an authentic life. When our embarrassments and fears lie, we often listen to them anyway. They thwart our gratitude, acceptance, and compassion-our goodness. They insist, “I am not worthy.” But we are worthy-of self-discovery, personal growth, and boundless love. This book will show you how to find your courage, as well as rediscover your self-belief and self-worth.

As always, if you would like some help, please feel free to contact us on 0488 954 195, [admin@awakenpsychology.com.au](mailto:admin@awakenpsychology.com.au) or [click here](#)

If at any stage, you find you need urgent assistance – go to your closest **Emergency Department**, call the **Mental Health Emergency Line** on 13 14 65, or call **Lifeline** on 13 11 14.



**“APPROACH THE  
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WITH  
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- MICHAEL JOSEPHSON  
ITSALLYOUBOO.COM

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