



Bringing In The New Year

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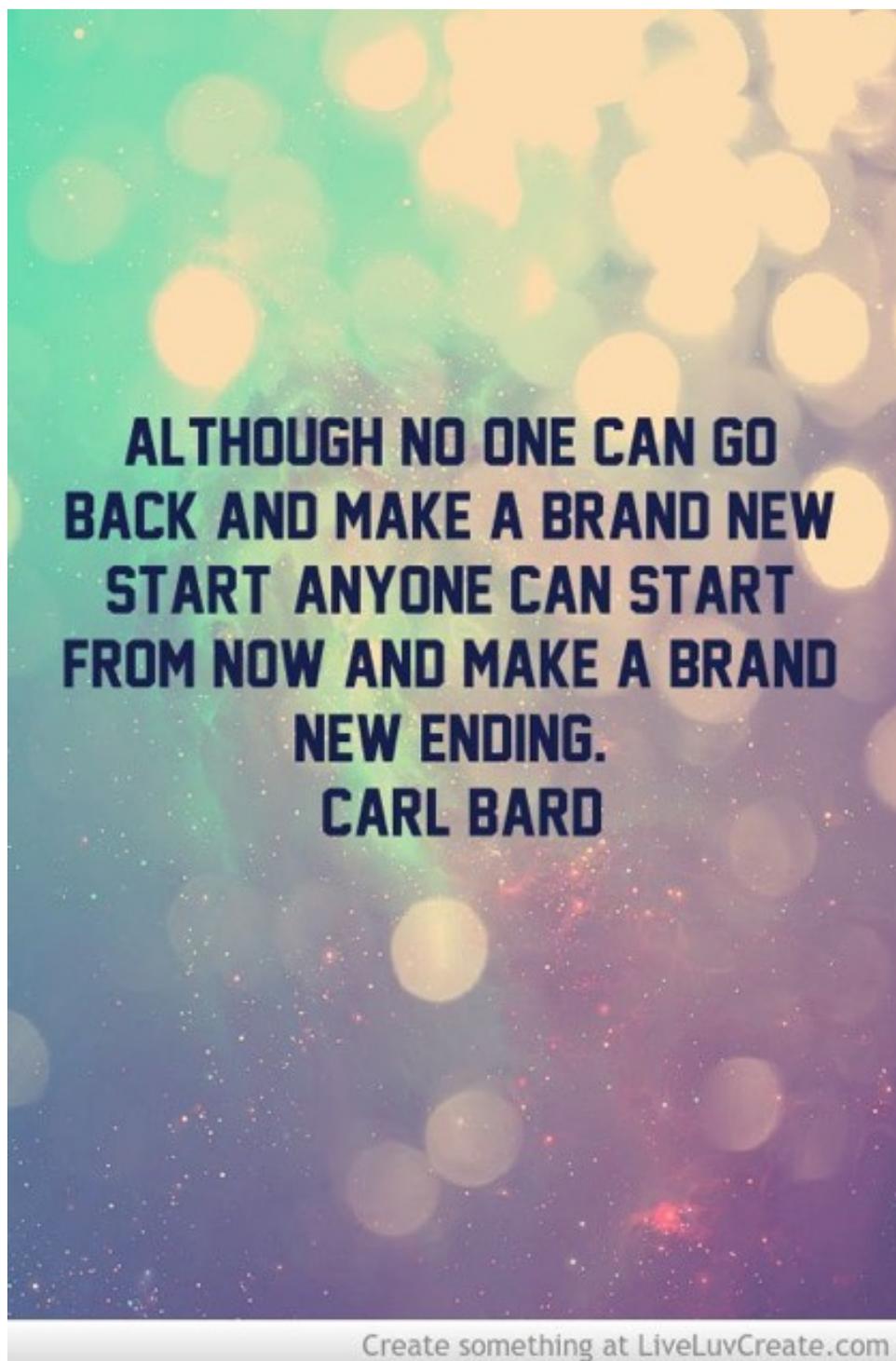
The ending of one year, and the beginning of a new year gives us an opportunity to contemplate. We can reflect on the year that has been, and we can consider what we wish the new year to hold. Sometimes though, we're too busy to *really* reflect on anything – we're rushing from one gathering to another, or we're busy getting ready for our own get together.

My suggestion this year is to spend some *quality* time answering the following questions:

1. What lessons have I learnt this year?
2. What am I ready to let go of this year?
3. Who or what am I grateful for this year?
4. What do I wish my next year to hold?
5. How can I make that happen?

You may find by taking some time out to review this year you release any negative thoughts or feelings you may have about 2015, and possibly find some joy even if it was a challenging year. And by setting your intentions for 2016 you are clear about what you would like, and you're already planning on how to achieve this. What a great way to start off the year ... mindfully!

However, if you're finding the holidays too stressful, and you'd like professional assistance, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)



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