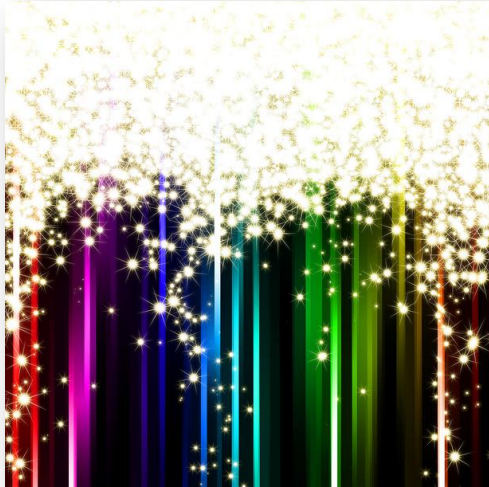




New Year's Resolutions



I love the idea of a new year. A fresh start. A chance to make some changes. Changes that will make life better. That will bring more happiness to you and those around you. My question is: will your new year's resolutions make life better? Or are they just going to make life more busy? And more stressful? Do you really need to do more, work more, give more? Consider adding to the list: chill more, laugh more, play more, relax more, enjoy life more, and connect with those you love. Give yourself permission to enjoy life. Remember to have balance . . . work/play, alone time/time with others, work out/rest . . . but remember to also have fun!