

*"Life is like a book....some chapters sad, some happy, and some exciting. But if you never turn the page, you will never know what the next chapter holds."*

- **Richi's Thought**

As I belatedly close out 2020, this is the perfect quote for so many reasons. If 2020 were a book, it would have several sad and traumatic chapters. There might be a few good ones thrown in, but it will definitely not be remembered as a good read. As we enter the new year, we need to decide whether we're going to close the book or simply turn the page. Closing the book feels like waving the white flag and giving up. I refuse to do that. My message to you is to just turn the page. I invite each and every one of you to join me in this very simple act that may not feel so easy.

Yours in health,

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## **TURN THE PAGE!**



With complete confidence I'm happy to report that we can ALL agree on one thing: 2020 sucked. It began with the death of someone very close to me. Then several friends lost their jobs. Then COVID hit. Then things truly went crazy....riots (oops I mean peaceful protests), lockdowns by tyrannical governmental officials who insisted people to do as they said, not as they actually did. I could go on with my list of negativity, but you get the picture. Besides, I'd much rather focus on the positive.

I'm sure we all wish we could have a do-over of this past year. Sadly, that's not an option. But my friends, I remain a firm believer that everything happens for a reason. The unfortunate thing is we may never know what that reason is. Yet, it exists. But there is one very positive thing that came about from this truly toxic and unfortunate year. A great many people have now woken up from their formerly blissful slumber. We've learned that things aren't always as they appear and that people aren't always who they say there are. We've learned that things we once thought were so important to us really don't actually matter. We've also learned we must rely upon ourselves to find the real truth and meaning in what we once thought was so obvious. Then we have to move on.

Decades ago, Bob Segar famously wrote about turning the page. It's great advice for today. Our destiny is truly in our own hands, much like Dorothy in the Wizard of Oz. She always had the power and ability to get back to Kansas; she just didn't know she had it until Glenda showed her. Most of the time, you can't "TELL" people something for them to know it's true, you have to "SHOW" them. That's what happening now. We're being "shown" the way. 2020 was truly a dark year, but I've chosen to walk in the light. I hope you'll join me on this journey as I turn the page on a very dark year. Sometimes, all you have to do is turn the page to realize there's so much more to your book of life than the page on which you're stuck. Close the chapter on all the negativity of 2020 and NEVER reread it. Here are a few suggestions on how to approach the title of the new chapter called 2021.

- Choose your friends wisely. A true friend isn't just there for the good times, but is there to hold you up during the bad ones. They don't let you break, but allow you to bend just so far, yet are there to stop your fall if you bend just a little too far. Acquaintances are a dime a dozen, but a true friend is a priceless gem to be cherished.
- Choose the light over the dark. If this last year taught us anything, it's that we are surrounded by many different forms of evil. It's truly everywhere. Be the candle that lights the way for others. Goodness is contagious. Pay everything forward. Do for others, not for yourself and it will come back to you tenfold.
- Choose to trust but verify. This is important in both your professional and personal life. There are people out there who trust everyone and everything. There are others who trust no one. Whether you're on one end of that spectrum or the other, once you verify, trust not only becomes easier, but it has now been earned.
- Choose a healthy lifestyle. We all have our vices and that's ok. After all, we're here to enjoy life, right? We just have to offset the "not so healthy" with things that are actually good for us. While I may drink too much wine and eat too much dark chocolate from time to time, I choose to exercise every day, hike every weekend, make nutritious meals and take important supplements to assist in maintaining my healthy immune system. A healthy lifestyle can absolutely fight off disease.
- Choose to make time for you. It's way too easy to get caught up in the rat race and forget about taking care of yourself. Don't lose sight of the fact that you MUST recharge your battery, somehow, on daily basis. Don't wait until it's too late. YOU are much too important to neglect.
- Choose to move forward and don't look back. That my friends, is how I ended this very awful year. Not many people know that I just sold my house and moved away from the hustle and bustle of Northern Virginia and the DC suburbs. I needed to get out of that swamp and live in a place that would feed my soul the peace and quiet it was so desperately craving. When I made the decision to leave the place I'd called home for nearly 3 decades, it felt like I was running away.....from heartache, from memories, from life in general as I knew it. But two of my wisest and dearest friends told me the exact same thing. *"You absolutely aren't running away Susan. You're starting a new chapter."*

Those words inspired this month's topic and are where I'm going to leave it. For years, I've written about how everything in our lives is about CHOICE. Our choice. We have the power to CHOOSE in which direction we're going to head. I've made my choice. I've ended 2020 by choosing to turn the page on my past and truly starting a new chapter my book of life. I'm not going to try to fix what's been broken in my past. I'm choosing to let my future create something better. I can't wait to see where this new chapter takes me. I truly wish the same peace I've just recently found for all of you. Turn the page on the past and see where it takes you.

HAPPY NEW YEAR!