

***"Stop grumbling. Accept this reality. Let go of the past. Start fresh. Look for opportunity. Find solutions. Move forward. Reevaluate priorities. Take care of yourself. Make your own happiness."
- From the book "Try Different Not Harder"***

Happy New Year! Welcome to a new decade. This quote seemed like a perfect way to start the New Year. Let me ask you something. Are you someone who likes to make resolutions? If so, do you keep them? Or do you choose instead to make goals? If so, do you ever reach them? What's your plan for the New Year and all its possibilities? I've personally never been much of a resolution maker. They're too easy to break. But I do think it's important to have goals. However, this year, I decided to focus on something different: how I can be a better person in the New Year. Remember, only YOU can make the choices that will help make it a great year. No one else can do that for you. If you're ready to start on a new and healthier path in 2020, be sure to contact me so I can help you on your journey.

Yours in health,



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Be More.....

ASPIRE NOT TO HAVE MORE, BUT TO BE MORE

2019 was quite a roller coaster for me, for many reasons and 2020 has already been rough. But I'm determined to stay positive, even throughout all the negativity. It's especially important to me to stay on a positive path because the world has become so negative. I can't control that. I can only control me and I'm determined to not get sucked into that negative mentality. So while I was basking in the sunshine on a beautiful Florida beach over the holidays, I came up with the following list of things that I'm going to focus on in 2020. I'd love for you to join me. Let's all work together to make this world a much better place and a force for positive change.

1. **Be Kind.** People just aren't really that nice to each other anymore. Whether it's someone who doesn't let you go in front of them when you're trying change lanes or someone not opening the door for you if he or she gets there first, it seems like each person is simply looking out for number one. I don't want to be one of those people who saves herself 5 seconds of travel time because I didn't let someone go in front of me. It's also important to be kind because there are people going through horrible things that you may know nothing about and need your kindness. Imagine for a moment, what life would be like if everyone were kind to everybody. The world would be such a better place, wouldn't it? In 2020, I will be more kind to others.
2. **Be Patient.** We're all impatient, even though we're probably not willing to admit it. Perhaps we honk our horn at the car in front of us if it doesn't move as soon as the traffic light turns green. Or perhaps we drum our fingers on the table while we're waiting for our habitually late friend to show up for lunch. Life is short and it's just not worth being impatient about things we can't control. In 2020, I'll be more patient.

3. **Be Supportive**. Every single person is dealing with something that probably isn't very easy. Some deal with those things better than others. Some just can't handle it at all and they're rendered helpless. There are times when people in your life will want or need to talk about these things to help navigate their way through it. But there might be times when they'll just want to be silent and withdraw from everyone and everything. It's our job, as their friend or family member, to understand and respect those needs, especially if they're different from our own. But it's also our responsibility to help them when they can't help themselves. In 2020, I will be more supportive of people I care about who need help.
4. **Be Loving**. There's an old saying that "we always hurt the ones we love," and it's so true. I think we actually do this unconsciously because deep down, we know that the people who love us will always love us, no matter how we treat them. Kids are a perfect example of this. Sometimes, my son will say some of the meanest and most hateful things to me, which hurt me deeply. But he knows that I love him unconditionally and that nothing he says or does will ever change that fact. I'm a safe place for him to express whatever emotion he's feeling. It's not easy and there are certainly times when I'll lash out and respond in kind, even though I'm the adult and should know better. But the bottom line is: he knows I love him and he's always in a safe place with me. In 2020, I'll be more loving and not respond to negativity with negativity.
5. **Be Strong**. We're often thrown curve balls that we don't expect, yet we must survive them. It's easy to wilt under pressure, but we must be better than that. They say God never gives us anything we can't handle and I've certainly been tested more often than I'd like. But I always survive, even when there are days I wish someone else could be strong for me for a change. In 2020, even when it's hard, I'll continue to be strong.
6. **Be Resilient**. I wrote an entire newsletter on this topic in May 2019, but it's important enough to repeat. When you're caught up in your own head and your own misery, it's easy to lose sight of the positive things surrounding you. Life can be really hard at times but no challenge or problem is insurmountable. What keeps you from sinking to the depths of despair during those difficult times is resilience. Resilience is the ability to get up when you've been knocked down. It's when you bend but you don't break. No matter how far down you fall, resilience lets you pick yourself up and find the light at the end of what seems to be a very long dark tunnel. In 2020, I'll continue to be resilient.
7. **Be Happy**. We often forget that happiness is a CHOICE and it's completely within OUR control. In my August 2018 newsletter, I provided a list of 11 suggestions to help you choose happiness. Sometimes, we get so caught up in our own head that we forget how to make that CHOICE. So if you forgot how to CHOOSE happiness, please go reread that one. Ultimately, being happy means facing the fact that sometimes life can really stink and the deck seems to be stacked against you. But you and you alone have the power to CHOOSE to be happy, no matter what's going on around you that's completely out of your control. If someone close to you can't make that choice and is suffering from depression and feels hopeless, I beg you to do everything you can to get them the help they need before it's too late. In 2020, I will CHOOSE to be happy.
8. **Be Courageous**. This is probably the most difficult one to achieve. It's truly the difference between being a follower and a leader. It's easy to follow. It's much harder to lead because it means not always making the popular choice or decision. It takes courage to stand up to someone who's doing something wrong or hurting someone else. It takes courage to walk away from a bad relationship, to try something completely new or to move somewhere completely different. The status quo is usually the easier path, but it's not always the best path. My dad taught me to be a leader and that takes courage. Sometimes it's a really hard thing, but it's always the right thing. It's really important to stand up for the things you believe in, even if they're different than everyone else. Don't be afraid. In 2020, I plan to be even more courageous.

As we enter the New Year, I want it to be our best year yet. Remember, each one of us truly holds the power to make that happen. These suggestions have to be a conscious CHOICE and as you've read, it's my intent to CHOOSE each and every one of them this year. I'm planning to take charge of my emotional destiny so I can find more peace, love and happiness in 2020. I hope you decide to join me on this quest and that some or even all of these suggestions will resonate with you. Lastly, to someone very special to me, I pray you find the happiness in Heaven that you were unable to find here on earth. **#RestInPeace!** Let's all "**be more**" and have a wonderful month and an amazing year.