

DEC 2020

ON A PERSONAL NOTE

Dear Friends,

We can all agree that noting 2020 as a challenging year, is the ultimate understatement!

For some of us, it has been a year of unexpected opportunities, while for some, it has been terrifying and daunting. Some have experienced immeasurable loss. In some cases, all of the above are true. At either end of the spectrum, I believe that good lessons can be learned from even our darkest moments.

I for one feel immense gratitude for the opportunity to stop and listen. From the global pandemic, to environmental injustice, racial and political unrest, to economic uncertainty; this year is marked as an eventful and unforgettable one. Personally, it has tested my resilience, patience and deep commitment to staying positive, exercising loving kindness and letting go (particularly of the things I have no control over). It has called into question many of my preconceived ideas and ingrained habits. It has offered the chance to reflect and do away with those ideas and habits that no longer serve.

As the year draws to a close, I am, once again, taking the time to reflect on those values I'd like to bring into 2021. I generally consider five values to set my intentions on for the upcoming year. This year, Resilience, Joy, Dedication and Vitality resonate. I'm still ruminating on a 5th. This year, I plan to make it more personal. So instead of outlining Resilience as a value, I'll frame it as "I AM Resilient". It makes the intention somehow more powerful, more meaningful.

Check out the worksheet on the following pages. I'll also be launching a newly revised worksheet in the new year in the hopes to inspire you to be your best selves in 2021. So, feel free to share your values with me so we can update the examples shown on the worksheet. Many of you have found this to be a helpful start and hopefully your input will inspire others to reach their ultimate goals.

I also wanted to especially thank each of you. In your own way, you have offered unwavering support, advocated for us and our mission and nurtured friendships beyond the limits of the projects we've worked on.

I am so appreciative of you.

On this winter solstice, the longest night of the year, its time to embrace the darkness as our teacher and our guide. And as a new year dawns, let's bring our best selves into the light.

From my bubble to yours, may your holiday season bring joy and light.

Sincerely,



Michelle

Core Values List

Below are some common values that might help trigger some ideas. It is not recommended to choose more than 5 at a time to focus on. It also helps to take the time to identify WHY these values are important to you. This exercise can reveal an underlying overarching principal by which you choose to make most of your decisions.

Authenticity	Fun	Openness
Adventure	Grace	Peace
Autonomy	Growth	Recognition
Balance	Happiness	Respect
Beauty	Honesty	Responsibility
Compassion	Humor	Security
Challenge	Influence	Self-Respect
Community	Inner Harmony	Spirituality
Competency	Kindness	Stability
Creativity	Learning	Success
Curiosity	Love	Wealth
Fame	Loyalty	Wisdom
Friendships	Meaningful Work	