



Small Changes Lead to **Big Impact!**



One crisp clear morning, the sun will reflect brilliantly in your eyes and you'll open them wider than usual. You'll catch a glint of the future that, as Oprah says, "is so bright it burns the eyes."

A new year urges us to reflect on what's coming up. We commonly start the year with good intentions. Sadly for many, they remain as intentions. So what is different this year? Nothing and Everything. Nothing if you choose not to change or grow. Everything if you do.

Rather than feel the victim of circumstance, you can choose your circumstances. So what choices will you make? People today feel bombarded with choices - so many of them - that they often choose not to choose. For example, I have put off buying a cell phone. I am probably one of the last people around who doesn't have one. The reasons are twofold: on some level, I think using them is a bit goofy and, on another level, could it be I lack the confidence that I'd make the best selection? Or could it be I have too many choices that I'm frozen with indecision?

I am not sure people want their choices to be limited, but navigating

through a sea of them can be overwhelming. Author Bill Jenson, in his new book *Simplicity, The New Competitive Advantage in a World of More, Better, Faster*, suggests the antidote for a complex world is to simplify our lives and narrow our focus. I agree!

Often (most often, actually), the solutions to life's most complex issues are simple. For instance, you can:

- Change your emotions from anger to joy.
- Focus on the "important" rather than the "unimportant."
- See life differently by listening to a different radio station, watching different TV programs, taking a different way home, reading a different magazine.
- Start writing in a journal - focusing on gratitude, success and joys in your life.
- Increase your personal traffic pattern to include more people.
- Listen to and talk with five people you don't necessarily spend time with during your week

- Do one major recreational activity each week - just for fun!
- Write a thank you note to three people or more.
- Sing, walk in the park, take a dance lesson.
- Do one thing that will make even a small difference in someone else's life or your own.

Making different choices can like those listed above will change how you feel about your life. So as the brilliant sun crosses your horizon, what will you choose for yourself?

One additional thought: realize that the world constantly changes around you so you have to change, too, just to stay in the same place.

I encourage you to start making the choices that will make this year the best ever.

