

“Ring in the New Year,” is a special time for me. Which is funny, cause each day is a renewal, offering a plethora of fresh opportunities. My appreciation comes from the longer perspective. Tiny daily shifts can be difficult to see; but over the course of a year, tremendous change is apparent. It’s healthy and fun to celebrate both our wins and our losses. Both are important because we learn and grow from our successes and failures. We get in trouble when we JUDGE one to be better than the other. One teaches us what worked. The other teaches us what did not. We get to choose how we proceed.

For the longest time I forged ahead blindly bouncing over rocks, off trees, and through life like a pinball. Then I began the practice of mindfulness and my whole life changed. My skills and riding improved dramatically. My personal and professional life blossomed. I’ve been blessed with many great teachers, each of whom shared wisdom and expertise. Over the course of 2018, I will share many of my insights. I will begin with THE MOST POWERFUL TOOL IN MY TOOLBOX- JOURNALING.

Now don’t be intimidated. Journaling is whatever you want it to be. Bullet points. Random thoughts. It’s up to you. Cathy Hawk and Gary Hawk from Clarity International graciously allowed me to share “The Check-In” tool from “Get Clarity: SHIFT Your Thoughts for Powerful Results In Life and Work.” This method SUPER CHARGED my daily journaling. Maybe it will resonate with you.

**Step 1: WHAT’S DIFFERENT? State one thing that you noticed that’s different in your personal field.**

(This doesn’t have to be a big thing. Maybe the sky is blue today. The idea is to break out of “habituated thinking” and move into a space of paying attention and high noticing.)

**Step 2: WHAT WORKED (WW) and WHAT DIDN’T WORK (WDW)? State one thing that worked in your performance in the past 24 hours. State one thing that didn’t work.** (Remove all judgment and anchor both experiences with clapping and celebrating. After all, we learn from both! How cool is that?)

**Step 3: CHECK YOUR PERSONAL FIELD. What is your State of Mind? What is your State of Body? What is your State of Spirit?** (I love when my mind is alive and alert. I pay attention to when my body feels rested and strong or when I am tired or under the weather. My Spirit can be soaring even if my body is tired. Mind. Body. Spirit. Differentiating between each of these is eye opening!)

**Step 4: WHAT ARE YOU GRATEFUL FOR? State one or more things you’re grateful for.** (Gratitude is powerful especially in our high-tech world filled with the latest headline grabbing doom and gloom. Finding gratitude shifts our energy and our focus.

**Step 5: WHAT IS YOUR INTENTION FOR THE DAY?** (State your intention. No more pinballing for me! State your intention for the day. Then in a year those tiny daily efforts will have yielded major results!)

Huge GRATITUDE to Cathy and Gary Hawk for gifting their Check-In Tool. If you’d like to learn more, please go to [www.GetClarity.com](http://www.GetClarity.com).

Blessings for a Happy New Year! Braaap On Sisters!

See You on the Trail - Pat