

## **Here We Go Again**

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*So here we are at the start of a new year with way less money than we had last January, and way more reasons to worry about big and little things. Depending on how you look at it, for most of us in the Northwest, the winter storms that hit us were either a disaster (“snow-mageddon!” “snow-pocalypse!”) or an inescapable slow-down for the holidays.*

*Not to sound too cheery, but the snow did remind me that it does come down to how you look at it.*

*One of my favorite clients observed last week that daily resolutions to live with intention and gratitude were making more sense to him than heroic new year’s resolutions. And I’m taking his advice for 2009.*

*Here’s my challenge to you. As your eyes open each morning, put a hand on your heart and take a deep breath. Take a few seconds to settle on a simple intention for the day—like laughing out-loud at least once—and another few seconds to give thanks for something or someone.*

*Maybe in the face of all the fearful news, we’ll cultivate a different way of seeing.*

*And if you’d like to try my slightly longer version a breathing-and-rebalancing exercise, just go to [my website](#) and then click on audio player at the top of the page.*

*Happy New Year. Really.*