

# COSMOPOLITAN CLUB



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# Start the New Year with a positive attitude



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Time of the year to celebrate your achievements, express gratitude, plan ahead, smile and breathe

Each and every one of us has roles to play and responsibilities to juggle. And we all do it in our own way. Remember there is no right way or wrong way, as long as we are making progress. So, why fret about things outside of our control zone? Why blame ourselves for calamities or crisis that we did not bring on? And finally, why feel bad about simple mistakes and silly errors?

Instead, let the New Year be the much needed kick start you deserve! Give yourself a pat on your back for all that you have accomplished in the past 365 days. Feel the gratitude gush through you, for all the people in your life and the powers of nature that have collectively guided you towards positive thoughts and actions. Take a moment to pause and say thank you!

Tackle the New Year with a plan. A plan for improving your health; one for the work outcomes; one for the family; one for your hobbies; one for your holidays; one for your social commitments; and finally weave them all together into a colorful tapestry! Something that you can proudly work on in 2024. But do not forget to smile and take deep breaths, to power you through life with energy and enthusiasm!