**Acknowledge What You Have Accomplished**

**So often when we launch a new beginning in our lives, we start out by setting goals or making resolutions. But I'd like you to start this journey in a different way. I'd like you to begin by acknowledging yourself for what you've already accomplished and, more importantly, who you've become over the last year. A high-quality life starts with a high-quality you! Don't rush into this new year frantically trying to catch up or make up for what you didn't do in the past. This kind of frenetic rushing and hopeless browbeating keeps you tied to the past and feeling bad about yourself. Get a fresh start on this process by being gentle with yourself. Set aside some time to reflect on all you've done right over the last year by considering the following questions:
\* What qualities of character have you strengthened?
\* Have you shared an act of kindness or supported others in some way?
\* What special memories have you created with those you love?
\* What have you achieved or accomplished? *(Cheryl Richardson, in Life Makeovers, p. 9)***

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