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Crissy Field, San Francisco, California

Reflection and Renewal

The new year has arrived, which provides an opportunity to reflect on the story you lived over the past year and what you want to create as you move into the future. 2021 brought challenges, on both a professional and personal level. But the beauty of challenges – if we pay attention – is that they can provide us with a new perspective, and a chance to demonstrate strength we didn't know we had. They can spur change that makes ours and others lives better. As you reflect on this past year, consider the questions that were posed back in February, with a few additions:

- What do I feel good about accomplishing in 2021?
- What do I want to hold onto and take into the next year?
- What doesn't serve me that I want to let go of?
- Who am I today and how has that shifted over the past year?
- Where do I want to go?
- What is still possible?
- How do I want to be in this world?
- What is it going to take to get there?

I pose these questions as a way for all of us to enter this year with intention, clarity and strength. When we stand solidly in who we are and what we are doing, we can create the greatest positive impact in the world.

My responses to these questions relate to my journey of discovery. I have begun a new chapter of Ocean Beach Consulting with a clear vision, mission, values, set of offerings and a commitment to put more of myself into the world which includes the creation of this newsletter. I have gained self-awareness and

painfully removed myself from a nine-year toxic relationship. I have traveled cross country in my sprinter van named Hope while building self-confidence, experiencing beauty, hearing inspiring stories and expanding my world beyond what I thought possible.

As I enter 2022, I want to take with me the confidence and awareness I have gained about myself. I want to free myself from relationships, both professionally and personally, that don't align with my values. I want to continue to advocate for influencing positive change. I want to use my programming to encourage employers and employees to strive for better. And above all, I want to continue to live from a place of hope.

So...how will you answer these questions as you begin your 2022 journey?

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