



DreamLift

March 2015

*a monthly newsletter from
Carol McKay, Certified Life Coach
helping people create happier, more passionate lives!*

Choosing When to Restart

Did the subject line of this email leave you a bit confused? Were you thinking, "Perhaps Carol has suffered a blow to the head that left her confused about the date?" Or, maybe you just know me well enough to accept that my sense of time is occasionally higgledy-piggledy.

Rest assured. This time, I really meant to ask that question. Let's face it, the New Year doesn't always come at the best time. When the New Year arrives, I'm often still in a fog from the holiday season. Sometimes I'm feeling a little stir-crazy, stuck indoors watching inclement weather. It's just not a good time of year for me to feel motivated to make changes. Additionally, since the whole world thinks that's the BEST TIME to make changes, I often feel resentful that change is being thrust upon me.

If you ask me, January is a terrible time for the New Year.

And then, there's February. It's a short month, so there's hardly a chance to get a good start before it's over! It's a time when I mourn the end of Football Season, but feel like Baseball Season is a long way off. I have to start gathering my records for tax time. I usually get laryngitis, or at the very least, a good cold. My skin hasn't seen the sun for so long I feel practically transparent. February is not a good month for a fresh start, either.

And then there's March. March has always felt like a sigh of relief to me. Things are looking up. We start to see some sunshine. Flowers and birds reappear little by little. Coats and attitudes both lighten up. We switch to Daylight Savings Time, and the longer amount of sunlight feels like a gift each day.

March is the best time for the New Year.

So, I mentally move it. I'm ready for resolutions and changes in March. I can see more

clearly the reality of where things are+and I can devise better plans for where I want to go.

So, I say to you, Happy New Year! Are you ready for the New Year? Are you ready to make changes? And, if you did attempt to make New Year changes at the traditional time on the calendar, with March you get another chance! You get a big olqRESET button. If you began January with any difficulty, you can just hit the reset button and consider March your new start+.

PLAYTIME

What's your March New Year strategy? What would you like to pursue this new year? What is it the right time for?

Is there anything you back-burnered+in January? Would this be a better time to bring it to the front burner?

How will you use this New+New Year to your advantage? What would you be willing to focus on, right now, to take a step in the direction of your happiness, your joy, your peace, your ease or your freedom???

Maybe the calendar is really just a suggestion...