



## A Fresh Start ...A Renewed Hope

By Judy Sylvia

There is such an excitement about a new year. **A fresh start...a renewed hope!** It's an opportunity to begin again and put the victories and challenges of the past year behind us. I love a new year. A clean canvas that beckons for us to create a new and beautiful masterpiece! We step out on a new voyage, not knowing what lies ahead but sensing in the deepest part of us that this year will be incredible!

A new year typically becomes a bench mark to evaluate what we are doing in our businesses and our personal lives. Time to evaluate whether the activities and time we are investing are warranted. Time to review where we are spending our money and if that is where we should continue to do so. For many of us, we have had major changes in our businesses, our finances, and our lifestyles. I am a firm believer that there are great lessons to be learned during the challenging times but I am more importantly a believer that is time to move forward again!

I want to share with you wisdom that I learned many years ago from my business coach of 12 years, Brian Buffini from San Diego. He taught me that there is a sequence to follow in our personal journey moving from “**SURVIVAL TO SIGNIFICANCE.**” For many of us, following the steps in order is challenging. We want to jump from the beginning steps to the end – immediately. Well that would be nice – that is typically not reality. The building blocks in between each level help build our foundations strong and sturdy enough to withstand the fierce winds that sometimes appear in life. As we journey towards significance, the impact we can have on our world is amazing. Plan now!

My prayer is these stepping stones will be a blessing to you as you begin anew this year!

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“Moving from Survival to Significance!”](#)

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