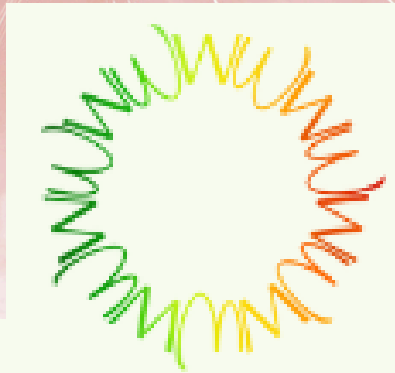


# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.”*

*-- Gloria Steinem*

## Dreaming A New Beginning

We totally understand if you skipped the New Year's resolutions this year. As an alternative, you might want to try something more fun, less stressful, and potentially more effective.

Try something called creative visualization. Imagine you living your best life.

Take some time to reflect on your “values, deepest desires, and goals.” Don't hold back, and be sure to include the most specific details you can muster. Details are the “secret sauce.”

At this time next year, what are you doing? What does it feel like? This visualization exercise is rooted in something known as the “anticipatory principle,” or the idea that we move toward the vision of the future we hold in our head – the more positive the vision, the more positive our future.

Knowing what we want helps us set intentions and work toward them. Our subconscious comes into play, too. You'll also begin to notice new opportunities that will serve you in meeting these goals.