
Celebrating Each Moment!

(Jan 05) Happy New Year!!!! As we begin our New Year at the tail end of hundreds of thousands of people celebrating the New Year, I turn my thoughts to the celebrations that we so often miss everyday and in encouragement to remember to celebrate all the moments, all the hours, all the days of our lives. Let me suggest too, that so often these joys, these celebrations come from a place of gratitude, a place of taking the time to enjoy the moment; each moment of each day.

When you wake up in the morning, do you give yourself time to feel grateful that you can get out of bed, you can see and hear, and even understand and think? (seems simple, some can't, many don't!) When you have your coffee, and eat breakfast, do you give yourself permission to take the time to enjoy the taste of the coffee, the taste of the food you are eating, and for some of us, the pleasure of the company of our friends, family or partner that we share this time with?

As we move through are day, do we keep in mind that every time we meet and greet another person is an opportunity to celebrate a new or existing relationship? Do we see the things we have to be grateful for? Do we tell ourselves how to have fun, enjoy, smile and more? Do we realize that this is yet another opportunity to connect with another person, to make a difference, albeit small or large, to make a difference in their life? Or to simply connect, to know you are part of something much bigger than yourself?

What about all the accomplishments we so often take for granted? The completing of a file, a project, the starting of an exercise program, the continuing of an exercise program! The eating of a healthy meal, the skipping of a snack! The celebration of another sale, the celebration of another moment with someone you care about, the celebration of a new found friend, the joy of smelling the air after a fresh rain, the joy of playing in the snow with children....(for those of you who know me, you know I can go on and on!)

Being able to celebrate, to laugh and to enjoy each moment is as easy as 1-2-3! In my book and CD: **“Getting What You Want: The Art of Living On Purpose”** I talk about *the power of intention*, of (1) first believing you deserve and can have what you want, then (2) knowing what you want, and third (3) setting specific goals and action plans to meet your goals! You see, once you are fully aligned with who you are and what you want, it becomes easy and natural to enjoy each moment, to enjoy the power of now and live a life of fulfillment!

A client and I were just talking about “celebration” and how FUN it is to celebrate all the little things in life... to laugh, to love, to share, to celebrate! A few days later she sent me this message:

Security cameras at Nordstrom's in Oak Brook picked up the strange sight of a middle-age women laughing out loud and dancing (albeit not very gracefully) while trying on clothes in the (Large) Women's department. She was wearing a pair of very baggy pants, which she subsequently returned to the rack. Guards did not follow or press charges, as she left without purchasing anything. She was heard to say "I won't be back here" as she left.

OK, you pointed out that I should celebrate life's occasions more....I can now officially shop in the normal size women's department. I'm elated! Just thought I'd share.

*Cyber high-five!
(reprinted with her permission)*

Yes, it is that easy! As a professional life coach, I have the great opportunity of helping others every day to ***live more fulfilling rewarding lives!*** So often people come to me living in this world that we have manufactured: this world of “have to’s”, “musts” “supposed to’s”. This world of looking to what is “practical” or what is “acceptable” instead of reaching inside, grabbing that which ignites us, which moves us, which gets our juices flowing and makes us want to yell to others that **THIS IS WHO I AM!**

Yes, we all have that yearning, that passion in us, stirring inside. How many of you now would like to be doing more with your life? More with who you are and who you are becoming? How many of you want to celebrate each moment, each day! Well, I say to you now: **CELEBRATE!** Stop doing what doesn’t stir you and begin to live your life so that you are grateful for each moment, so you appreciate those special people who come into your life, and to celebrate those special moments with those people who you are lucky enough to have stay with you in your life.

Happy New Year, YES! How about: Good Morning, Good Afternoon, Good Evening!
Happy Monday, Happy Tuesday....and so on... ☺