

A Prosperous New Year to You!

By Donna Deos

Happy New Year! I wish you and yours a happy and prosperous new year. May 2018 be full of all good things. May you communicate nicely with each other. May you take the time to listen to what others are really trying to share with you and may they reciprocate and truly listen to you and what you are trying to share as well.

I want to take a few minutes here and reflect on what prosperity is and what it means. I realize that this will be slightly different for all of us as we are all our own people with our own views on things. We all develop into who we are and how we see the world based on the way we have lived our lives and experienced everything up to this point.

With that said, how many times have we been wished a happy and prosperous new year and yet wondered – what exactly does a prosperous new year mean? It sounds nice for sure! But what really goes into prosperity and achieving it?

One definition that I found was a noun that said 1. A successful, flourishing, or thriving condition, especially in financial respects; good fortune. 2. Prosperities (plural), prosperous circumstances, characterized by financial success or good fortune. Wikipedia expands this to say “prosperity often encompasses wealthy but also includes other factors which can be independent of wealth to varying degrees, such as happiness and health.”

So, in my wish for you it would be the latter as I wish you all good things in every part of your life. True happiness and prosperity are really a way of life. It takes more than monetary gain to bring happiness and success in life. Sure, being financially safe or even affluent are fabulous things, but without love and wonderful people in our lives, what good does all the money do?

I think a happy and prosperous new year should include lots of fun, positivity and loving times with those we truly enjoy. Yes, we all have people in our lives that we don't necessarily enjoy but have to keep a relationship with.

I challenge you to see what ways you find to turn that around. How can you take that dreaded interaction into one where you end up



enjoying the time you are required to spend with that person?

When you can figure this out, you will have true prosperity in your life! When you can walk into almost any situation and say to yourself going in “no matter what happens, this is going to turn out fine and actually be a positive experience” you will see that this is really what starts happening to you. Trust me, I have done this recently! We all have this. You are not alone.

Sometimes in life we have situations and people in our lives that we do not enjoy and there is no good reason to keep them around either.

Guess what? It's okay to let them go. If they no longer suit your current lifestyle and sense of happiness, it is perfectly okay to stop spending time with them (even if you are related!).

You have permission to choose your own happiness and prosperity. It goes back to the Serenity Prayer: “God grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.”

When you can have the serenity to know you cannot change how things will go down and what that dreaded person will say and do, you can find the power to not care anymore because it is outside of your control. In not caring (releasing control of) what they say or do you take away their power over you and you achieve your serenity. Look to your inner wisdom to know what you can and cannot change. You can change how you respond. You cannot change how they will act. You do not have to be affected by them – that is your choice. That is what

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you control. They can only make you feel how you let them. Stop letting them ruin your happiness and prosperity.

If you find yourself struggling with any part of this, feel free to give me a call. It's time we all lighten our burdens and release the negativity in our lives and find our own joyous prosperity. Look to the good in all things. That is where you will find your prosperity. Release the negative. Keep the good!

A great place to start reducing the negativity in your life is in limiting your exposure to TV. If it isn't funny and happy, you don't need to

watch it. News and other drama/reality programs tend to be filled with negativity.

I'm not suggesting you lose touch with reality, I am suggesting that you listen to the headlines and then turn it off. You get to know what is being suggested, but you don't have to sit through endless hours of horrible things that put you in a negative place rather than a positive one. Change the channel!

To your happiness and prosperity in 2018!

All my best, Donna

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