

May your troubles last as long as your New Year's Resolutions

by Catherine DeVrye

What New Year's resolutions did you make? How many will you keep? And, why bother if you don't plan to follow through? It's that time of year when many of us vow to make changes in our lives. Sure, we'd like to change others or maybe even change the world but as I once had the privilege to hear Nelson Mandela say:

'When you have overcome the difficulty of changing yourself, then you can face the difficulty of changing others.'

Unlike Mandela, how many of us are willing to pay the personal price of turning resolutions into realities? It's far easier to do what we've always done and point the finger at someone else for our shortfalls.

My elderly aunt used to say: 'May your troubles last as long as your New Year's resolutions.'

She never became a household name like Mandela. Still, her homespun wisdom is no less relevant.

After fireworks have faded in the night sky, and the champagne is flatter than a pancake, many people feel much the same as they head back to work, rather than welcome the dawn of a new day, week and year.

New Year's Day-even though just another 24 hour period-prompts us to pause for at least a moment to reassess the direction in which we are headed. Usually, we're so busy being busy that we hardly have time to think about what it is that we're actually trying to achieve in our work and in our lives.

When what used to work at work no longer works... it's time to change our ways of thinking-and think of ways of changing

If you've ever felt swamped with workload? If you've ever wondered how to better balance your professional and personal life? If you've ever wanted a good reason to take some reflective time to think on those days when you don't know whether you're coming or going? Then, *'Hot Lemon & Honey-Reflections For Success in Times of Change'* has been written just for *you*. It's a collection of 52 timeless quotes and modern day business philosophies, with one for every day of the year.

Beware of management gurus with instant secrets to success. **You** have the answers to know what will work best for you! So, use this time to think about how you want your life to be in the year-and years-ahead. As you reflect, with an open mind, on the changes you wish to make in your life. :

May your troubles last as long as your New Year's Resolutions

And...You can start your New Year's resolutions any day of the year!

Catherine DeVrye, Australian Executive Woman of the Year, is a #1 best selling author and global speaker on service quality and change.