

Dream Big

I imagine many of you are just returning to work after a long holiday break. For the first time in 22 years, we closed our office during the entire holiday from December 20 through January 2. As well, I took a long break. There were only a few times throughout the holiday I checked e-mail and responded. Other than that, I did not think about work until I woke up on January 3 and got dressed to head to the office.

I thoroughly enjoyed family, friends and festivities. I ate all kinds of Christmas cookies and because I went to my hometown Cleveland, OH for 5 days, I got to eat all the traditional Italian holiday food I normally do not cook. My family and I relaxed, watched several holiday movies, played board games, sat around the fire and took occasional walks.

I am well-rested and very eager to 'hit the ground running.' On my flight home from Cleveland, I had lots of time to think about myself, my personal life, business life, family and wellness life. I re-read a great book that I read about one year ago called *The Compound Effect* by Darren Hardy and it reminded me that even I had been become comfortable with certain things throughout the year. While 2012 was challenging, I had numerous blessings.

So what do I want to do in 2013? I don't have all the details. I just know I want to do things I have never done before and challenge myself like I have not done in several years. While each year, I exceed the previous year's expectations, the leaps have not been monumental.

I plan to Dream Big and Live Big! But what does that mean? What does that look like? How do I take big steps or even just a little step but one that involves a little risk? How do I step out in a new way? I do I challenge the status quo? What can Office Dynamics do to top what we have done in the past?

What about you? Have you ever dreamed BIG in your life? When was the last time you dreamed big? Or maybe you dreamed big but did not live it. Many of our greatest inventions came about because one person had a dream—a vision of what could be. The hard part is when you have a dream in your heart you start to move forward, and then life smacks you on the hand! BAM! So you give up. Or you get sidetracked for so long, that you just forget about it.

Here are some questions to ask yourself:

What did I want to do in 2012 that I did not do?

Why didn't I do it? Was it because of outside circumstances or my own thinking?

What did I attempt to do and then stopped doing it? (like an exercise program)

What did I succeed in and want to pursue to a greater degree this year?

Where are my biggest strengths?
What do I vow to "never do again"?
What do I promise to do right this year?
When it comes to family and friends, what do I wish the most would happen? How will I make that happen?
How can I WOW myself this year?
What can I do in my career that will amaze others?
What old attitudes do I need to drop?
What is my motto for this year?
In what ways can I create more physical energy for myself?
One area of my financial arena that I need to improve is _____.
Who are the most important people in my life? How can I connect with them more often?
What is the most important to me in life?
What values are important to me?

And the list goes on. You should be ready to not only jump back into life but take big leaps this year whereby you will look 2013 as one of the most significant years in your entire life.

I wish you the most amazing and blessed year! DREAM BIG! LIVE BIG!

Joan