

Wroten & Associates

January 2016 Leadership Insight

No Regrets!

"Every day is a new beginning - a day for a new plan and new action. If today, in conscious awareness, you choose the same plan as yesterday, you are wise. If you chose a different plan you are equally wise. Whatever you choose, choose with intention." -- Jonathan Lockwood Huie

Make the New Year a year with no regrets! For starters, be sure to let your loved ones know how you feel. Your relationships will grow and so will you. Take risks and push yourself beyond your comfort zone. Trust your instincts. Your intuition can be a strong source of guidance. While rational thinking comes from your thinking mind, your intuition, that gut feeling, if paid close attention to will never lead you astray. In order to fully participate in life, leave work at work! We need a balance between work and our personal life and if we don't have a balance, we miss out on the things that are most important.

Let go of the little things that don't matter. Don't worry about the things you cannot control. Taking life less seriously is a key ingredient to having a more enjoyable life. Allow fun and happiness to be an everyday part of your life. Be open and mindful of the positive that is present in all situations. If you feel you have failed at something don't quit. Use the experience as a stepping stone to learn and grow. Remember, before becoming successful, some of the greatest inventions have come out of thousands of failures. Practice forgiveness and let go of the hurts and resentments you feel. Rather than tormenting yourself, your goal should be to learn from your regrets and relinquish them so they don't continue to impact you negatively. You have a choice to stay stuck in bitterness and resentment or to chose to forgive and move forward in a positive manner.

Each of us are unique and have our own values, beliefs, personality and desires. Be authentic. Allow yourself to be yourself. Pursue your dreams instead trying to live up to the expectations of others. It is important to make conscious choices each and every day and live life fully. Life is short and no one is promised tomorrow. All the more reason our lives are meant to be lived fully and with purpose. So live everyday with the intention of no regrets!

Wishing you a Happy New Year and a year of no regrets!

Positively provided by Wroten & Associates and Marilyn Allemann, LCSW, CPC

For additional information: Resource: Grace Bluerock, *Seeking Increase*

We are pleased to announce the merger of Wroten & Associates and Madory, Zell, Pleiss and McGrath, APC. This merger brings together two extraordinary law firms designed to meet the evolving challenges faced by today's healthcare provider.



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