**Holiday Greeting |   
New Year’s Day**

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# [Subject line] Find the Opportunity in Each Day this Year

Professor Michael Josephson said, “Approach the New Year with resolve to find the opportunities hidden in each new day.”1

It’s the start of a new year! And while entrepreneur and author Chris Behnke notes that it’s normal to look back and berate yourself for past mistakes, it’s not exactly helpful because it’s those hard times that make us resilient.2

All the mistakes we made in 2023 will make for a better 2024. But as the fictional character Anne in L.M. Montgomery's Anne of Green Gables said, “Tomorrow is a new day with no mistakes in it...yet.”3 And, Behnke says, a new day is an opportunity to try again and make different decisions.2

We can’t predict the future, but one general thing we can always count on is that we will get some struggle thrown our way in 2024. But it’s how we handle it that will turn any hardship into an opportunity.

*Forbes* reports there are several ways to see the opportunity in curveballs, including:4

* **Embrace it.** Acknowledge and embrace your current reality, rather than ignoring it and going into your comfort zone. When faced with adversity, figure out the underlying causes, take responsibility, and face it head-on.
* **Engage in self-compassion**. Everyone has their fair share of tough times and during these moments, we tend to overlook the importance of self-empathy. But you have to take time to be compassionate with yourself to boost your emotional well-being and confidence.
* **Boost your emotional intelligence.** Empower yourself and become the master of your emotions by truly experiencing and understanding them. Pay attention to how you react when triggered and take note of the emotions that emerge. Increasing your self-awareness and giving your feelings names are powerful ways to diminish their influence, ultimately leading to a more fulfilling and vibrant existence.
* **Take care of your physical and mental health.** Things like daily exercise, meditation and eating well can all help your physical and emotional health so you can make more optimal choices and better handle any negative emotions.

We wish you the very best 2024 with as few curveballs as possible. And while we can’t predict the future, we can help you plan for it so give us a call and we can help you with your plan!

Cheers to the New Year!

Sources:

1 <https://www.goodhousekeeping.com/holidays/g4069/new-years-quotes/>

2 <https://medium.com/@chrisbehnke/each-day-brings-new-opportunities-aa5fe889bf95>

3 <https://www.goodreads.com/quotes/704011-tomorrow-is-a-new-day-with-no-mistakes-in-it>

4 <https://www.forbes.com/sites/brentgleeson/2020/09/09/11-ways-to-turn-adversity-into-opportunity/?sh=dc345969c11c>

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