



## 12 Nuggets Of Encouragement For A Fresh New Year

1. **Write your dream down** in pen, but the plan in pencil, because life is filled with surprises, and being agile, is critical.
2. **Trust the process** no matter how it's looking. There are always lessons to learn and integrate so you can move on.
3. **Continue to be of service** to others in your unique way because, ultimately, that's what drives and motivates you.
4. **Look for signs that it's working out** and the **synchronicities** and **magic** happening all around you. Then, stop for a minute to appreciate it.
5. Don't allow frustration to overwhelm or stop you. **Find another way.** Try something different—bang on a new door.
6. **Acknowledge and record your wins**, no matter how big or small. This act alone creates more opportunities for more wins to come into your life.
7. **Find fun along the way.** Make up things to laugh about. Feeling joy releases pressure and stress.
8. **Surround yourself with others who have good energy.** Ones who are driven to succeed. That will rub off on you.
9. **Taking consistent action is key** to keeping the momentum. One small action is better than zero action.
10. **Put together your empowerment team.** Find a mentor, coach, therapist, whoever you need to succeed and feel supported. No one ever succeeds alone.
11. **Make time for your passions**, hobbies, exercise, downtime, rest when needed. You've got to fill your cup first - otherwise, you have nothing left to give.
12. **Believe in yourself** and that your dreams will come to be, but you must practice patience and repeat steps 1 - 11.



**Kori Burkholder, Purpose Driven Careers Master Coach**  
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