As 2010 comes to an end, we all have our own personal story from the last 12 months. At the same time, our particular journeys have certain things in common. We have all had to adjust to a number of personal and professional changes. We have all experienced gains in some areas, and losses in others. Certain experiences have been filled with happiness, while others have been stressful and sad.

In taking the time to think about the year as a whole, you may be surprised to realize all the things that you have learned, the connections you have made, and the challenges you have faced.

As you reflect upon your 2010 personal story, ask yourself the following ...

- What have you learned about yourself and those you are close to?
- What personal strengths and resources did you discover or reinforce?
- What was most satisfying to you?
- Did your personal and professional achievements meet your expectations? If not, were your expectations realistic considering your circumstances?
- How can your experiences from 2010 allow you to begin 2011 proactively?

Beginning a new year is a bit like starting a new chapter in a book. It is much easier to persevere with enjoyment and motivation when the previous chapter is well-understood.

Happy Holidays and Happy New Year!

The Longpré Team