



New Beginnings

- Are you back into the same old routine despite all those New Year resolutions about how it was going to be different?
- Are you already playing catch up and not getting to what you know really matters?
- Have all your good intentions gone out the window?

Ancient Romans named the month of January for Janus, their god of gates, doors and beginnings. Always pictured with two faces - one looking toward the future, the other back at the past - Janus is a fitting symbol for the turning of a new year.

As we step through the doorway from one year to the next, it's natural to do as Janus does: look back and ahead. But this year, instead of just reflecting on the past year or making New Year's resolutions, consider using this first part of the year to take stock of your life. And there is another way!

Join us on the [25th January](#) for our wonderful InShineOut workshop and get time to really figure out what you really want and how to make it happen.

When we discover who we really are, we stop living on auto-pilot and start to live with intention, focus and purpose. Our choices become clearer. We begin to make active choices in our life, instead of making excuses or passively living with the status quo.

We look forward to helping you create your New Year Revolution!

Email: sharon@InShineOut.com for more information.