

## New Years 2026

*When life outside seems challenging, uncertain, chaotic, it is time to wake up.*

With problems in the world around us, it is essential we offer the peace within us.

When the weather outside is bad, it is time to stay home to feel safe and warm.

Release what we cannot change and change what we can to find peace.

*We are here to remind us all to highlight what matters.*

**Value** what is valuable.

**Do** what brings you good feelings.

**Enjoy** what gives you peace.

*This coming year is already being planned in our home.*

We are creating a higher intention to make everyday matter.

We are adding to our regular routine even greater gratitude and joy.

We are choosing to begin and end each day with inspired intention.

We have a weekly sharing of our choices and changes to stay accountable.

*Our basic choices: (perhaps reminders for you?)*

**Focus: Self...Source...Service.**

Prioritize *personal health* with nutrition, sleep, fresh air, movement and wellness.

We have a *weekly menu* with home cooked organic vegetables, and healthy proteins.

We have *regular bedtime* with 8 hrs sleep with quiet gratitude reminders before bed.

We *daily exercise* in our outside tub (rain or shine) 30 minutes before lunch & dinner.

We respect and respond to body changes doing what brings *peace to any problem*.

We maintain our home & everyday lives with *easy routines* to support our well-being.

With *appreciation* and respect all is complete everyday with each doing our part.

*Robert and I are both inspired by our life purpose and call to serve.*

We spend time every day, each in our own way, listening, affirming & remembering.

Our life is both blessed and a blessing to be shared.

We honor ourselves and each other with many Spiritual reminders.

Our commitment is to remember why we are here together.

*"On Call for God." "Here to be truly helpful." "Listening for inner guidance".*

*Throughout our lives, we have always been of service to others.*

As children, we were happy being helpful to our family: parents, siblings, elders & all.

We show our love, respect and gratitude with thoughts, words and helpfulness.

We continue to offer listening, writing, counseling, coaching, contributing to others.

We show up for everyone seeking time, with happy appreciation for the opportunity.

We are blessed with the gift of being a blessing.

*Life is a gift of listening and learning.*

Each day is an opportunity to love and serve.

Every relationship is a place of healing and teaching only Love.

Our lives are a constant source of inspiration, education and co-creation.

We are here for you always with our best.

*Betty Lue & Robert*