Dear *First Name*,

If you're like most people, you found yourself juggling all of the things you had to do this past month, including social obligations and gifts galore, and you may have left someone very important off of your list by mistake… YOU! If you could have anything next year, what would it be? And why don't you have it yet?

When we don't have what we want, we tell ourselves stories about *why* we don't. These stories usually involve our circumstances: Not enough time, not enough money, not enough education, the wrong *kind* of education, etc. Or, they involve the people in our lives: Friends who don't understand us, spouses who are overbearing, children who are demanding, sick parents, etc., etc., etc.

I often upset my workshop attendees and clients by calling the people or circumstances we blame for holding us back exactly what they are— excuses. Not having money, time, or training may make getting what you want more difficult, but people whose circumstances are far worse than yours have overcome these obstacles by the sheer force of their commitment.

A simple "resolution" you can keep this month is to commit to giving yourself an hour's worth of time to figure out what you want and what's keeping you from having it. During that time, ask yourself these Five Questions as part of a "SWOT" Analysis:
1. If you and I were to meet three years from now, what is the absolute minimum that will have to have happened in order to allow you to say your life is terrific?
2. What strengths do you already have that you could leverage to get you there?
3. What weaknesses will you have to acknowledge?
4. What opportunities can you take advantage of that will help you along the way?
5. What are the hardships and obstacles you'll need to overcome to get to that point?

If you do this analysis before the end of the month, you can make *plans you will keep* for the New Year. Make time for yourself, and you'll be able to maintain your holiday spirit all year round, even as you work hard to ***keep REACHING...***