

January Getting Back on Track

A new year has begun and now may be a good time to step back and reflect on what you learned about yourself in 2017, what you are proud of and what needs to change. Also ask yourself what you want 2018 to look like and what you want to see happen.



Instead of focusing on Goals for the year, how about focusing on Commitments? A commitment is different from a goal in that it is an ongoing quality-of-life shift. Commitment is not measurable. It may have to do with the state or quality of being who you want to create in your life.

Examples:

- "I am committed to making a difference in the world through my work!"
- "I am committed to having open communication with my children!"
- "I am committed to a healthful lifestyle and a fit body!"

Goals and Commitments

- Career
- Money
- Health
- Friends and Family
- Significant Other/Romance
- Personal Growth
- Fun and Recreation
- Physical Environment



How much do you know about Aromatherapy?

Aromatherapy is Nature's medicine chest.



What are the benefits?

Pure essential oils can be used for a host of ailments; easing colds, reducing stress, enhancing sleep and even supporting digestion.

Oils like cardamom, orange and jasmine can help release blockages and support the adoption of intentions. You can diffuse these oils while you review 2017 and set your commitments for 2018.



Barbara and Stacey wish you a most prosperous and healthy 2018.

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