

New Year Aspirations

(Happy New Year)

Hope – never lose hope of a positive outcome in any situation.

Acceptance – learn to accept what unfolds in life, rather than fighting reality.

Pease – try to keep a peaceful mind, no matter what arises.

Patience – be patient and gentle with all people and situations.

Yourself – live your own life, not always swayed by others' views and opinions.

Newness – make this year a time of new beginnings and aspirations.

Effort – realize that steady, consistent effort will help you succeed.

Wisdom – take to heart and apply the good advice and wisdom of others.

Yesterday – let bygones be bygones, leaving behind past hurts and regrets.

Ethics – remember that a moral life with integrity is always the best in the end.

Appreciation – cherish each day, knowing that life can change, or end, quickly!

Results – know that thoughts, words, and actions always have consequences.

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