

How Denise Feels...

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Living Life ...

A New Year has arrived and once again some of us have made resolutions for the coming months. I was listening to the radio and a song came on about living your life in Fast Forward, Pause, Rewind or Play. Made me reflect and maybe even ponder what speed I was moving at.

Seems that sometimes when events and activities keep you moving at a breakneck speed you are in Fast Forward. Let's talk burnout-enough said.

Another option is Pause and although this pace is sometimes an attractive alternative you can't stay there too long or moss might grow on you.

Moving onto Rewind...it's okay to go back and revisit your past trying to rekindle those happy old memories but seldom does the reality live up to the expectations.

Now onto the best, the Play mode. Just the word has lots of connotations! To me it means moving forward at an orderly pace, while enjoying life. I like to think that play is not only the pace we are living but also the attitude we carry daily to keep moving forward.

And then there are Shuffle, Random and the other options... think about it!

We all probably move from each of these functions at one time or another.

Take charge of your "buttons" and move at your chosen speed in this new year.

Hope to meet up when we are all in the PLAY (in capital letters!) mode!

2008 It Was Great, 2009 Living Large All The Time!

See you on the road...

Denise