

Weekly Wisdom



Grow the Green for You and Your Team



“Imagination is the beginning of creation.”

-- George Bernard Shaw

Imagine Your Best Life

Feel free to skip the New Year's resolutions this year. Instead, you might want to try something more fun, less stressful, and potentially more effective.

Try something called creative visualization. Imagine you living your best life.

Take some time to reflect on your “values, deepest desires, and goals.” Don't hold back, and be sure to include the most specific details you can muster.

This dreaming exercise is rooted in something known as the “anticipatory principle,” or the idea that we move toward the vision of the future we hold in our head – the more positive the vision, the more positive our future.

Knowing what we want helps us set intentions to work toward them. Our subconscious comes into play, too. You'll also begin to notice new opportunities that will serve you in meeting these goals.

Give it a try, and Happy New Year!