



Extract from Josie's blog, at www.josieinthomson.com/blog

2016: Make it a year of no regrets







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What would you dare to do, BE or say if you knew you would be fully supported to succeed?

Every morning I greet the day with a 'thank you'. You see, in 1991 I was diagnosed with cancer for the first time, and given 6 months to live. It's moments like that which can awaken a renewed sense of aliveness in us all – a calling to truly take hold of life with both hands and live it fully. Well, that's what I decided to do! Good luck to anyone or anything that tries to stop me now!!

I am so blessed and lucky to be alive. When I flat lined twice in ICU, it was almost the end... but right now, in this time and space, each moment and each day is a new beginning.

As 2016 well and truly rolls ahead, it may be a fresh beginning for all of us. And the good news is we can prevent old or unwise ideas, habits and beliefs from stalling our joy, fulfilment and happiness.

As I've learned, life is rarely easy, but it's quite simple and it is always worth it. YOU are worth it! There's no reason to wallow in sorrow, disappointment or regret. When you are unable to change a situation, you are challenged to change yourself. And that changes everything!





My tips for 2016

Here are some tips of what we can all do DAILY to avoid needless heartache, headaches and regrets as we journey through this new year

1. Be intentional

Get clear about who you are, what matters most to you and what you stand for. The clearer you are about this, the easier it is to focus your attention and direct your valuable resources for maximum return.

2. Be here now

To be happy we must let go of what we wanted life to look like and appreciate it as if we chose it to be this way. There is a silver lining in every cloud – sometimes we need to look real hard. There is something to be grateful for even in the 'shitful' moments.

3. Think about the miracle that life is –the miracle that YOU are

Seize each day and make the best of each breath and this gift of life and living you have been given.

4. Say 'I love you' and 'I appreciate you' more often – even to yourself

Life is way too short to hold onto these words that can mean so much. It's too late to think or say them when a person has passed (I experienced 3 deaths in the space of 2 weeks last month – it was tough and what I was most grateful for was the fact that I had told each one of those people how much I cared for them and what they meant to me while they were still 'here'). Don't miss the opportunity. Be bold and free. Share what's in your heart while you can. The things we will most regret are the words we never said, or the things we never followed through on.

5. Tell yourself: "I am ENOUGH!" anytime you doubt yourself or consider yourself inadequate.

What you do and who you become in life are ultimately the result of who you believe you are – your beliefs. In other words, it's not what you say to everyone else that determines your life; it's what you whisper to yourself when no one else is listening that has the greatest power.

6. Whatever you do, do it with all your heart – with love and great passion

And with your full attention and awareness. Be fully present and put all you have and all you are into even the smallest of acts.

7. Take responsibility for your own life and your own happiness

Avoid comfortable mediocrity. Take action. Challenge yourself to live with the passion and prosperity you deserve.

8. Just because you can doesn't mean you should

Saying 'no' to 'good' things means you can say 'yes' to 'important' things. Consider when you say 'yes' to one thing, what are you saying 'no' to? Be mindful and discern wisely.

"As I've learned, life is rarely easy, but it's quite simple and it is always worth it. YOU are worth it!"



9. Time and time again, remember your 'WHY'

Why are you doing what you're doing? Why did you start? Never lose sight of your 'why'.

10. Question your questions before you doubt your faith

How sad it would be to get to the end of life and discover we were meant to enjoy life while all we did was doubt it? Back yourself. Back a winner! Believe you CAN. Whether you think you can or think you can't, you're right.

11. Stop worrying about what could go wrong and start paying attention to what could go right

Remember: even the wrong choices can bring us to the right places for our growth and wisdom. When we fail to get what we want, it may well be a blessing in disguise.

12. Give yourself some extra 'space' to think and gain perspective

Pause and take long deep breaths when you need one (or three). Sometimes we need to distance ourselves for a short time to see things more clearly. Don't make permanent decisions on temporary emotions.

13. Be mindful

Stress comes from the way we react to life, not the way life is. Adjust your perspective and the stress dissipates. We can't control what happens around us, but we can control how it impacts us. We are not defined by our circumstances – we are created by them. Right at this moment, your thoughts are setting the focus and direction for your day. Choose thoughts that lead to feeling fully alive, charged and enabled.

14. Allow things to be less than perfect

Don't dwell on creating your perfect life that you forget to live a happy one.

15. Set the example

Treat everyone with dignity, kindness and respect, even those who are rude to you – not because they deserve it, but you do. Don't be lazy and make judgments about people. We have no idea what suffering others are dealing with at any time. Be kind. Listen. Be humble. Be open. Be compassionate. Be a good 'mate.'

16. Pay attention to people's actions (and inactions)

People may not always tell you how they are feeling about you, but they will always show you.

17. Spend a lot more time with those who bring you joy and make you smile

Limit your time with 'energy vampires' or those who you feel pressured to impress.

18. Walk away from drama gracefully

You don't need it. Life is way too short for that nonsense.

19. Simplify wherever and whenever possible

Clear the clutter in your physical, emotional and mental space. Your outer world is a reflection of your inner world. The more peace you create withIN, the more peace you can savour without.

Open your mind. Enlive possibilities.



Josie Thomson

My goals for 2016

We are all a work in progress. I sat down intentionally over the festive period and wrote down my 'big goals' for 2016. They are:

1. Grow my database to 50,000+
2. Find a professional office space
3. Hire a personal assistant
4. Begin video pod casts
5. Set my Resilience TV project in motion
6. Exercise consistent extreme self care

I am very pleased to report that I moved into my awesome new office premises this month, and my 'wonder woman' PA commenced working with me on the same day! It's amazing how the universe conspires to support our goals when we are clear and intentional about what we really want.

The other goals are well and truly under way and I am confident that these will transpire this year. I will keep you posted, so watch this space.

Ultimately, the biggest difference between truly embracing life with gratitude and living with regret is our attitude. As has been written before: our attitude determines our altitude. It's all about how we look at our circumstances, and what we decide to do with our life each day. Every decision counts.

None of us really know what the future holds, so your best strategy for making the most of this one precious life you have is to make the best and most positive use of each present moment.

Discern and choose wisely.

I hope the ideas I've shared here will support you to do just that – to live life fully in 2016 and beyond.

Over to you...

What do you want to do (or work on) over the course of this year that you know you will not regret? Leave a comment below and share your thoughts with us. If you're having trouble setting your goals this year, why not book a coaching session with me?

Also, please help me spread the 'love' and encourage others to fully embrace their lives. Who do you know that could benefit from reading this article? Help me help you make a bigger difference in the world by sharing this post with your networks and those you care about. We can all make a difference.

Until next time, I leave you with one of my favourite quotes:

"Life is not measured by the number of breaths we take, rather the number of moments our breath is taken away."

Wishing you many 'breathless' moments!

For more about Josie and other resources, visit josiethomson.com