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Dear Friends,

**Happy New Year!**

My New Year's message for you;

First of all, you're not broken, and you don't need to be fixed. Secondly, life is to be enjoyed, not tolerated or added up, or compared. Thirdly, you can love yourself just as you are and still want to improve--try that instead of hating yourself *until* you improve. Fourthly, striving is exhausting. Replace it with appreciating and loving and laughing and learning and wondering. Change your verbs, change your life. Happy New Year, friends. May 2021 be full of love, laughter, and meaning for you.

Love and Newness,

Patti

**P.S. Last call for these offerings!**

**FIRST 37 STARTS JANUARY 1**

I am offering "First 37" again to those who want to **begin the new year mindfully and with intention**. We begin on January 1st! Those in the "First 37" online community will receive three prompts every day for 37 days to help guide the beginning of the New Year in a way that is meaningful, fun, and mindful. There will also be a private Facebook group for those on the journey in 2021. The cost is \$37. I hope you will join this amazing group of people in a New Year journey that will set the stage for an amazing 2021, no matter what the pandemic has in store for us. **We will explore being intention-driven, rather than circumstance-driven, a skill even more important in these days of uncertainty.** [Go here for information and to register.](#) I hope to see you there on January 1st!

**FREE WRITING PROMPTS EVERY MONDAY-FRIDAY FOR 2021! WAIT, WHAT?**

I'm determined to start writing *more consistently* in 2021, and am offering free writing prompts for the whole year via text message for anyone who would like them! You will receive a free writing prompt every Monday - Friday in 2021. Let's get our writing muscle built back up! **Just text "WRITING PROMPT" to me at 828-248-7513** and the prompts will appear beginning tomorrow, January 1st, like magic! Even if you just write for 10 minutes a day in 2021, believe me, it adds up!

Sent to: \_t.e.s.t\_@example.com

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