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Dear Friends,

Just before each New Year arrives, I always ask myself two questions:

What do I want to create in the New Year?

What do I want to let go of?

That's it. No complex formulas or Excel spreadsheets. No resolutions or reckonings. Just two questions. And if you write for 10 minutes on each of these questions, the answer(s) will likely arise. Keep in mind that the second question is just as important as the first. We must learn to let go more deeply. What isn't serving you any longer? Let it go.

A few interesting things for the start of 2020:

1. Gender pronouns are increasingly important. [Please don't go for a cheap laugh when someone tells you theirs.](#)
2. [This has always been a guiding light for me.](#) I fail at times but still hold it as a North Star to walk toward in my daily life.

3. I am hoping to take Feliks to Japan this year since he has always wanted to go, and have subscribed to [this newsletter](#) to get alerts on inexpensive flights and deals. Perhaps you'll also want to travel in the new year and find a bargain fare.
4. Here's [a list of books](#) I dearly want to dive into.
5. "Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining." [From an essay](#) by David Kessler.

There are never any affiliate links in my newsletters or on my blog.

In the New Year:

First 37 - Starting on January 1st, join me for the first 37 days of 2020. How can you set yourself up for success in the new decade? We will discover, write, see, and create together for the first 37 days of 2020. [Go here for info.](#)

Life is a Verb Camp - The Early Bird Registration rate is available until 12/31/19. Only 45 tickets remain. October 29 - November 1, 2020, near Asheville NC. [Go here](#) to get information and to register. Email support@pattidigh.com to get information on payment plans.

Hard Conversations: Intro to Racism - educate yourself on systemic racism, white privilege and white fragility, the myth of colorblindness, and how to be an effective ally. The 17th cohort of this online class begins January 7th. For details, [go here.](#)

Happy New Year!

May it be a year of great joy and meaning for you.

Patti

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