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Dear Friends,

It's (finally) time for a New Year. Especially after 2020, I'm ready for a fresh start - are you?

My favorite quote for a New Year is this one:

**“And now let us welcome the new year, full of things that have never been.”** - Rainer Maria Rilke

(Of course, that's exactly what we got in 2020, but let's be hopeful...)

I used to do elaborate New Years' resolutions, but now I ask myself only two questions on New Year's Eve:

**What do I want to let go of in the New Year?**

**What do I want to create in the New Year?**

Here are two of the things I want to create in the New Year, and I'd like to invite you along for the journey:

**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!

What do you want to let go of, and what do you want to create in the New Year?

I am sending love, and more love, your way this New Years' Eve.

Patti Digh

Sent to: [\\_t.e.s.t\\_@example.com](mailto:_t.e.s.t_@example.com)

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