

# Preparing for the New Year

December 25

The closer I get to the end of the year, my personal pain and trepidation rise over lost opportunities. I so desperately want the shame of my addictions to stop but don't know how to begin. I resolve next time, it will be different.

Today is the day to change our thinking beyond what we ever imagined possible. It begins when we walk into the rooms of recovery. With nothing more than a change in our perspective, we change our thinking and our actions soon follow. It is that simple. We don't *have* to wait for the New Year, the next holiday, the next excuse to stop our addictions. Today is all that there is so, right here, right now, why not do something different?

This moment could be our last alive. Making a change is nothing more than the risk we take as we get out of bed. Haven't we been in fear long enough? Haven't we given in, changed our minds, taken a step back and retreated just like we've always done? Imagine instead, making a brave move to grow through change. We don't have to be all-or-nothing people. We change with slow deliberation one moment at a time.

It starts with a decision to succeed. Today, we own our power because our actions prove sobriety and serenity are the most exciting changes ever before us. It's the beginning of purposeful planning of our hard-earned freedom. What a great New Year of possibilities this can be!

## TODAY'S MEDITATION

Dear God, with your grace and my preparation for the New Year, I expect success.

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*"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential." — Ellen Goodman*

