

# Living Your Life

January 2024 Newsletter

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## Happy 2024

Before you make your New Year's Resolutions here is an important question to ask yourself. What would need to improve or be different in your life for you to feel you were really living?

If we are feeling that our life is lacking authenticity then it might be because we are not listening to our values. Knowing what really matters to us and what we find

Unsurprisingly a correlation has been found between increased social media use and personal unhappiness. Trading your authenticity for approval can lead to the desire to create an image of ourselves that will meet with approval.

So, while living your life your way may not get you "likes" on social media, it will bring you fulfillment and happiness.



The theme this month is all about making a new start that incorporates living your life in a way that feels right for you.

The need to feel a sense of belonging can create tension between our real desires and what we feel others will approve. Feeling under pressure to present an image of ourselves that meets with approval may well have started in our childhood when our need to survive was intrinsically linked with feeling accepted and approved of. Ralph Emerson suggests that:

**"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment".**

**A new year is like a blank book. The pen is in your hands. It is your chance to write a beautiful story for yourself.**

**HAPPY NEW YEAR**

fulfilling are the keys to living purposefully.

We often start the new year filled with enthusiasm and that gives us the energy to review our progress and set some new goals. But setting goals to impress others will not lead to happiness, whereas aiming for something that really matters to you will.

Authentic living involves finding a balance between what is taking place within us and how we present and explain ourselves to others.

Try listening to what really matters to you and do one thing every day that aligns with your values.

Wishing you real happiness in the year ahead.