

## New Year Renewed Attitude

The old year is on its way to completion and as I find myself reflecting on this year I've realized that 2017 served as a reminder of how conscious one must be of distractions. As 2016 made its exit I was on track with the goals I had set when I began my journey as an author. I had asked and I had believed but before I could receive I let doubt swallow my faith.

Five years ago I asked for guidance in my storytelling, I asked to become a bestselling author and to one day build a successful publishing house. However when obstacles continually littered my path, instead of focusing my energy on faith, I allowed bricks of doubt and fear to create a prison for my dreams. Indulging in doubt funneled my digression from my intended path. Although I grieved putting my energy into something other than writing, I believed that this new path offered the security that writing was taking too long to manifest. I spent less time reflecting on my goals, less time writing and more time speaking into existence all of the reasons why my desires were not manifesting.

With the end of 2017 approaching, I've decided to take some time to reflect. Hindsight is always 20/20. Realizing that my energy has been misplaced, I have decided to proceed into 2018 with intentional focus. The type that doesn't waver in doubt, that doesn't indulge in fear. While my new path is a pit stop along my journey, it will not serve as a hinderance. Through these new endeavours I plan to create the means to return to writing as prolificly as I once did.

I am also realizing how important it is to make time for self reflection. By these means we allow ourselves to re-focus when doubt presents itself. It is through the doubt and the fear that we jeopardise our power to manifest the reality we desire.

Make a little time for reflection. Remember the goals that excite and drive the passionate endeavours in your life. Stay focused, stay faithful and be patient. As these reminders resurface I feel excited to shed the negativity I mindlessly picked up in 2017. If your prior journey presented any negativity, go ahead and shed yours as well.

May 2018 manifest all that you desire. Peace, blessings and Happy New Year!

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