

Happy New Year

Written by Gayle Nobel

Monday, 04 January 2010 22:09 - Last Updated Tuesday, 05 January 2010 10:09

Welcome to a new decade, a new year, a new month, a new day, a new hour.

Welcome to a new moment.

A new year always feels like a fresh start even if most of what I am doing is the "same old- same old". Somehow, there is a tiny shift in attitude or perspective that seems to happen at the beginning of each year. That shift has the power to alter the color of "same old- same old". At least, it seems that way for me. And now, a new decade. Yikes! Where does the time go? It seems like we were just worrying about whether all our computers would crash as we moved into the year 2000.

I am looking forward to a year full of possibilities. This includes the launch of my new upcoming book, *Breathe: 52 Oxygen-Rich Tools for Loving and Living Well with Autism*. Now that it is out of my hands (temporarily) and in the final stages of production, I can focus on updating this blog more regularly, video blogging, and writing more articles. So do stay tuned for some ongoing inspiration with a little information thrown in too.

Autism with Attitude is all about your attitude. But how do we cultivate an attitude of gratitude, a "half-full" attitude, an attitude that helps us live well?

And the answer is.....

I've decided it's all about awareness (noticing and paying attention), choices (being mindful vs mindless), and action (tiny baby steps of forward movement).

I used to write resolutions. Then I switched to intentions. Then sometimes lists of things I would like to see happen in the New Year.

This year I used these questions (courtesy of David Allen of Getting Things Done) to reflect on 2009 and look forward to 2010. I spent part of a morning answering them in my journal. Kyle, my son with autism, must have known I needed the quiet time- he spent his time in his favorite chair in his sunny bedroom listening to the new Norah Jones CD (in between noisily running

Happy New Year

Written by Gayle Nobel

Monday, 04 January 2010 22:09 - Last Updated Tuesday, 05 January 2010 10:09

around the house). Gotta love the quiet time.

I invite you to play around with these questions. Don't be scared, you don't have to have the answers to all of them- I didn't. (Biggest risk I took in 2009?- haven't a clue- maybe it's getting out of bed each morning ha! You never know what's gonna come at you during the day, right? or maybe I'm just not a risk taker the the true sense of the word :-).

I think these are great for reflection. They definitely got me thinking. What a great way to sum up the year and rev me up for 2010.

Wanna play? Bust out a new journal and a great pen if you want to make it special. Or not- but play anyway.

Here they are.....

Remembering 2009

What was your biggest triumph in 2009?

What was the smartest decision you made in 2009?

What one word best sums up and describes your 2009 experience?

What was the greatest lesson you learned in 2009?

What was the most loving service you performed in 2009?

What is your biggest piece of unfinished business in 2009?

What are you most happy about completing in 2009?

Who were the three people that had the greatest impact on your life in 2009?

What was the biggest risk you took in 2009?

What was the biggest surprise in 2009?

What important relationship improved the most in 2009?

What compliment would you liked to have received in 2009?

Happy New Year

Written by Gayle Nobel

Monday, 04 January 2010 22:09 - Last Updated Tuesday, 05 January 2010 10:09

What compliment would you liked to have given in 2009?

What else do you need to do or say to be complete with 2009?

Creating the new year

What would you like to be your biggest triumph in 2010?

What advice would you like to give yourself in 2010?

What would you be most happy about completing in 2010?

What major indulgence are you willing to experience in 2010?

What would you most like to change about yourself in 2010?

What are you looking forward to learning in 2010?

What do you think your biggest risk will be in 2010?

What is one as yet undeveloped talent you are willing to explore in 2010?

What brings you the most joy and how are you going to do or have more of that in 2010?

Who or what, other than yourself, are you most committed to loving and serving in 2010?

What one word would you like to have as your theme in 2010?

My theme for 2010: LIVE NOW