



New Beginnings!

This may take a whole day, but to sum it up, the Mopane' Leaders' Experience Retreat may have marked a new beginning for me!

“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” ~Carl Bard

At the retreat, I learned that each day of my life is a fresh beginning, not only the first of the year. I am committed to making new resolutions daily and any day is appropriate for doing so. Every day represents the start of a new, better, and happier life for me. The retreat is an unrivalled experience; now that I know how to start a new, I greet each day with sentiments of joy and the expectation of big and amazing things to come.

My mantra has become reiterating my aims and decisions for a fresh, joyful, and successful life daily. It has enabled me to be receptive to new ideas and opportunities and fresh approaches to achieving my objectives.

When we set resolutions but either don't follow through or start and then stop, we experience feelings of irritation, discontent, and failure. I learnt that if I don't achieve my objectives, I don't have to wait until the next week or month to try again. Every day, I can begin all over. There are no time limits on making new decisions or setting new goals, and there are no time limits on starting new projects.

Every day is an excellent day to make a resolution and start something new.
'Thank you, Mopane.