

THE NEXT CHAPTER



Happy holidays!

What a beautiful time of the year to take the time to reflect on what has been and what is coming.

I know that I always get super excited about making a list, goals, word of the year. This years one was 'consistent' – it might need to be brought out again next year as there have been a few lapses! What this time does is give us a chance to think about what really matters to us and where we need to focus our energy and attention going forward.

As you relax into the holidays (hopefully) here are some questions to ponder about whether your life is well balanced using some of the 7F's for a fulfilled life:

- Am I content with a sense of purpose?
- Am I using my skills in the right way?
- Am I ensuring I have strong connections and friendships?
- Am I learning new things and occupying my time in a way that supports a positive life?

This quick 'check in' on your 7F's will help guide your direction for 2024.

If you are interested in hearing more about the 7 F's for a fulfilled next chapter please get in touch elizabeth@thenextchapter.nz.

Have a safe and happy holiday season.

All the best
Elizabeth

