



A message for Channukah



This year has been hard. We have all been impacted. And now, we get to decide how to repurpose. We want to be, do and have better. And yet, change is hard. Especially in such darkness. Sometimes just doing one thing differently can make a difference. Together, let's try these 8 proven ways to bring more light into our life these holidays. **It's the month of miracles! And perhaps sometimes we forget that we are one!**

8 Practical personal development tips to focus on throughout Channukah this year

- 1** As we light the first candle, let's take a moment to shift our focus. If we usually focus on what's not working in our life, let's try something new. Whatever we focus on grows. Today let's focus our attention and energies on all our blessings. On what is working. Each time we find ourselves complaining or putting ourselves down, each time we focus on what's missing on our weakness, setback or obstacle, let's commit to reminding ourselves of our strengths, abilities and gifts. Even if we can find one to really focus on instead. Let's use this first light to focus on what we do have! It's not as easy as it sounds, but it will change our outlook significantly.
- 2** The second light glows to spark our ability to speak with greater positivity. Words are far more powerful than we realize. They actually can alter how we feel about absolutely anything. It's called transformational vocabulary and it's literally a science. Today let's decide to empower ourselves and all those around us by choosing words that particularly uplift, encourage and inspire. Each time we notice ourselves using negative self-sabotaging speech, let's stop and remind ourselves that we can talk our way into feeling happier and more primed for success by choosing more effective, kind and empowering language. This 2nd light is a beacon signaling us to use our speech to transform and elevate our lives. Transformational vocabulary is changing lives every minute of the day – let's start by changing GOT to GET. Instead of saying "I've GOT to do so something - try this instead - I GET to do it" and suddenly a burden becomes a blessing. Instead of saying "I have to", try saying "I choose to". See how that feels.
- 3** The third candles shines for kindness: the most profound and powerful core value. Let's resolve to share and spread as much of it as possible wherever we are. Kindness can save a life. Literally. Today let's be of great service to other people. Each time we see an opportunity to help, contribute or make a difference to someone else's day; let's grab it with both hands. We can literally light up the world this way in both our personal and professional lives. In fact, sometimes I think aside for divine miracles, it's the only thing that can! We all have such hard times; we all face chaos, uncertainty, disruption and challenges. Kindness can make the most meaningful and unforgettable difference to our suffering and pain. Be the light. And show someone hope and love, especially in dark times.
- 4** The fourth light burns bright with discipline, dedication and commitment to take just one step closer towards a goal. Today let's act. Beyond our best intentions and ideas, today let's actually do something measurable so we can see results. This fourth candle gently twinkles messages like: take a risk, make a call, stick to a plan, go for it, I believe in you, we can do hard things, and push yourself 1% more than yesterday. Take action! Then let's use this bright light to achieve progress and celebrate our success and our wins. We have to apply what we know and do what it takes to achieve what we want to ultimately accomplish. We either hold on to excuses or we create our desired outcomes. We can't hold both. Today, let's choose our results over all of our excuses! This is the fire that fuels us into deliberate action.

5 The fifth light beams to illuminate and reaffirm our values and our boundaries. A biggie! Today let's choose to be responsible for our living our highest values and meeting our needs with far more integrity - thereby teaching those around us how to treat us. With utter respect, let's decide what's negotiable, what we allow and what we forgive. Let's protect ourselves and give clear signals about what really matters most to us so that we live more authentically. When we do this, we inspire others to do so too and we ultimately create a world of greater honesty, openness, vulnerability and sharing. Today, take the time to connect with your core values. That way, they can guide you through decisions and choices and you can create a life that you really love. Values are our greatest guides and become our GPS for navigation through a complex world. Use yours to light your way and help you with your own boundaries and clarity. What are you going to put into your life starting right now and what are you going to take out of your life starting right now? This is your go-ahead light, inviting you to choose ONE thing right now.

6 Candle number 6 glows for connection. Proven over time through longitudinal studies by top researchers as the most essential lasting factor to true happiness, today let's focus our light on others. Let's listen more attentively and not try to respond immediately. Let's deepen our connections, let's spend genuine quality deep time with people we love, let's put down our screens when engaging and make eye contact and then let's enjoy more meaningful conversation with each person who walks our way. Let's use this flame to commit to real communication as a means to truly be there with and for those around us. Let's ignite greater empathy everywhere. Let's be more of human beings and not just human doings. What is one way you can generate connection at home at work and especially in a world gone digital?

7 The seventh night shines for forgiveness. Today let's use this light to help us in our own way to let go of all the negative feelings that don't help us grow or move. Let's accept apologies we were never given, let's not let our past failures and mistakes define us, let's move beyond wrongdoings and rightdoings to the field Rumi spoke so beautifully about. Let's harness our pure, good energy and power to forgive because some things are merely just too heavy to hold. In an assertive and constructive way, let's use this candle to enable us to take responsibility for own happiness so that resentment, grudges, heartache, pain and suffering down burn our spirits or those we care about. Let's use this light to see beyond what was up until now, and start with a fresh clean page. Let's forgive others. Let's forgive ourselves. Let's forgive situations. Let's remove the judgement and embrace the gifts and opportunities that are always there if we choose to seek them and find them. This is the light that invites us to let go and move on.

8 And finally, the 8th night, the one that literally and neurologically shifts everything and lights up the world - all 8 candles shining brightly - reminding us to soak in the light and appreciate the moment, show tremendous gratitude for all the miracles in and around us. The 8th light beams for us to remember to slow down, breathe, to enjoy life more to savor and most importantly to smile often. Today let's laugh, dance and fill our time with things we enjoy - let's grab onto this feeling and add more fun to our homes, relationships, classrooms, businesses and workplaces. Let's do something new. Let's start a new hobby. Let's turn up the volume. Let's be silly. Let's open our minds and hearts to what is possible. Imagine a day filled with lots of little lights that charge and boost our optimism and mindset: laughter, fun, joy, adventure, novelty, creativity and possibility. Live fully in this moment. Make the most of this day. Smile often. Your smile really does light up the world.

May our Channukah be filled with love, light and warmth and may all of these upcoming 8 days fill our hearts with greater meaning and inspiration so that we bounce back from the chaos, exhaustion, fear, burnout and anxiety that this past year has had in every aspect of our lives. **We can be the light!**