



Do you know what it feels like when your well runs dry? Not the one in the back yard. I'm talking about the one you draw from when you need to refresh your spirit.

If you've lowered the bucket often enough and still find it coming up dry, you may want to ask yourself some new questions.

First, ask if you've been here before. If the answer is yes, then ask if you got through it. Of course you did. You wouldn't be here if you hadn't!

There have been peaks and valleys, but not just valleys. How did you get out of the

valley? You kept moving forward.

Second, ask if you're looking in the same place for something new. If you are still looking for change, new beginnings, or a different outcome—in the same way, with the same tools, or in the same old locations—maybe you need to dig a new well.

This is harder than it sounds. After all you own the mental landscape your current well is on now. You can't start drilling on someone else's landscape, can you? Sure you can.

If someone else, anyone else has struck water, gold, or found a new way to get their products to the market, it means success is to be found.

Why not ask experts? Find out what others are doing that works.

A friend of mine says he thinks like a ground hog. Ground hogs have many entrances and exits in their "backyard." Plug one up and they'll dig another one to get out. No time for fear—just action.

Maybe the opportunity with dry wells is they force you to explore outside the comfort of the known. Isn't exploration the way you find what's new?

OK, let's apply the "well" metaphor, and look at what you can do to stimulate your spirit for the New Year.

1. **Drill Down A Little Deeper** – Look at what you've overlooked before. Let the light of your attention illuminate the details. There may be something you missed in your journey down the road that once realized makes the journey more fulfilling.
2. **Study Success** – Don't waste your time complaining. Someone knows how to do what you're "digging" for. Ask them how. Then listen. You only need to be coachable.
3. **Dig A New Well** –Doing the same old thing will just make you grouchy if it doesn't work! You know if it works or doesn't. Stop digging the hole to nowhere. Digging a new well takes effort, but it's worth it!

I'm doing all 3 this week. How about you?

My love goes with you as you work with this Uplifting Moment.