



Every day is filled with decisions.

Little ones and big ones.

Decisions that can change a life.

Usually around this time of year I'm making my new year's plan about what to complete, forget about, or begin.

But this year I have the absence of plans. Oh, there are still things on my proverbial plate, but it's different. Instead of filling the plate up with plans, I'm emptying the plate.

You might ask what I need an empty plate for.

Ah! There's no immediate answer. Nor am I looking for one. It seems that if I have a plate, I should put something on it.

But the truth is ... nothing comes to mind.

What's funny is looking back I see the moments I could have been kinder, and more aware. And wonder who that earlier Paulette was, and wonder who I am now, and who I will be, looking back a year from now.

So I'm entering this final week of the year with deep gratitude for family, friends, problems, and opportunities.

Nothing to add, I'm filled with love and peace.

Wishing you a new year created the way you want.

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