

## Reflection Friday New Year's Eve 31 December 2021

*An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. What are you? An optimist or a pessimist?*

Jesus reminds us of the power of the Word. It can create. It can destroy. It can affirm, support and uplift people. It can challenge and confront people. It can open people to love, kindness and compassion, all of which were present in Jesus whose word inspired people and continues to inspire us. The optimist will look for the positive and the good and encourage people to focus on them, whatever resolutions they make for the New Year. The pessimist tends to focus on the negative, the difficulties and the problems that can arise. So, once again, what will you An Optimist or a Pessimist?

### **Happy New Year**

Author: Catherine Pulsifer

**Happiness** depends upon your outlook on life. - Find the good in all situations

**Attitude** is just as important as ability. - Keep your attitude positive

**Passion** find yours this year! - Do what you love and you will never work

**Positive thoughts** make everything easier. - Stay focused and stay positive

**You are unique**, with special gifts, use them. - Never forget you have talent

**New beginnings** with a new year.

**Enthusiasm** a true secret of success.

**Wishes** may they turn into goals.

**Years** go by too quickly, enjoy them. - Wisdom from your elders, listen

**Energy** may you have lots of it. - Take care of yourself

**Appreciation** of life, don't take it for granted. - Live each day

**Relax:** take the time to relax in this coming year. - Keep a balance in your life