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January 2015 Newsletter



### Dear Friends of Goodness To Go,

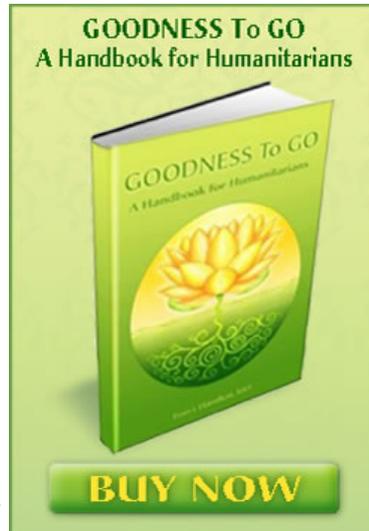
*The New Year beckons us with good cheer! During this potent time of transition, how will we welcome the gifts and potentials of 2015? As we step through this threshold, it's valuable to engage in the time-honored practices of reflection, self-inquiry, and contemplation. In a journal or computer file, or on a slip of paper, record your insights to the following questions:*

*\* What are 25 (or more!) personal accomplishments during the past 12 months? Doors opened? Lessons learned? Restrictions released? Challenges navigated? Resilience and resources enriched? Remember to acknowledge and honor yourself and your sources of support with respect and gratitude.*

*\* What do you need to live fully in the center of your inherent goodness? How might you deepen your self-care, expand possibilities, and act creatively, effectively, and enjoyably?*

*\* What gifts are uniquely yours and how will you offer them to benefit the world?*

Look for a more experiential Goodness To Go format coming soon! Many thanks for sharing the GTG newsletter and word about [Child In Need Institute](#) with your family, friends, co-workers, and global communities. Together, let's celebrate and manifest life's goodness!



### Mobilize Your Goodness



The former United Nations Secretary General Kofi Annan wrote, **"Our world is geographically one. Now, we are faced with making it spiritually one.** Through our scientific genius we have made of the world a neighborhood; now through moral and spiritual genius, we must make it a brotherhood."

Let's mobilize benevolent transformation in communities of compassion. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** I'm very grateful for the tremendous opportunity to sing, play, dance, learn, and serve in the new year, and am sending good wishes to all for the vibrant well-being, safety, prosperity, and freedom for us to flourish in 2015. Moment by moment, let a new life begin!

*Celebrating integral service,*



*Fran I. Hamilton, M.D.*

*P.S. Thank you for spreading the word about Goodness To Go through your social networks.*

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