

Getting Ready For 2023



Is there any reason to start thinking about 2023 now? There is still two months and the holidays in 2022! Looking forward to the next 60+ days might give you a sense of anxiety about it. Thoughts like “I need to get going”.

You can make your life more fun and productive by starting to think about 2023 now. The Thanksgiving weekend with lots of food and visiting with family and the year-end holidays of Christmas and New Years can unintentionally keep us from being ready to start 2023 with a bang.

One way to change our focus is to picture yourself doing something fun you did as summer ended. Maybe it was a get together over the Labor Day weekend with friends. Then when something you dread doing comes around and your self-talk starts to become negative, you can start to feel sorry for yourself.

Revisiting the images of yourself doing fun activities can renew you and build new habits. You will build resilience.

So how can we get the ball rolling and start our 2023 plan?

Having time for a morning and evening routine is a great way to begin and end your day. A morning routine of taking a walk, stretching, or doing yoga, writing in a gratitude journal are some great ways to get a positive start on your day.

And an evening routine of 5-10 minutes is an excellent way to wrap-up the day and keep you focused. To get started, find a comfortable spot, your favorite chair, your back porch, a bench in the park, whatever works for you, and you can do every day.

Have a notepad or journal handy to start your 2023 plan. Write down whatever comes to mind even if it seems silly later.

Make a note of any mental pictures that come to mind during your morning routine or in the evening when you are reflecting on your day. Keep these now for when you start 2023. By year-end you will have more. These mental pictures will be great for you in 2023 and some will be helpful right now.

You want to keep it simple. What is coming the rest of 2022 holds great opportunities and you can build on it so your 2023 is filled with joy and fulfillment.

On a final note, share some of the pictures you discovered. Share with a friend and ask them “What do you see yourself doing over the holiday season?” The more joy you share, the more joy comes your way.

Like to find out more about living a full and joyful life in retirement?

You're invited to join me for a no-obligation [Retirement Wellness Discovery Call](#) where together, we will:

- **Explore your ultimate “Retirement Vision”**
- **Find out what your biggest fear is** about what retirement will be
- **Outline a specific plan** for implementing those next steps
- **Take your first step** toward your “Retirement Vision”

Schedule your complimentary [Retirement Wellness Discovery Call](#) here:

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