

## Semiannual Inspiration: Do, Feel, and Be Better

Greetings!

For many years, I have told people that I like to use my passion for education, community building, and entrepreneurship to help others do, feel, and be better, and as we enter New Year's Resolution Season, I'd like to share a semiannual inspiration message about doing, feeling, and being better. This will be a short message because I know that this can be a very hectic time of year.

### NEW YEAR'S RESOLUTIONS TRANSFORMED INTO A SIMPLE MANTRA

New Year's Resolutions, in my humble opinion, are often too specific and very easily broken. Will you go to the gym more next year? Volunteer more? Spend more time with your family? Travel the world? Eat more healthily? Yes, you can choose to do, or not do, all of those things, but in the end, aren't they all about doing, feeling, and being better? So, let's ditch the resolution making and breaking process this year and replace those pesky resolutions with one simple mantra:

**I want to do, feel, and be better.**

What a sweet gift to give to yourself for the new year – permission to complete any goal that helps you do, feel, and be better. And you can even expand the mantra to:

**I want to do, feel, and be better for myself, my family, my friends, and my colleagues.**

Pretty powerful, no? You can help yourself and others to grow and change, and you can help make the world a better place. Your potential is limitless – I believe in you!

### **Questions for You:**

1. What can you do better?
2. How can you feel better?
3. How can you be better?

Doing better leads to feeling better, and feeling better leads to being better. Let's do this for ourselves and for every person that is important in our lives.

### CONCLUSION

I look forward to doing, feeling, and being better with you in the new year.

To offer a personal update, Jon and I are pleased to announce that we have returned to the West! We now have an apartment in Center City Philadelphia's Rittenhouse Square neighborhood, and whether you live in the city or not, we welcome you to stop by and see us in the City of Brotherly Love.

I'll end with a quote from Colin Powell that I recently posted on LinkedIn, Plaxo, and Twitter.

*"Perpetual optimism is a force multiplier."*

Doors are opening all around you. I wish you, your family, and your friends a happy and prosperous new year.

Regards from Philadelphia,

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*Have you invested in your community today?  
The world only spins forward - the great work begins!*

PS – You receive a semiannual inspiration message from me approximately 3-4 times per year. If you would like to forward my message to others, please feel free to do so. If they would like to be added to the distribution list, please have them email me at [BFish@aol.com](mailto:BFish@aol.com). And if you ever decide you'd like to be removed from the list, please email me at [BFish@aol.com](mailto:BFish@aol.com).

PPS – Previous semiannual inspirational messages dating back to June 2008 can be found at <http://brianfishbone.typepad.com/becoming-the-blog/semiannual-inspirational-messages.html>.