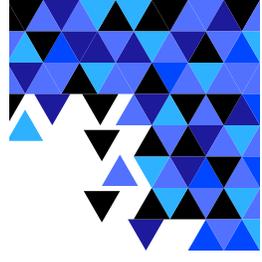


As Told by Kole



#PodcastNotes for Episode 54

The Last Week

Do you remember the end of 2016? Do you remember all the plans you made for this year? Do you remember any of the disappointments you felt at the end of last year? Did you promise yourself to make better use of your time this year? Did you make resolutions last year? Did you make goals? Do you remember what it felt like to be at the end of 2016? Were you excited? Did you feel accomplished? Did you feel like you failed?

Here we are at the last week of 2017. The very last week. I can honestly look back and say that I didn't accomplish half of what I set out to accomplish this year.

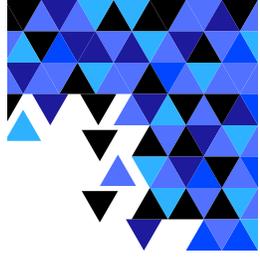
However, I accomplished so much MORE than I could have ever imagined. As I embark upon the last week of this year, I am evaluating a lot of things.

I have made a lot of changes in my life over the past couple of weeks. I have unfollowed a lot of people on social media just because I get tired of seeing the same people go through the same cycles all the time. I have filled my newsfeeds with more positive and uplifting people as well as people who really challenge me and make me think. I still have a few people who agitate me a little bit, but sometimes that agitation is very necessary. Remember that iron sharpens iron, and it does so by creating friction and heat. You need a little agitation in your life sometimes.

I have also made some decisions about my lifestyle. I'm gonna try to eliminate seafood from my diet next year. I'm gonna cut my dairy intake by at least 50%. I'm going to pray more, fast more and DEFINITELY read more. Definitely. I'm not making a lot of plans for 2018, but I AM planning to enjoy every single day and to be intentional about doing so.

As you embark upon the last week of the year, I encourage you to think about your life. You are right where you need to be, so don't get caught up "I should have been further". Maybe you should have, but right now, you are where you need to be in order to evaluate your successes and failures and move forward with a better plan.

As Told by Kole



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The Last Week

While you use this time to reflect, be sure to forgive yourself for your mistakes. Forgive others for theirs as well, whether they asked you to or not. And as you reflect, be sure to set your intentions for next year. Who do you intend to be? What do you intend to do? Where do you intend to go? How do you intend to help people? Write those intentions down. Don't type them out. Get you a nice pen and write them down. Your future will greatly appreciate it.

Remember to live your life. Don't let your life live you.

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by
Kole