



Let us help you get your *dhucks* in a row...

*Tips & Tricks*

January 2008

Welcome to ***Dhucks'* Tips & Tricks**

**Choose with No Regret**

My New Year's resolution is to **choose with no regret**, and I've spent the last 2 weeks writing draft after draft of this newsletter because I couldn't decide how best to motivate you for the New Year. So I'm going to take my own advice: keep it simple and **choose** this draft, with minor editorial changes of course, to send out.

*Clutter is postponed decisions.* You may keep things because you don't want to make the wrong decision and hear the dreaded words "I knew I should have kept it." I challenge you here and now to make as many decisions as possible in the coming year and celebrate the 'wrong' as well as the right decisions. Because the more you decide, the better your decisions will be. What's the worst possible thing that could happen if you choose to let go of some object or some piece of paper? I'm pretty sure no one will die if you let go of that 3 year old magazine, that broken lamp or those pants that never really fit. Take a stand and make a decision to let go of one thing. Tomorrow, do it again, and again the next day. Soon you will be **choosing with no regrets**.

I found my resolution in the following from mary anne radmacher:

**discover the possibilities which lie within you in order to live a purposeful life.  
live with intention. walk to the edge. listen hard. play with abandon.  
practice wellness. laugh. risk love. continue to learn. appreciate your friends.  
choose with no regret. do what you love. live as if this is all there is.**

Whether you make a New Year's resolution or find other ways to stay motivated this year, make sure you have some fun and enjoy life.

Shawndra



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