

## Seasons Greetings!

As I write this today marks the beginning of the winter solstice, a time for new beginnings. As we all look back and reflect upon the year behind us many of us may question our lives searching for events and circumstances that measure our success. We can not all become the next big movie star or that multi-million dollar lottery winner.

As my holiday gift to each of you I wish to aid in opening your heart and expanding your mind to help you determine what internal and external successes you have made in 2005.

I would like to share where I have measured my success for 2005 and ask that I continue even greater success in 2006.

I measure my success:

- On my ability to maintain a strong constitution and ability to successfully overcome adversity
- On my ability to be empathetic toward others
- On my ability to help those in need
- On my ability to stay healthy both physically and emotionally
- On my ability to heal my body if I do become ill (in my case, cervical dystonia)
- On my ability to keep a promise
- On my ability to maintain healthy relationships
- On my ability to be true to myself
- On my ability to follow my dreams and desires no matter how bleak opportunities may appear
- On my ability to convey knowledge, wisdom and compassion to help others heal

I feel I have made great strides in all of these areas this year, so for me as I reflect upon another year gone by I can be thankful for great success in 2005.

Don't forget to send in your questions for the "Ask Linda" column posted in my monthly e-newsletter and on my blog at [www.portraitsindetermination.blogspot.com](http://www.portraitsindetermination.blogspot.com)

Wishing all of you and very happy, healthy and prosperous 2006!

Be well,  
Linda Furiate