

QUICK TIPS – *Autumn Renewal*

For many of us, Labour Day marks the symbolic end of summer. We remember the conclusion of summer vacations and returning to school – that jumbled mix of excitement and trepidation, promising new faces and unknown challenges.

In preparation for a new school year, we got organized. We bought some new clothes. We loaded up on supplies. We re-set our internal clocks. We re-ordered our priorities.

Should you be doing something similar?

In your busy schedule, take a few minutes to contemplate what *Autumn Renewal* means to you, now. Here are a few things to consider:

- ◆ Are you doing what you want and love to do?
- ◆ Can you stop doing some activities by having others do them?
- ◆ Are you in the right place?
- ◆ What do you want to achieve in the next six months or year?
- ◆ Are there important initiatives that you've been deferring?
- ◆ Do you have a plan – for work and for you?
- ◆ Is it time to take on some more professional development?
- ◆ Are you positioning yourself for the future?
- ◆ Does volunteering seem right?
- ◆ Where do fitness and your personal time factor in?

Autumn Renewal is a great time to do a quick assessment of your recent accomplishments and challenges. It is an opportunity to take control of your life and pursue those goals that are critical to your well-being and personal fulfillment.

Take advantage of *Autumn Renewal* to commit to a fresh start. You'll find it invigorating.

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