

Thank You 2017...Welcome 2018 - Freedom vs. Actualization

Last year around this time, I was guided to pen my personal and professional goals for 2017 under the guidance of my business coach and friend Carissa Daniel. I am happy to say that in spite of the challenges the year brought, many of these have come to fruition.

To recap my mission for 2017 which was “to continue to bring exceptional service and value while providing the tools for my clients’ visibility and inspiring change within them.

The ultimate objective is for them to live a more meaningful and fulfilling life by sharing their innate gifts and living fully their passion and purpose.

My goals are simply to be FREE.

Free Spiritually, Free Financially, Free Physically, Free Mentally, Free Emotionally.

It is with a free spirit and a free heart that we can truly begin to remove the shackles of mental, financial and physical immobility that seemingly hold us back from living and giving freely all the things that really matter:

Love. Peace. Kindness. Time. Talent. Wisdom. Grace.

My wish for you in 2017 is that you allow me to help you tap into the above virtues, as we grow together so that every day is a day of freedom, progression, openness, purposeful and meaningful living, joy and true abundance.

May all your dreams come true. Happy New Year!”

Here are my aspirations for 2018: Actualization

As we prepare to usher in 2018, I will share with you my goals for making this year even better than the previous ones.

I'll begin by saying that this document is strategically aligned with my plans to serve you better in the new year (you may refer to whence it all began via my website: [2017 Strategic Theme](#)).

To be honest; as 2016 drew to a close, I did not feel that excitement or lightness of heart that I may have experienced in previous years. For many reasons, I was mourning the loss of several things in my life. Mainly it was the loss of my father who inspired the idea behind my books in the first instance – without even being fully aware. Thereafter all-things-related began to fall into place as the stars aligned to make it happen.



Still healing from the physical and emotional trauma of my accident earlier that year - which affected my earnings, and as more personal life challenges arose - including coping with the second anniversary of his death, I found myself becoming more and more sorrowful, as I was flooded by his memories everywhere I went.

No longer could I turn to him for moral and emotional support; and I sank deeper and deeper into an abyss of grief, despite the tremendous support from my tight inner circle of friends. (I did not want to burden my family who could not relate in quite the same way as my father.)

My coach could not fully understand why her efforts did not seem to penetrate my despondency to move ahead in my business in the latter months of coaching. But she was much more than a business coach, but also a sister friend (that’s her on the right).

While she knew some of the other reasons why I had lost my mojo, she really had to dig deep to lend the emotional support I needed to get to the next level.

Sadly, this feeling carried forth into the new year 2017.



Then on the 20th January, something even more atrocious happened to knock me completely off my keister, in terms of productivity and emotional well-being.

Already trying to cope with all the other variables happening simultaneously for the past few years, I was left emotionally spent. This time instead of grief, this incident ignited a different type of emotion within my being: rage.



We were taught as kids to not react and walk away from conflict. My friends, my priest and my legal advisors talked me through it and I was able to suppress the emotions momentarily.

However, this act was so vile and maliciously orchestrated to cause me grievous harm, that the more I was surrounded by the memories, the feelings began to fester.

It began to affect my mood, energy levels, productivity and eventually my earnings. I became despondent and a bit withdrawn, as this incident triggered all sorts of negative memories I thought to be long forgotten. Until one of my friends recommended anger management.

In spite of how I was feeling inside on most days; with the help of my family, friends, clients and my faith in God, I was able to plan and pull off another successful Book Talk & Jazz event in May.

My purpose is not to throw a pity party and make excuses for my fate. 2017 brought many good moments, friends and milestones my way, for which I am eternally grateful.



If I had to measure my progress in relation to this year's theme of Freedom written almost 12 months prior, without knowledge of the events that lay await, I'd say that my accomplishment was mammoth. I was able to release/free myself from the subconscious bondage of yesterday.

The irony is that my coach actually helped me in more ways without even knowing, since I did not even realize that as humans we are supposed to turn inward and release ourselves from those old 'pains' and heavy burdens.

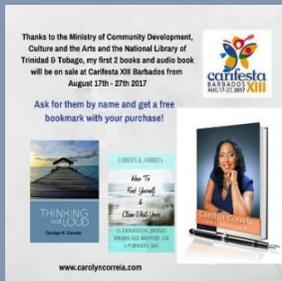
I honestly did not know how.



Many of us trudge through life and bemoan our fate when things go wrong, when we are the ones that did not do the work to find out why we sabotage lasting love and abundance from staying in our lives.

I soon realized that there were many unresolved issues that was subconsciously affecting me in almost all areas of my life. When I first began to clear the clutter, I was suddenly led to certain actions, people and places.

I began to randomly encounter people from my past and recall long forgotten memories and buried emotions. There was one person in particular that I ran into weeks before my birthday, that made me see life in a different way. Suddenly, everything was different as that acted as the catalyst for my eventual healing and freedom.



That inward journey happened again...very often. Initially I was the only one aware of what was happening. Events started to occur and reoccur causing a chain reaction of cathartic emotions that was too potent to keep to myself.

I began sharing these feelings with my mom, sister and close friends eliciting venting, self-discovery and healing resulting in the realization of my 2017 strategic goals of **'freedom, progression, openness and a more purposeful, meaningful, joyous and abundant quality of life'**.

Then just like that my mojo reappeared during Q3: 2017 and my productivity restored. It was only then in my myopic view of 'hitting rock bottom' that I felt true joy amidst the chaos and finally understood what everyone was saying to me all along: ***'Happiness is a choice unrelated to anything outside of us'.***



When we're 'stuck in the moment', we may think that we've cracked the code on life's mysteries or a particular subject matter, whether business, relationships, spirituality etc.

With more exposure and life experiences, we may realize that there's always a new interpretation or element to allow us to appreciate a different perspective. If we remain too rigid in our thinking, we may never fully (self) actualize our unique and specific purpose in this world.

I was somehow recently led to read and listen to my previous work and I realized that I was saying some of the same things I am saying now. As a result of my interactions and ability to remain open to the lessons, I can now add more depth, meaning and relatability to my innate leanings towards the subject at hand.



As 2018 beckons, I can now appreciate what my life experiences have taught me. Though I am yet to decipher and adjust to certain situations, I am in a much better place than I was 12 months ago.

Did I fulfill my mission for 2017? "To continue to bring exceptional service and value, while providing the tools for my clients' visibility and inspiring change in them, to live a more meaningful and fulfilling life by sharing their innate gifts and living fully their passion and purpose."

Based on the quality of feedback, interactions and tangible changes and shifts in mindsets, renewed zeal, passion and confidence I have observed in my customers' lives and my own; I would say yes, I have.

Healing is a continuous journey and while my year was filled with many painful, gut wrenching moments, as 2017 comes to a close, I can finally say that I am free.

Thank you for the many beautiful moments and lessons that brought me to this moment.

2018: I say bring it. I can hardly wait to fulfill my goals for 2018 via the application of these lessons, epiphanies and wisdom toward the **ultimate holistic, sustainability and equilibrium** we were all meant to enjoy.



***Endless Love,
Carolyn xo***

Author |Communications Consultant |Speaker

'Where creativity surpasses expectations' www.carolyncorreia.com info@hicomegaconsulting.com