



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
JANUARY 2009



## AUTHORS' NOTE

I hope you'll understand my choice to not include an excerpt from *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* this month. I feel strongly about the state of the economy and the actions and choices I see people making, so I'm dedicating this first newsletter for 2009 to that subject instead. Please visit my blog at [www.amlifecoach.wordpress.com](http://www.amlifecoach.wordpress.com) to read more and to offer your own perspective.

Until next month.....Lin

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## ***Approaching 2009***

In numerology, 2009 is considered a number 2 year. Globally speaking, 2008 (a number 1 year) began a new cycle, which lasts 9 years. The actions put into motion last year will continue to form and mature in the next 9 years. Considering the state of the global economy, this could mean hard times or it could be an opportunity to create a new approach to our lives.

How did the economy end up in such turmoil? Fear. That's right. Plain and simple, fear drove peoples' choices about their money in a way that resulted in a shaky economy worldwide. They stopped spending and investing. The circulation of money, in other words, spending money – within reason of course – is necessary to keep an economy healthy. Without money circulating, economies falter, people react and become afraid to spend, which causes the economy to get worse...and the downward spiral is in full swing. Until people accept that the current economy is a reflection of their fear, the spiral will not stop, and things will only get worse. If we continue to let our fears drive our decisions and choices about money, the outlook for 2009 will remain bleak.

I encourage you to take some time to think about your actions and reactions to the events of 2008 and then consider what your approach can and will be in 2009. I'm not suggesting you be frivolous, but I am suggesting that you take a serious look at the decisions and choices you make and not allow yourself to get caught up in the fear. If we act together responsibly, we can turn things around. In addition, take time to look at what you accomplished in 2008 and what goals and dreams were left untouched. Record your goals for the year, if you have not already done so. Writing them down helps to give them more life and, thus, a better chance of not being disregarded with the resolutions proclaimed on New Year's Eve. Put your list of goals somewhere that you will see them so they can serve as a reminder of what is most important to you when your life gets into full swing in 2009.



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