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December, 2009

Vol. V, Issue 12

Published Monthly

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## Rock On To Your Greater Future *Easy Principles for Living in Your Groove*™

**New Principle:**  
***Live Each Year As If It's Your Last!***

*Experience has shown me that what keeps us on the road to great futures, personally and professionally, is to have a set of core tenets that guide us even when the going gets rough. Each month's issue of the Gazette is focused on one of these principles.*

### In This Issue

[Announcements](#) • [A Note From Karen](#) • [Feature Karen Recommends](#) • [Tools, Tips & How-To's Widening the Circle](#)

## A Note From Karen

**HAPPY HOLIDAYS and THANK YOU!**

Just a quick reconnect as we all get ready for the holiday season to rev into high gear. Hope you are already in the swing of giving and loving.

What a great time of year! It's been gorgeous, now getting wet and cold here in the Litchfield Hills of Connecticut.

[Check it out!](#)

Before we all gather for the holidays I want to take a moment to say THANKS. I am grateful for your readership and most importantly, the trust you have bestowed upon me through this catwalk of a year. It's been a life-changing year for all of us. I'm thrilled 2009 is on its way out. Not that 2010 is going to be easy, but we are heading into an upswing that is beginning to emerge. [More...](#)

## FEATURE

No Feature this month, this is a short read. 😊

## Karen Recommends

Holiday time is revving up. Soon to the max. Have fun. If you're like

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**2010 Theme:**  
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me, I need to be reminded to check in on my breathing often, everyday. Especially when I'm adrenalized to the max. Just doing this will keep us conscious and oxygenated for the holidays! [Here are some more holiday ideas you'll love.](#)

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### *Tools, Tips & How-To's*

Last month's tip is worth repeating again for this holiday season.

#### **Be Prepared...**

Before the high energy of the holidays takes over [More...](#)

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### *Widening The Circle*

When you look forward to the unfolding of the last months of 2009, are you able to say that you will use this recovery to your advantage? What are you doing to make your future rock?

[Please share your responses.](#)

To provide us with an opportunity to really address important issues that we are all facing, your input on what is relevant and timely matters. If you'd like to engage in this dialogue please email me with topics or questions you'd like addressed.

I also invite you to get some 'real time' with me and your elite cohorts on one of my complimentary limited time offer, **ROCK ON** teleclasses on **Jan.7th & Feb. 4th**, and our upcoming weekly, **Future Works® Network** Member Meetings, launching **March 2nd, 2010**.

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### *Are YOU A Change Agent?*

**Innovation is the hallmark of our generation. We are called to be *Masters of Reinvention<sup>SM</sup>* and *Everyday Futurists<sup>SM</sup>* in creating today's new paradigm.**

Future Works Institute is researching the critical strategies for catalyzing change and welcomes your stories and strategies for creating positive futures.

[Go to the Research Info page to find out more.](#)



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Just a quick reconnect as we all get ready for the holiday season to rev into high gear. Hope you are already in the swing of giving and loving.

What a great time of year! It's been gorgeous, now getting wet and cold here in the Litchfield Hills of Connecticut.

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Before we all gather for the holidays I want to take a moment to say THANKS. I am grateful for your readership and most importantly, the trust you have bestowed upon me through this catwalk of a year. It's been a life-changing year for all of us. I'm thrilled 2009 is on its way out. Not that 2010 is going to be easy, but we *are* heading into an upswing that is beginning to emerge.

The winter solstice is almost upon us on the 21st. The word solstice is rooted in an ancient Latin word meaning "stop", or "to stand still." Let's use this celestial event to remind us to stop and reflect before the celebrations begin.

One of the great things about a new year is it gives us an opportunity to reflect on our past. A time to appreciate all the great things accomplished, and valued lessons learned. From this vantage point, we can consciously create the future we want.

Recently, one of my readers wrote in to [Ask Karen](#):

*Where can I develop an effective framework for planning the next chapter in my professional and personal life? I want a "safe haven" where I can do this with other like-minded folks who are creative, supportive and with lots of energy?*

In response to this email and to others who have expressed similar desires, on **January 7th and again on February 4th, 2010**, I will offer a **free 60 min. Teleclass, ROCK ON TO YOUR GREATER FUTURE<sup>SM</sup>**. If you are ready to take your next step, you will love this opportunity to strategize for a more successful and significant tomorrow while meeting others who share your same innovative and forward looking view.

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2010 Theme:



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The future will never be the same. Will you?

**Now let's get rockin' into the holidays! Remember this may be the start of the best time of your life.**

May You Leave Footsteps in the Sands of Time,



Karen Sands, MCC

Your Ultimate Guide to the Future<sup>SM</sup>

[P.S. I'd love to hear about your holidays and plans for 2010.](#)

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## Karen Recommends

Holiday time is revving up. Soon to the max. Have fun. If you're like me, I need to be reminded to check in on my breathing often, everyday. Especially when I'm adrenalized to the max. Just doing this will keep us conscious and oxygenated for the holidays!

And, please remember to love a whole lot. Chanting Sinatra's "Do-Be-Do-Be-Do" as your holiday mantra will help to sustain your balance in these quicksilver times. It's the water intake that still baffles me.

### Find the "right" charity for you!

If you are looking for an objective evaluation of the charities you are thinking about contributing to, please check out the [American Institute of Philanthropy](#) for up-to-date ratings based on sound criteria.

### For your viewing pleasure

I don't ascribe to doing "Whatever." But if you haven't watched Woody Allen's *Whatever Works*, it's a good time to rent it. The newest "must see" is Tom Ford's first and masterful film, *A Single Man*. It's a haunting retro love story and so much more. It's story both timely and timeless. The acting is superb. Cinematography wonderful. Both films explore powerful messages while celebrating life, love and synchronicity.

### Dog, Cats and the holidays

The Animal Rescue Site is having trouble getting enough people to click on it daily so they can meet their quota of FREE FOOD donated every day to abused and neglected animals. It takes less than a minute (about 15 seconds) to go to their site and click on the purple box 'fund food for animals for free'. This doesn't cost you a thing.

Their corporate sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising.

Their corporate sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising. [Here's the web site!](#) Please pass it along to people you know.

If you can, please tell 10 more friends

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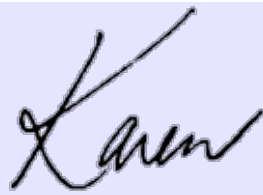
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## Tools, Tips & How-To's

Last month's tip is worth repeating again for this holiday season.

### TIP: Be Prepared...

Before the high energy of the holidays takes over... Please carve out some time to come up with what your intention is for your holiday events and gatherings. Make it a family conversation. If you are so moved, script out a holiday ritual you'd like to share with your guests. It maybe something very simple: You ask everyone to put their hands uncrossed over their heart, take a few deep relaxing breaths, then ask everyone to take a few minutes of silence together to give thanks. Or, you may prefer as I do to be more interactive. I'm so nosey I want to hear from everyone. If I have my way then I always start with the same question of each of us, "What are we most thankful for this year?" Some times it's a very simple prayer time with my husband Mark, other times its high ktich. However its staged, it's a great way to instantly and deeply bring everyone to the table.

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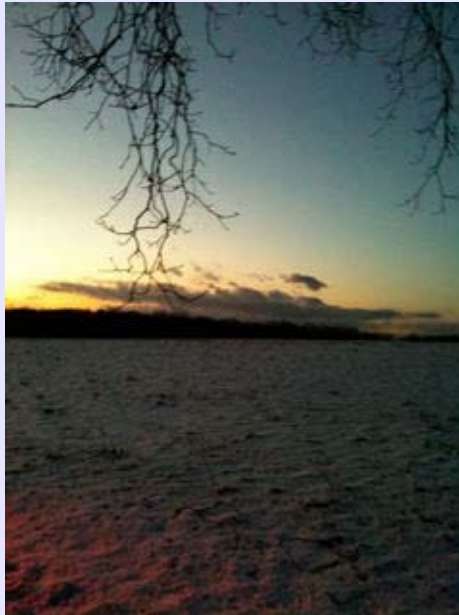
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## Photos of Connecticut



On the way to the P.O. Just views from our wintry neighborhood Toplands Farm



Our heart shaped pond our our back door.



Winter storm gushes at my favorite watering hole - a healing rush of negative ions right at home. Too bad its sooooo cold.

Karen Sands, MCC

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