

Out with the old and in with the new – Five ways to banish the memory of 2020 and focus on your future

Are you counting down the days until the end of December and the conclusion to 2020? If you are, you aren't alone.

Like an overfull belly on Christmas Day, it is safe to say we have had enough! Not one more sprout, not one more negative news bulletin. I am no magician and therefore am not claiming that 2021 will be trouble free, because, quite frankly, life isn't life without its ups and downs. But if we can put the year 2020 out with the rubbish, we can look to the future with optimism, hope and encouragement.

Sitting comfortably? Join me as I detail the five ways I intend to kickstart the new year!

1. Look ahead and not back

I have previously fallen down the pit of looking over my shoulder at what has gone before. Truth be told, there's no point. Yes, we can learn from our experiences, but the past is called that for a reason. Nobody, try as they might, can change history, but we can change what happens to us in the future.

If a by-product of this year will be the continued wearing of masks and social distancing, I am fine with that, so long as I continue to be positive and envisage a brighter future.

2. Set goals and challenges

If you are old school, like me, you may have a 2021 diary that isn't on an electronic device. Yes, my phone has its reminders set for certain tasks, but just making that note in your tangible diary can give rise to feelings of positivity.

Setting yourself goals and challenges throughout the year can only be a good thing, can't it? Maybe there is a new skill you want to learn, people you want to see, a hobby you want to resume. For me, the new year will start with RED January – a commitment to do something active each day of the month.

3. Dare to dream

Will the COVID-19 vaccine give hope to those wishing to recommence their world travel? Only time will tell when and how quickly this can be achieved, but an invaluable notion with no restrictions at any stage is the ability to dream.

There is a plethora of locations I still wish to visit in the United Kingdom. If this year has taught me one thing, it is how many picturesque gems there are within my boundary of West Yorkshire.

Travel aside, a sense of excitement akin to immersing yourself in a fictional novel or film featuring your favourite character can be evoked by allowing imaginative thoughts. Escapism and happiness await us all.

4. Park that virtual coffee

In the words of Chris Rea, 'I can't wait to see those faces'.

Zoom was an unknown entity to a lot of people pre-2020. Now, we are as familiar with it as our friends and family – possibly more so.

Wouldn't it be nice if we were able to put the handbrake on connecting online in those situations where a local meet-up is possible? I refer you back to point 3.

5. Renew that vigour for learning

Having set up my business in October of this year, I am extremely thankful for the help and advice afforded to me. The continued strength drawn from speaking with knowledgeable people from multiple backgrounds is a powerful magnet – one that keeps pulling me in to learn, learn and learn again.

Whatever your circumstances, listening to other people's experiences and learning about the paths they have travelled are two of the biggest gifts that life can offer. Such affirmation is bolstered as we look ahead with optimism to 2021.

The next year can be everyone's happy place, happy place.

By Craig Smith of CRS Editorial

