

Fall = *New Beginnings*

BY JENNA CAPUTO

Many people view fall as a time of endings - the end of summer, the shedding of dead leaves, the long sleep of winter, the end of another year. Granted, most people enjoy fall activities - playing in the leaves, apple picking, pumpkin patches, hay rides, cider, cider doughnuts, etc. - but they dread the day that last leaf falls and winter officially begins.

However, I've always looked at fall as a time of new beginnings. I don't see "death," I see the preparation of life. It is a time to reflect and make needed changes. It is a time to recharge and renew your mind, body and spirit. It is a time to take charge of your goals for your life and/or business. It is a time to give thanks and be grateful for everything you have and your accomplishments, and a time to think about what you want to achieve in the fast approaching new year. It is the rest (not death) before the new growth.

I know January is the usual time to make new year's resolutions, but to me, fall has always seemed like the real start of the new year. Maybe it comes from all those years of being in school and everything starting in September - I don't know. But whatever it is, fall is the new beginning for me.

As I prepare for the usual Thanksgiving reflections, I've realized that once again I have much to be thankful for this year. I was lucky enough to have many great things happen both personally and professionally. There are some new, promising opportunities lurking on the horizon for this coming year that I am also looking forward to. I get another wonderful year on this earth to make my own little mark any way I can, and I am so grateful.

So as the season turns from fall to winter, I am not going to mourn the end of summer, flowers, good weather, sunshine. I am going to rejoice in the chance for another new beginning! I am going to continue to walk confidently down this road of life and enjoy every moment of my journey - leaves or no leaves. I will cherish each detail the season offers. I am going to take full advantage of this period of rest,



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while everything around me renews and recharges - myself included. I will come out revitalized and ready to rock this year even better than last!

So let that last leaf fall - It's not just an end. It's a fresh start. A new beginning. Another bend in the road that offers a different view and new adventures. My journey awaits!



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