

Founder's Insight



Reflections for Great Endings

Ending well is an important aspect of professional and personal growth. It requires courage, authenticity, and integrity to reflect on and learn from our past experiences so we can move forward with purpose.

As we enter a new year, it's important to take a moment to evaluate how we have concluded the previous year. Good endings set us up for great beginnings! My father used to say, "All things, even good things, must eventually come to an end." It's a hard concept to accept, but I find it's true. In life we continually change and evolve. We are either growing or dying, and as we move forward in our life journeys, some things must come to a natural conclusion. Whether it's a job, a project, or a relationship, the way we end sets the stage for how we will begin anew.

It's natural to feel sadness or grief when something comes to an end. Sometimes we choose the ending and other times the ending chooses us, but regardless, necessary endings ultimately lead to new opportunities and growth. As we let go of the familiar and embrace the unknown, it's crucial to bring our healthy and supportive relationships along with us, approach new beginnings with a positive mindset, and maintain a clear vision for the future.

Cheers to 2023 and embracing all that the new year has to offer. Wishing you optimal wellness and much prosperity in your next journey ahead!

Jackie Mattox

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