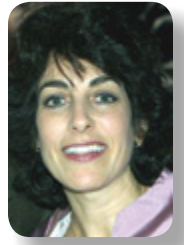


Message from the President – Caryn Starr-Gates



**“Each today, well-lived,
makes yesterday a
dream of happiness
and each tomorrow
a vision of hope.
Look, therefore, to
this one day, for it
and it alone is life.”**

~ Sanskrit Poem ~

With our theme this month focused on healthy minds and healthy bodies, I found these verses spoke to the heart of having a positive attitude, a powerful element of both physical and emotional well-being.

I believe that a huge part of our overall well-being is to have a positive attitude, think positive thoughts, and look toward each challenge as an opportunity for improvement, growth, and development. Those last three words are also a large part of what attendees gain when they participate in one of the great seminars and tele-classes offered by NJAWBO-Bergen members Loren Gelberg-Goff and Carmel-Ann Mania, partners in the practice, Being Well Within. We are fortunate this month that they will share some of their insights into creating greater well-being as presenters at our lunch on February 7. This free program will be hosted by ethos fitness spa in Midland Park, a great backdrop to the program’s theme: the beautiful upscale fitness center (for women only) is dedicated to your physical conditioning while its tranquil spa (unisex) offers all the services one needs to relax, pamper, and emerge renewed.

In that Sanskrit poem, the author is encouraging us to live our best lives one day at a time . . . making each day “well-lived” to create a history of happiness and a future of hope. I don’t think anyone can argue that in today’s world we need to generate as much happiness and hope as we can! Some of us do this through community service, others through our work. Our NJAWBO members who are life and business coaches, psychotherapists, and health and wellness practitioners surely are in business to help clients and patients discover (or uncover) ways to make each today as well-lived as possible. Those of us who engage in volunteer service in various organizations and in our communities find enormous satisfaction that comes from making a difference in the lives of others—certainly a positive activity for all involved.

What are the ways you plan to make each day well-lived in 2012? How do you envision creating a future of hope? Share your ideas with us by sending me an email at caryn@starrgates.com (put “Well-Being” in the subject line); I will compile your responses and post these on our chapter website (www.njawbobergen.org) as well as on NJAWBO’s Facebook page for others to read—and perhaps to become inspired to generate their most powerful well-being and to “Look, therefore, to this one day, for it and it alone is life.”

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