

BY ROBIN YOUNG

A fresh, new year is as good a reason as any to revisit timeless concepts when it comes to your life and your wealth.

How are you using the resources in your life: **time, energy, relationships, talents and money** to fulfill your life's aspirations? By revisiting these essentials in auld lang syne style, you can reinvigorate yourself for the year — hopefully years — ahead!

Wealth is derived from wele & weal "well-being" on analogy of health. True wealth connotes financial riches but it is also true to mean health. Wealth by ALL definitions is happiness. You may link the word "wealth" with "money." TRUE wealth is not; repeat NOT, the accumulation of money. Part of wealth is financial abundance but true wealth is much more. Research has shown that people are generally happier when they have abundance in all areas of their life including health,

family, work, community, inner growth, learning, home, and finances.

How can you use the resources in your life to increase your life's wealth? Begin by asking yourself how satisfied you are in the various aspects of your life. Take the time to really appreciate the areas in which you feel fully satisfied. Giving back at your local charity may provide you with energy and fulfillment, while needing to more fully understand your financial position could prove stressful. If you are not satisfied with your finances, then think about what resources you can commit to helping you achieve that goal, such as spending some time creating a budget or using some of your money to hire an advisor to help. If having better relationships with your family is important to you, then you may want to consider hosting Sunday dinners, planning a family vacation or nurturing a common interest.



Robin Young

Focusing your resources on things that are truly important is a both satisfying and richly rewarding way to spend the New Year!

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Networking Organizations

American Business Women's Association, 1-800-228-0007, www.abwanh.com, (NH)
Business & Professional Women/NH, www.bpwusa.org, (NH, USA)
Seacoast Women's Network, www.jredweb.com/swn(NH, MA, ME)
Women's Business Center, (603) 430-2892, www.womenbiz.org, (NH)
Women Supporting Women Center, (603) 772-0799, www.wswcenter.com, (NH, MA, ME)
Southern NH Women's Business Network, mcstrasburger@snhwbn.org, www.snhwbn.org,
The New England Seacoast Holistic Health Association (NESHHA) - Contact Pauline M. Derby at 603-964-7471; www.NESHHA.org.
Women Inspiring Women - Leslie Sturgeon, President, 603-744-0400; www.wiwnh.com.
The Commonwealth Institute, Lisa Christine Summerville, 617.803.0447 www.commonwealthinstitute.org.
One More Referral, Melissa Lesniak, www.OneMoreReferral.com
Northshore Women in Business, Peabody, MA, www.nswib.org
Dare to be Phenomenal, Maureen Campaiola, 978-794-4991 or maureen@daretobephenomenal.com

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