

Last Post of 2020



A greeting card design from Zazzle

I cannot believe this is my last post of 2020. Well, it's been a year, hasn't it? When I reflect back over the course of the last 12 months, I count my blessings. We are healthy and happy, most of the time. And 2020 is a year where the world realizes that having good health is a cherished gift.

Being the eternal optimist, I contemplate and note that even though life is bittersweet, many unexpected surprises emerge from these unusual trials and tribulations.

Importance of Friends and Family



Our annual holiday family photo

With lockdowns and restrictions, my focus is more family/home centric. With two adult children working remotely, we are lucky to have our son (who lives in DC) able to visit for longer periods of time. Our daughter loves being nearby and working from home allows her more quality time with her pets. Our youngest is at college, but within close proximity, which is comforting.

A welcomed side effect of being tethered to home is that we have strengthened relationships with our adjacent neighbors.



In the Spring, Wine at the Wall Wednesdays was a creative way to socially distance with our neighbors, yet still socialize. Bring your own glass and we would trade off who provided the wine. I don't know about you, but I need human connections. As a result, we now have this lovely circle of friends, who also happen to live right next door. Lucky us!

Importance of Personal Responsibility



It is never too late to be healthier. Never. It takes fortitude and a change in lifestyle, but now, more than ever, we must do our part to be well. One of my top blog posts is 10 Tips to Stay Healthy, which I posted last winter and before COVID. You can see it [here](#). There is SO much we can do to build our immune system and stay well.

Granted if you have a pre-existing condition, do what you can to make yourself less vulnerable to viruses. It is never too late to start on a healthier lifestyle.

The picture above is a card I received in my latest order from [Native](#), which produces an aluminum free deodorant. I highly recommend their products. But doesn't the card says it all?

Importance of Aging Well



There is no surprise here, but we are all getting older. Our aging population stresses our health care system, but getting older does not automatically mean poor health. There a plenty of older adults who enjoy an active vigorous lifestyle.

I believe happiness and aging well are choices. Granted, some days are better than others but you cannot stop trying to live an interesting, fulfilled life. If you haven't read my 10 Tips to Aging Well, here is the [link](#).

Kindness is Free



As I have mentioned, I have completely stopped watching the news. People who are hateful have no place in my life. No news is good news. Maybe it is naive of me to put my head in the sand, but I now have more time in the day to do something positive and productive.

In January 2019 I wrote a post on Kindness (see post [here](#)) because back then we were seeing less and less of it in the world. Then 2020 happened and it just got worse.

Instead of getting frustrated, I am committed more than ever to the mantra: JUST BE KIND. It doesn't cost anything and you never know whose day you will make better with a random act of kindness. Can you imagine what kind of world it would be if everyone did this?

Keep Moving Forward



Stenciled bathroom tile floor~see post [here](#)

For me, moving forward and keeping in motion is therapeutic. Creating momentum staves off paralysis and fear. If any year provided excuses for hunkering down and doing nothing, it was 2020.

However, we tackled more house projects than ever before, with lots of fun stories in between. Remember the mystery around the antique locket found under the dishwasher (see post [here](#))?



2020 has been the year of unexpected problems and expensive repairs with cars and plumbing. Cha-ching! For a while, it was one thing after another but let's hope that phase has passed.

Once travel opens up, I am definitely planning a trip to recover from all the projects, both planned and unexpected in 2020.

Focus on my Blog



Participated in Traveling Teacup adventures

This year, I truly focused on making my blog more enjoyable for you. My commitment to post on Tuesday, Wednesday and Saturday is occurring most of the time. My new found blogging friendships are allowing me to participate in blog hops with others. These same friends are encouraging me to be better. Lucky me!

The best part is that I am learning new things each and every day (another great tip to aging well!). The goal is to update the design of my website and add more good pictures of our home so hopefully you will see more positive blog changes in 2021.

Looking Ahead to 2021



Do you make New Year's resolutions? I do and for the most part, I do stick with them for at least the first 6 months of a new year.

My first resolution is to take better care of my hands. With all the hand sanitizer and washing more than usual, my mitts feel like sandpaper. Plus having clean and tidy nails is a good thing . My hands go directly into the dirt in the garden. I wash dishes without gloves. Truly, my 10 digits are a mess. I'd post a picture of them but you would shudder.

More Time for Painting



Painting more is also high on my list for 2021. Getting into a routine where I painted every Friday afternoon would be

desirable. And maybe then, I'd feel more confident in selling a few finished ones.

Re-commit to structured exercise



Post workout

Pre-COVID I was exercising 6 days a week. Pathetically, I am now down to 2-3 days per week and I can feel the difference. Do you need to do more? If you are interested in my exercise goals, I am happy to post those and perhaps we can keep each other on track. It is just a matter of starting...

Reducing the Clutter



At the end of 2019, I had over 7000 emails in my inbox. It took me 9 hours to sort through them. I vowed to not have over 100 emails in my inbox. Fast forward a year later and I have 7,394 emails in that very same inbox. My goal is to officially unsubscribe to nearly all promotional emails and only allow room for ones that matter. If anyone has tips on how to stop this email madness, please let me know.

On my camera I have 52, 000 photos. Just the thought of sorting and deleting and filing those gives me angst. But it needs to be done! Again, any help or suggestions would be greatly appreciated.

Celebrating the New Year



The days where I stayed up until midnight to welcome the New Year are long over. My choice would be to wake up early and watch the sun rise on a new year instead. Maybe a morning hike

or walk and then home for some fresh squeezed orange juice and fresh brewed coffee would be the perfect start to the new year.



How will you be celebrating the end of this year and the beginning of the next? What resolutions, if any, are you making?

Wishing you all the best for the New Year! Remember to stay safe, stay healthy but most of all, be happy!

Mary

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