

Ring in the New Year!

Dost thou love life? Then do not squander time, for that's the stuff life is made of. ~Benjamin Franklin



Holiday decorations started coming down yesterday. It is tradition to leave them up until the Epiphany (January 6th). Technically, my “new” year starts this week. It feels good to get back into a schedule!

Here are my top priorities for 2020!

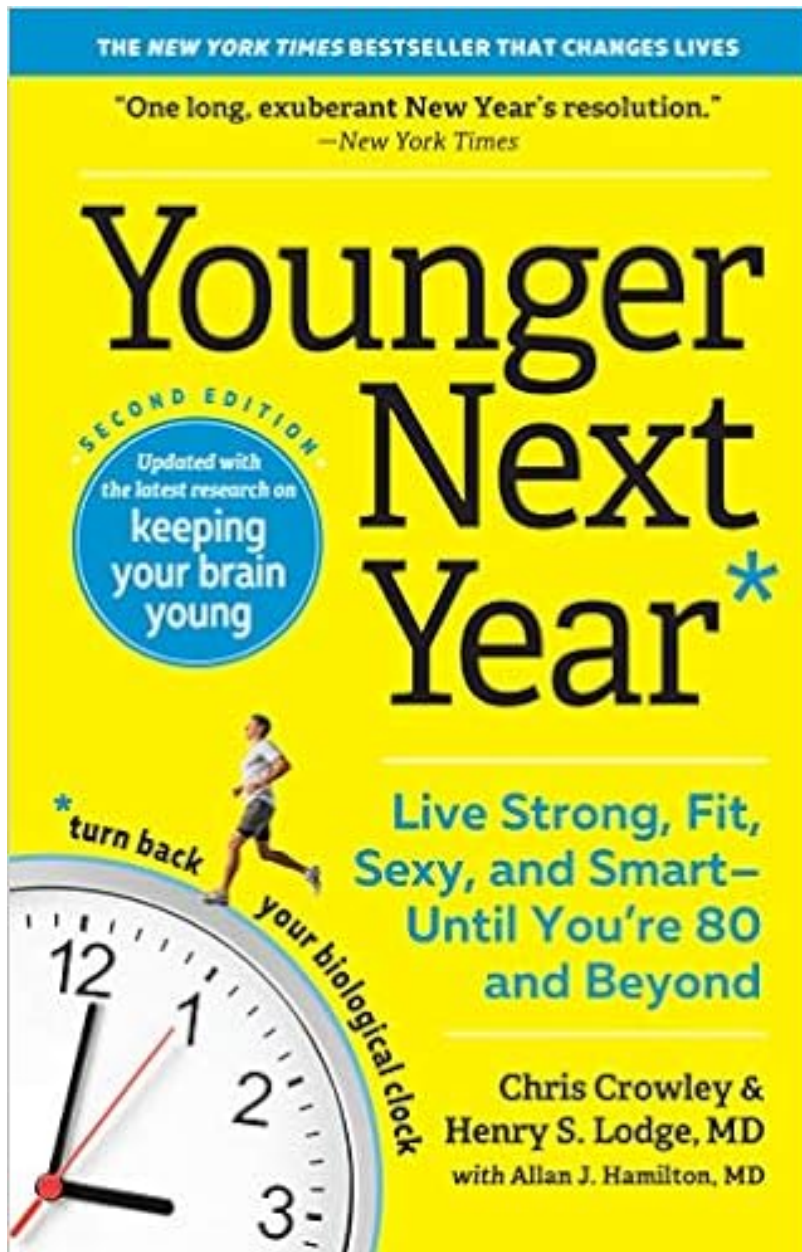
Being more organized and efficient.



Perhaps my most productive time in life was when I was working in corporate America and the senior management team had to go through the Covey Leadership 3-day seminar. Who remembers the 7 Habits of Highly Effective People? For years I used this system and it was brilliant.

I decided to implement this again. The action of writing it down seems to keep me on task. Doing it on a computer or phone doesn't give me the same sense of commitment. If I can stick to this for 2020, it will be a highly productive year.

Upping my exercise routine.



My family genetics tends to favor plump vs. lean and as a result, I have exercised most of my life. Currently, I do Pilates twice per week and go to the gym 2-3 days a week. I am reading the book, [Younger Next Year](#) (which I highly recommend for anyone over 50) which provides compelling information on how to live brilliantly for the next 3 decades or more. If you are interested in turning back the biological clock, this is for you!

Just remember...The human body is the ONLY machine that breaks down if you don't use it. Sitting is the new smoking. Move. Get up and get active. Become engaged. Let's encourage each other!

Tackling a few BIG house projects is a must in 2020.



The barn, guest cottage and well tower need exterior maintenance~~painting, staining, etc. The garage is going to be my January/February project~~what a mess that is. The back staircase that I wrote about months ago, still hasn't been completed. The front fountain needs significant repair. The priority to-do list is currently being created. However, I don't want to feel overwhelmed or financially drained so I am spreading out the projects over the course of the year.

Act like a tourist locally.



Waiting to be seated at a very cool, small Thai restaurant in Phoenix

When my son is in town, we do more local, fun things that we didn't know existed. Benjamin has an ongoing list of places he wants to visit. But when he is not here, we tend to get stuck in our comfort zone~~same restaurants, same destinations, same, same, same. I would like to, at least monthly or quarterly, try something/somewhere/some destination that is NEW to us.

Appreciation, Gratitude and Kindness.



The world has become such an ugly place, hasn't it? I feel we need to do our part to seek the beauty and loveliness of life. There seems to be so much hatred out there. I don't know of anyone who has made a good decision based on hateful emotions.

So please join me in being the force that makes a difference. When someone is rude to you, don't be rude back. If someone is frowning, smile at them. If someone is spewing political abhorrence, don't give them an audience. Kind and loving

gestures are FREE and have rewarding results for all!

Updating My Blog and Website



I have so enjoyed writing this blog and for the last few years. It's been personally rewarding and worthwhile. I can't even begin to tell you how much your comments and feedback mean to me. I read each and every email or remark from you. However, like with most things in life, I want to get better. Be better. I will be seeking new ways to improve my site and hopefully you will be happy with the results.



I don't advertise on the blog, nor am I getting money from sponsors. What I write is meant to be shared with you, in hopes that it will brighten your day, inspire or encourage you to try something new.

Spreading a positive, genuine, and informative message is my goal. Now, more than ever, we need to support each other...to find the true meaning in what makes us happy and fulfilled. That's the goal, right? Let's share with others who are seeking the same sense of satisfaction and quality of life.



Since I have started the blog, I have improved my photography skills, learned about technology in ways I wouldn't have, but there is still so much more to learn. In 2020, I am committed to improving upon the foundation that has already been laid. Up to this point, I've been a hobby blogger. I am hoping, with more focus and hard work, that I can expand my reach to many more.



My success comes from you. I appreciate all your support and hopefully you have told your friends to check out Life at

Bella Terra. I am on Instagram @lifeatbellaterra and do some (rather little) on Facebook, mostly because it's just me. No staff. No paid managers. No assistants. If you like what I am doing, please spread the word.



Of course, I have other smaller resolutions in 2020~~drink more water, learn to cure olives, and improve my hands/nails (notice how you rarely see my hands in any photos?).

What are your goals and aspirations for 2020. It's a new decade and time marches on, doesn't it? All the more reason to set forth in a positive and uplifting manner. Let's do this!

Mary