



## **A Change in Scenery**

By M.J. Clark

As I was on my way in to work yesterday, I felt so very happy that I actually started laughing in the car. It wasn't a particularly special day, and I had gotten no great news. My happiness stemmed from the fact that I was heading to our new office. ILS recently moved to a beautiful building in Westerville, and I was really excited about spending another day in our great, new office.

This positive emotional experience made me think about the New Year and how a change in scenery can really change a person's outlook. It made me think of other times when I felt excited and alive, like when I was a kid and a new school year was starting, or when I went skiing for the first time, or when I made a new friend who I thought was truly wonderful.

It's the little things in life that change our perspective. Don't we all need that from time to time? And yet how many of us are reluctant to try new things? When was the last time you made a new friend? When the last time you took a class to learn something new?

I have coached many people who feel "stuck." They are not sure why, but they feel bored with life. If this sounds like you, I encourage you to try something new this year. You don't have to move to a new office building to experience the feeling I did. You can get that same feeling of excitement by scheduling time with a good friend, trying something you have always wanted to but never had the courage to, or just signing up to volunteer for an organization you admire.

If you decide to take this advice, I hope this change in scenery will lead you to a bit more excitement in your life. You are in charge of your own happiness, so take some steps to truly take charge.