



And here we are! At another transition as one year fades and another is born.

Every year I reflect on the year that's been. The good, the bad, the blah.

To be honest, this year's reflections have been much more challenging and hitting much deeper because in my view, everything has changed and we live in a new world; and for that I'd been avoiding them; using the jejune mindset or is it the sage advise of 'just keep swimming'!

But this year! 2024! This year has not been one of 'just keep swimming'.

It started with a massive existential crisis, which had me questioning everything. Specifically, in contrast to the magnitude of the horror unfolding before our eyes, how trivial what we do, felt. Simultaneously we at Dynamic were gearing up for our January NLP Practitioner and I was grappling with a crisis of meaning and purpose. "How do I guide people through a course that is meant to enable them to connect to their sense of self, purpose and meaning, when I myself was struggling with the same issue?"

The hackneyed tropes of 'live your best life', 'live life on purpose', 'be the best version of yourself' were no longer cutting it for me, in fact they were giving me an itch. I found myself becoming quite cynical of this entire industry. We talk of values and purpose but as I observed, few live by them in reality, driven more by lack mindsets and fear based heart spaces than openness and abundance in heart mind and soul. So where's the ecology? Where's the authenticity?

This year has been a watershed moment, a glass ceiling year of reconnecting to what's important? Where are we going? Where am I going? What's the impact I/we want to create and have? And the humbling and profound reminder of how we are part of a bigger system. The gestalt of the individuals are part of the whole and the whole is made of the parts. The two are inseparable.



What does that mean? That when one part is hurting, we all hurt, the rest cannot go on as per usual. We need to heal that part for the whole body to heal so the whole can thrive.

This for me has been the central concept of 2024.



So how do we navigate the new normal, when the mirage has been ripped from our eyes?



For me it comes back to the individual is part of the whole. **The Power of ONE!**

THE POWER OF ONE is my central theme for 2025!



So as I reflect on 2024, it is the realization of how what might seem overwhelming odds, the **power of one** can and will prevail...however long it takes. Never underestimate the power of one. As each individual steps into their circle of influence and lives their life with volition and conscious creation, we can create profound change in our lives, our communities, the planet.

Creating safe spaces. Spaces for us to be able to agree to disagree respectfully; to be able to have the difficult conversations, including with ourselves. Recognize and respecting that for us to thrive, others also need to thrive and as we say in our training's, if you want to succeed help others to succeed. Diversity and inclusion being a cornerstone of the beauty of the whole. When we celebrate our differences and uniqueness, we create a whole that is multifaceted, bursting with vibrancy and life. We are not in competition with each other but rather we are all in a co-creation state whether we are conscious of it or not. By our very existence we are influencing the whole, so becoming mindful of what our influence is and what we want it to be and for what purpose.

Our growth and trajectory is never linear. Growth, as in life, is messy. Sometimes we hit dead ends, doorways, windows. The person who keeps persisting; having sensory acuity and behavioural flexibility will know to turn around, open the door, jump through the window and keep going. The actions that got you here will not take you to the next level. We need to learn, unlearn and relearn continuously. Ten thousand tiny steps will always get you further than one or two giant ones. So Keep Going.

Write your own eulogy. “People will forget what you said, people will forget what you did, but people will never forget how you made them feel” – Maya Angelou. At the end, its as simple as that - and also to apply to self.

How do you want to be remembered? What is the impact you want to have and what do you need to do to enable that? Life lived consciously and with volition will always feel more meaningful than a headlong unconscious rush towards make-believe goals. Respecting and being mindful that we never live or work in isolation and are always part of a bigger whole, a bigger reality.

We are spiritual beings having a human experience. The realization of how fleeting our lives are in the bigger scheme of things and often how trifling our goals and ambitions can be. So this life, these dreams, these goals and ambitions do they drive and connect to your higher purpose or are they just needs of the flesh? Are we living lives on a hamster wheel or are we a Shams or a Rumi?

And finally **Love, Gratitude and Laughter.** The part of our brain that processes anger/sadness/anxiety/jealousy also processes love/joy/gratitude/happiness. It can't do both simultaneously. As I say in all my trainings, laughter is the shortest distance between people. When we create spaces at work, in learning and in our lives and relationships that are filled with laughter, we enable generative growth and higher levels of well being.

And what an amazing world would that be through the **Power of One!**

Now as we prepare to welcome in 2025, there is renewed fervour and purpose in all that we do and all the innovations and exciting new directions we will be embarking on through the year and for our upcoming NLP Practitioner Certification training about to start in a few short weeks, bring it on! And prepare for a ride of a lifetime.

And so my friends, **HAPPY NEW YEAR! May 2025** be a year where you tread more meaningfully and with greater purpose. A year where you laugh more, love more and embrace all that comes your way - remembering that our challenges are gifts from the universe as opportunities for growth.

Remembering always **YOU MATTER! THE POWER LIES WITHIN YOU!**

With love and light,
Aliyah