

Pfft... Fresh Start? Please!

by

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shares her perspective on the term **“Fresh Start”**

When you walk into a room, do you notice the flaws that need to be fixed? The cracks in the wall or the fraying of the carpet? It's easy enough to cover these flaws up – a picture frame, a couch. Out of sight, out of mind. But what if there was a giant hole in the middle of the floor? Covered or not, someone is bound to notice it eventually. Clearly, a giant hole in the floor would need more than just the covering of a rug.

We sometimes experience huge holes in our own lives, and more often than not, it's really difficult to cover them up by ignoring it. The more we tend to ignore the holes inside us, the bigger they tend to get. The forming of holes is not a good sign and this is when you know that it is time for a change and a new beginning. So, what is so intriguing about a fresh start, anyway?

A fresh start is a golden opportunity to start anew without having any prejudice. A start from the very beginning. According to some 'Cornerstoners', a fresh start is a way to move forward by finding a new direction or angle to look at life. It can be a chance to do things again or a chance to do things differently when they don't go right the first time round. It's an opportunity to develop a new attitude and seek new motivation to live your life.

Now, you may ask, “How often do I need a fresh start?” It depends, really, on where you are in your life. Some may need a fresh start everyday, some every week. Or you may just need a fresh start when things are not working the way you planned or expected. Anytime is always a good time for a fresh start. And it's up to you to start fresh.

So, what's kept you from making the fresh start you need? Is it perhaps because you don't have the time to focus on change? Or perhaps you're afraid of what others may think of you? Maybe you're afraid of what your new self-image will be or you just can't see a silver lining. Whether, you feel overwhelmed, anxious, afraid or just downright low, invite the opportunity of change. It might just give you the inspiration, determination and encouragement that you need.

Instead of merely covering the holes in our lives, we need to fix them. And we may need a handyman to help us nail the floorboards back together again. Whilst you fix your holes, take it as an opportunity to learn why that hole came to be in the first place. The more you learn from your past mistakes, the easier it will be to start again. As Dr Seuss put it, “The more that you learn, the more places you'll go.”

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