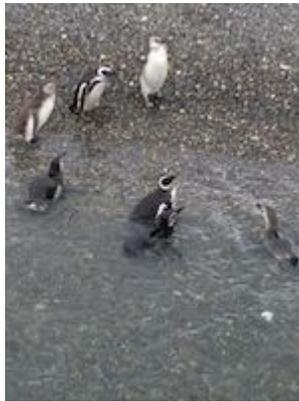




Year-in-Review: Planning for a Great New Year



I wound up in Ushuaia, Argentina over Christmas. The trip was kind of accidental, and the story long and irrelevant, but I got to see penguins and learn about an indigenous people I had never heard of, the Yamana.

There were 3,000 Yamana living relatively undiscovered on the tip of South America until 1882. They survived by deep diving for mussels in the frigid waters off Cape Horn and hunting sea lions in canoes made from tree bark. The temperatures in Ushuaia stay between about 30 and 50 degrees F, and they dove into these chilly waters as a matter of routine. (I was there during their summer and wore a ski jacket the whole time. It was cold.) Their habits shocked the newly arrived Europeans because it was so far out of what was considered ordinary and routine.

This got me thinking about habits and routines.

What habits or routines do we have that might surprise others, whether positive or negative? Are our day-to-day habits furthering our goals?

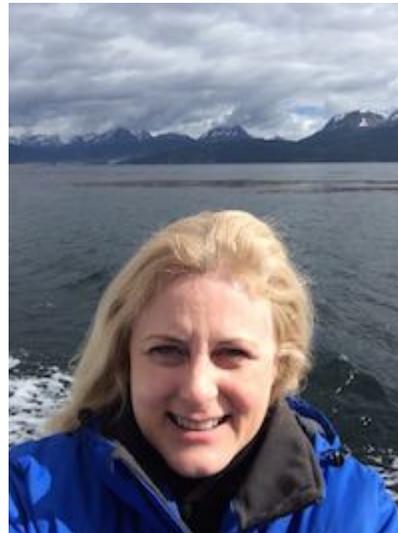
What habits do we have that help develop our business?

What habits are we creating that will move both our professional development and our

Mary's Updates

I hope you had a wonderful holiday season!

I ended up doing some economic research in Argentina and was fortunate enough to see penguins and sea lions. As you can tell, I was completely enamored with both.



Beagle Channel

careers in the right direction?

What are we doing to maintain healthy relationships at work, in business, with family, and with friends?

Are we doing what is really important?

The New Year gives us all a fresh start, a new beginning, and the chance to change what we want to change.

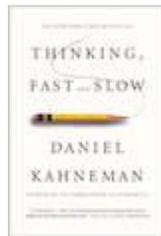
For businesses, strategic planners, families, couples, and teams, taking a quick look at last year as we plan for the future is a valuable exercise to identify possible areas for revision or habits that we want to change.

[Here is my one page, down-loadable, 5-Minute Year-In-Review template.](#) Please consider spending 5 or 10 minutes reviewing the past year and planning for an even better New Year.

I hope this helps. I wish you health, prosperity, and happiness in 2015!

Please share your feedback on this article on [my blog](#).

Mary's Book of the Month



[Thinking, Fast and Slow](#)

by Daniel Kahneman

Yes, a book about thinking. Daniel Kahneman is a psychologist who won a Nobel Prize in economics, and he researches behavioral economics and cognitive psychology.

I finally got around to reading ***Thinking, Fast and Slow*** and it is well worth the time.

Our brains have two main thinking systems, System 1 (the automatic system) which operates almost effortlessly, with little need for conscious thought. System 1 is engaged, for example, when we drive a car on an open road, brush our teeth, detect the origination of a crying baby, or other tasks we do automatically.

System 2 (the conscious system) is involved in mental tasks, such as calculating, writing, or counting. This slower thinking accomplished by System 2 is deliberate and orderly. When we get distracted, attention is diverted and System 2 functions slow down or stop.

Interestingly enough, System 2 jobs, the cognitive work, requires more effort, which



Sea lions



..and Penguins!

Media Tip

Get 101 Media Tips by Alan Stevens [here](#).

This is a must-have book for anyone looking to expand their media influence and public relations.

Filled with practical and proven methods for increasing exposure and garnering more publicity, Alan's experience in this business is evident. Just pick 3-5 things that make sense for you and do what he suggests.

Start 2015 by letting others know who you are!

Twitter and Social Media

Did you know that you can download your entire Facebook history? Under your Account Settings page, a small link will appear at the very bottom of the options list. Click "Download a copy of your Facebook data" to begin the process of securing your entire archive.

depletes our self-control. People engaged in hard mental work are more likely to give in to temptations. Aha! I related that to why college students eat more junk food during final exam time.

For example, walking with friends is a System 1 job. We can think about many different ideas while enjoying the scenery and holding conversations. However, if we decide to speed walk, the continuation of walking requires more mental energy and control. It becomes extremely difficult to focus on anything else other than the increasing pace. When we shift our attention to anything else, we have to slow down. This explains why distractions consume so much of our time.

This a fascinating book on how our brains really do run the rest of our world, from breathing to buying behavior.

For people excited about a New Year's resolution, perhaps, to read more, or read a book per month, **Thinking, Fast and Slow** is a terrific way to start 2015.

How Can We Help?

We don't assume, so here is a brief list of what Mary does:

1. Motivational business and leadership keynote and breakout speaking for conferences, convention, banquets, and events
2. Emcee corporate events and fundraisers
3. One-on-one business consulting
4. Strategic business planning and corporate retreats

Call Mary at 719-357-7360 for a free initial consultation.

Pet Tip

Keep the hair between toes clipped, especially during the winter. Pets have less traction on furry feet than on their pads, and the fur can accumulate debris, ice, dirt and de-icing material, which can be poisonous if they lick it off.



Thank You for Reading this Newsletter

Know anyone planning a conference who needs a motivational leadership speaker or a business that needs a push forward? Please [contact me](#). I greatly appreciate your referrals!



Mary C. Kelly

Connect with Mary



Would you like to use any of these articles in your newsletter or website? You can, as long as you include this at the end: With over twenty years of leadership experience and a diverse background leading teams in the U.S. and abroad, Dr. Mary Kelly makes leadership a reality for all levels of an organization. Register for her free newsletters at www.ProductiveLeaders.com
