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*Do we have a choice?  
Yes, we all do.*

# Reflections of the Season

By FC Law  
Country Director  
Six Seconds Malaysia

Maria Robinson said, "No one can go back and start a new beginning, but anyone can start today and make a new ending."

It's that time of the year when most (or some) people shift into a reflection mode ... We reminisce about the events that have happened, the people whom we have met and the memories we have accumulated throughout the year. As I ponder on this, I can't help but think about the myriad of emotions that had accompanied me these past 12 months. And if you think about it, the most powerful memory you have is probably one which had generated the most intense or greatest concentration of emotions - people, incidents, activities or even a single event!

What would it be like if our emotions did not accompany us during the year? Would we still do what we did if we had had different sets of emotions or thoughts during those occasions?



For me this year, I had experienced joy, pensiveness, surprise, sadness, curiosity, forlorn, gratitude, thoughtfulness, relief, restlessness, thankfulness, heart-brokenness, humility, lost, sense of longing, helplessness, courage, anxiety, calm, regret, affection, anger, empathy, frustration, optimism, disappointment, eagerness, fear, gladness, exasperation, anticipation, impatience, steadfastness, grief, fondness, hopelessness, satisfaction, hurt, trust and even betrayal but yet through all these, I realized my most unflinching feeling is hope.

Joy, surprise, curiosity, relief and calm taught me to move forward. Thankfulness, gratitude, humility and gladness taught me to be more empathetic and compassionate. Anger, fear, frustration, disappointment, exasperation, hurt and betrayal taught me about resiliency and inner strength.

Sadness, forlorn, restless, heart-brokenness, lost, hopelessness, regret and fear taught me about hope and appreciating every moment or person as much as I can.

Do I understand what my emotions are telling me? What insights have I gained this year?

I want to be thankful for what I have learned about myself, the people around me, the work I do and the life I have. Even the pains, hurts and failures have reasons and lessons. Our version of the truth is quite often different from others. People deserve second chances and so do I. Cut others some slack. Stop being judgmental as all of us have different expectations and perspectives. Things can change as suddenly from plans of joy and celebration to one of fear and survival. We cannot anticipate what can happen but what is certain is the present moment.

However, we can still hold on to the hope of tomorrow as there may be new windows of opportunities for us to touch lives, build stronger relationships, correct our wrongs, be a better person, live our dreams and be true to ourselves.

Do we have a choice? Yes, we all do. Even when we say 'we don't have a choice', that by itself is a choice we have chosen. So what are you choosing for this coming new year?

*"To know even one life has breathed easier because you have lived - that is to have succeeded."  
(Ralph Waldo Emerson)*

## UPCOMING WORKSHOPS

in 2013

- 7 - 8 March 2013  
Leading with EQ
- 21-22 March 2013  
Impact Selling with EQ
- 11-12 April 2013  
Success & Peak Performance at Work with EQ
- 29-30 April 2013  
Relationship Selling with EQ
- 17 May 2013  
Discovering the Power of EQ
- 27-31 May 2013  
EQ Certification - Building Capacity for EQ Transformation

For more information, visit [thesolutionsgallery.com.my](http://thesolutionsgallery.com.my) by clicking here.

## SNAPSHOTS from our recent events



## SEASON'S GREETINGS AND BEST WISHES FOR A GREAT NEW YEAR

For more information and registration, please contact: SIX SECONDS MALAYSIA  
(6-03) 5621 2178 and (6-03) 5621 2181 or email [malaysia@6seconds.org](mailto:malaysia@6seconds.org)

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Six Seconds Malaysia  
Tel : (6)03-5621 2178  
Website : [www.thesolutionsgallery.com.my](http://www.thesolutionsgallery.com.my)  
[www.6secondsmalaysia.com](http://www.6secondsmalaysia.com)  
Email : [malaysia@6seconds.org](mailto:malaysia@6seconds.org)  
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