

CLANCY'S CLICHÉ'S

If you've read any January Newsletters, you know there's always a New Word for the New Year. Drumroll, please 2019's word is **INTENTION**, because when one sets their intention, it usually makes things happen, and is *about* things that happen. Some folks might say it's about being in the moment. So go for it! Be intent on a conversation, or eating, or, even napping!



From the moment we open our eyes in the morning, consider what direction your dreams and vision might take you and move toward those intentions. Our lives are full of multi-tasking or juggling a myriad of things. Yup, robotic routines are necessary, yet it's about balancing those activities with intentional and focused tasks, sprinkled with objectives and direction - even if it's just *once* a day.

A good phrase to say is, "I am aware that..." (Fill in the blank, i.e., this doggie biscuit tastes great...this lawn is so comfy...there is an aroma of something not quite to my liking...). And this isn't only for one's own actions. It also means respecting the intentions of others. Say it again: "I am aware that..." (i.e., Jake wants to play and I'll let him jump over me...some one didn't get much sleep last night...)

Being mindful of intention gives purpose, stretches our sphere of comfort, helps design our day, gives us cause to paws or go full steam ahead, and brings our hearts hope. **Intention**. Now, doesn't that make things more special?

Oops...New Year's Resolutions, some one's asking? Well, OK then. Just spread some **P's** (peace-get it?) and Joy in the New Year:

Positive thoughts- who likes anything negative, anyway, eh?

Pray - communication always opens doors

Peace - feel it and live it

Presence - and presents help, too

Parallel - feel you're at some one's side spiritually, especially if they're out in the doghouse

Please - and thank you's

Pleasant - disposition, days, surroundings...put this word in front of any and everything

Pearl - even in the depths of our oceans, we can be like oysters and choose to grow a beautiful thing

Procrastinate - only in an emergency (yet, methinks it's very useful on occasion)

Purpose - ahhh...we're back to the definition of our word for 2019!

Promises - aka more New Year's resolutions:

Stop drinking soft drinks, they're soda pressing.

Change my password to something other than "password".

No howling every time I see or hear a dog on TV.

Stop repeating myself again, and again, and again, and again.

Taking longer naps for my health (it also makes my workday shorter).

No chewing red crayons or pens, because my master will think that I am hemorrhaging.

Spread the Good Chews!



(My jokes and puns may be cheesy
but I still think they're pretty Gouda.)

HAPPY GNU YEAR!

