

## Your Birthday Wish (and how it can come true)

This year, ...I had an *amazing* birthday.

I had the pleasure of spending it with my children and my husband. We had a beautiful lunch together, followed by a dinner date night with my husband.

As I blew out the candles, all I could think about is one thing: WOW, a lot has changed in me since last year.

In the last few months, I have undergone some personal challenges, and have been applying (or at least trying to!) all the mindfulness, resilience and self-care tools I know of: trying to get my 8 hours of sleep per night, eating nutritious meals, exercising at least 5 days per week, meditating daily, doing yoga (even if 10 minutes per day!), connecting with loved ones and asking for support when I need it, connecting with nature, letting my feelings flow through me rather than resisting or judging them, no matter how uncomfortable they are.

It has not been easy, and at times, it felt like a struggle I would never wish upon another being.

There have been times of peace and triumph, but **there have also been times of turbulence, unease, fear and shame that I am not handling a situation in a more "detached" and "zen" way.**

So, as I was blowing my candles and making my wish, I realized two things:

(The first one is a saying that I am sure you have heard many times, but this time it really "clicked" for me.)

- 1. We cannot change our circumstances, but we can change how we react to them.**

The only constant in our lives is change. And we cannot control the circumstances of life, but we can control how we react to them.

- 2. Wishing for an external goal or prize is transient and will always lead to disappointment.**

Placing our desires *only* in external goals places our happiness in the hands of others or chance.

Instead, wishing for something within is what has weight and permanence, and what we can actively work on to nourish and support. We have a direct say in our own inner-growth.

So this year, my birthday wish was about something I wanted to achieve on the inside - and it is the first time my wish has not circulated around a result.

It wasn't about getting ahead professionally, having material possessions, taking a vacation, getting a project launched, nor was it about specific people, or places. It was about what I can do to further my development from within.

Now this doesn't mean that I do not wish for my projects to succeed, that I don't wish to excel in my medical profession by taking the best care of my patients, continuing to grow and learn, and nurturing my relationships with myself, my family and friends. This is exactly what I want.

**But in order to achieve all of that I want, I must start from myself.**

We cannot control the environment, nor should we try to. It would be incredibly frustrating, because we would inevitably fail.

**We can, however, exert influence, we can create a change, by interacting and leading from a place of love, compassion, peace and understanding. From a place of acceptance, confidence and mindfulness.**

I challenged myself this year, to work towards an inner goal. I am committed to this journey and will be letting you know about my progress: both successes and failures.

I am excited and feel empowered. I know that the success of this goal is only up to me.

Now, I would love to hear from you. What are your birthday wishes? How are you working on making them come true?