



An EPIC! approach to the New Year

EPIC! Rule #1: Practice thoughtful wishing, instead of wishful thinking.

Happy New Year. The last 6 months have gone by in a flash, but here we are, a New Year. I wanted to kick off this year by sharing a different approach to New Year's resolutions. Most resolutions focus on a particular thing you want to change that so far has been VERY hard to attain. Instead of a New Year's resolution, how about an entire new way to play the game of life? As many of you know, I play a Decade Game (just created my 70 - 80 game!) and there are rules, or axioms, that guide my play - and make it fun.

Axiom is another word for norms that define "the way things are" today. Today's accepted axioms best reflect what has worked for the majority who are privileged in our culture and society. The Decade Game turns traditional axioms upside-down to unleash women to play a game of their own design, with their rules.

This one is particularly apt for the kick off to the year.

EPIC! Rule #1: Practice thoughtful wishing, instead of wishful thinking. Many people live in the past "I shoulda, woulda, coulda" or in the future "I really wish..." but aren't willing to take committed action for that desire. That is wishful thinking. Thoughtful wishing lives in the present. It turns out you have everything you need right now to have a life filled with meaning, purpose, and gratitude. Try practicing "want what you have, do what you can, and be who you are". That is thoughtful wishing. And unlike wishful thinking, thoughtful wishes always come true.

Here is a recent simple example of thoughtful wishing. The other day, my husband and I had a slight emotional kerfuffle over something silly. Instead of

wishing that he wouldn't get triggered over "such a small thing", I recognized that I was triggered too. Triggers are never about the present. They are echos of the past. I had a thoughtful wish that we could recover quickly. It prompted me to initiate an apology for touching a nerve. And voilà! A wish came true. Creating thoughtful wishes can happen when you detach from outcomes, attach to possibilities, and practice leaning into the dreams of your best being and doing.

Over the next weeks, I will be sharing more EPIC! Rules of the Game and examples of how they are showing up in my Decade Game. You can read ahead [here](#). Feel free to email me at carolyn@mydecadegame.com with any of the axioms that work for you.

Warmly - Carolyn

