



In the Year 2005:

What I've Learned and What I Know for Sure (At This Point)

What a year 2005 has been! This year didn't turn out the way I had planned. How about your year?

I have asked my assistant Fran to never again allow me to say the words, "Surely next year will be easier than last year."

Every year is one of great learning for me, but 2005 has been the year in which it has become clearer to me that everything happens for a reason, that the best of times and the worst of times always happen at the same time, and that I will survive and thrive if I just keep going one step at a time.

All of us face tremendous challenges in the coming years, but together I am confident we will make it through.

Hopefully, all of us in our own way will be able to experience the rejuvenation we need over the holiday season to prepare to face those challenges.

This e-newsletter and the article entitled "What I Know For Sure (At This Point)" at <http://www.melbabenson.com/articles.html> are dedicated to:

1. Everyone who tolerates, helps, and guides this "directionally-challenged," outspoken, flawed human being who asks lots of questions and is always "reinventing herself," believes she was put on this earth to help make life a little easier for all the other flawed human beings she comes in contact with, and needs to be reminded to "stop and smell the roses."

2. My birth family:

- My mother, who wishes I would visit more often and be more like she wants me to be,

but told me from the time I was born that I could do anything if I worked hard enough. Also, she taught me the fundamental values that have served me so well, loves me in spite of who I am, and keeps me in her thoughts and prayers.

- My sister, whose company handles my website and takes my draft of an E-Newsletter and does amazing things with it. She would be the same person who loves me and helps me through life's ups and downs although she is a very busy woman who takes care of a family and inspires journalism students as an Adjunct Professor at Texas Tech University.

- My brother, whose company handles all my printing needs, tries to understand his introverted older sister who "works against type" and needs to stay home and read to rejuvenate instead of going to the Eagles Concert at American Airlines Center. Although I left for college before he was in junior high, he is never too busy to be my "911" in the D/FW area and to provide the information I need to pursue my life's purpose.

3. My assistant who manages me, my life, and my business. She teaches me every day what it is like to be totally loyal and unconditionally supportive to one's job and one's boss. Also, she cares enough to tell me the truth about myself and about how I am doing, because she always knows before I do.

4. My financial planner and everyone at his office who work diligently to keep this "aging Baby Boomer" in good enough financial condition so she can retire some day although they know she will never truly "retire."

5. My primary care physician, who discovered and put together the team who is helping me recover from the mistakes the neurosurgeon made on what was supposed to be routine cervical surgery.

6. The independent contractors who help with everything on a moment's notice.

7. My dearest friends who I don't get to spend as much time with as I would like, but still help me through the challenges of every year. These friends have been particularly understanding this year as I move past the most challenging but most rewarding year of my life.

8. My teachers and mentors who have guided me and will always guide me through all ages and stages, formal education, and "street smarts."

9. All my clients, from those who have been with me since I began professional practice 20 years ago to those I just started working with. You tell me what you need, and I do my best to meet your needs. I especially appreciate those of you who "build me up" when others attempt to "tear me down," and who have been the best therapy by getting me "up and working," as quickly as possible.

10. The God I believe in who called me to my life's work, allows me to be deeply spiritual instead of being a "religious fanatic," gives me opportunities to work with people of all faiths and no faith, always provides everything and everyone I need to do my work, and helps me overcome what many people would call "insurmountable odds."