



Focus

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Saying Goodbye

I'm not one for long goodbyes, so this article will be brief.

In my work with clients and in my personal life, I have learned that we cannot fully move ahead into the future until we make peace with our yesterdays. That can be difficult. But we must complete our endings before we can fully engage with new beginnings.

Dealing with the death of a loved one is a useful analogy because it's so familiar. Whether it's our own family member or one of a friend, we instinctively realize recovery is a multi-stage process. This process follows the timing of the heart, and cannot be rushed. Neither should it be extended unnecessarily. So it is with more mundane endings.

Chances are, you have some unresolved endings. If so, be honest with yourself and identify what is past; define what's over and what is not. Also identify losses, especially emotional ones. Then forgive yourself for regrets – that's essential.

I began this year by remembering and completing last year, reviewing successes and failures, and then – in some cases with a deep breath – saying goodbye and letting go. Then I could boldly begin marching into 2012.

What about you? If you have unresolved endings, give them honor and respect and whatever else you feel is necessary. Then let go.

Best wishes for 2012!

Tom Wagner

ANNUAL DISCLOSURE STATEMENT

The little guy in the heading photo is the brains behind this outfit.
His Dad and I just tote heavy things and drive him around.

Tom Wagner

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