



## HAPPY YOU YEAR! **YOUR BEST YEAR YET!** #CrushIt

“It’s never too late to be who you might have been.” - George Eliot



Gail Alofsin (in pink!) with her University of Rhode Island students – “Crushing it” with the team from Stew Leonard’s in Norwalk, Connecticut.

It’s Q1 – how do you feel about your 2019 goals? The projects in your life? The people in your life? The energy in your life?

This is YOUR year – what does this mean? If you are in good health, have a place to live, food, faith, family and friends – bless yourself. You have the gift of life!

This month marked 5 years that I have had the privilege of conceptualizing, organizing, leading and teaching the University of Rhode Island Career Rhode Trip. We (14 students plus me) visit with over 50 professionals in the “real world” – focused in the Manhattan and Connecticut areas. I always learn new vernacular from the students and found “Crush It” an interesting expression indicative of working hard and excelling at the projects you embrace. In my day, the expression was “hit the ball out of the park” which is a bit cumbersome for a hashtag.

Whether you are searching for an internship, job, new career, activities, friends or the love of your life, let’s think about how YOU can #CrushIt in 2019.

Confidence. Have confidence in yourself. Create transformation in areas of your life that could use it. Have confidence in others and instill this confidence by illustrating that you believe in them- your children, friends, colleagues, students or direct reports. Believe in yourself. You have done it – you can do it. Trust the process, things will happen when you make them happen.

Reach. As David Gray sings in his hit song, Babylon: “If you want it, come and get it, for crying out loud.” Enough whining.

How hard are you trying? Don’t wait for healthy relationships, assistance from others, good grades to magically appear, career opportunities or being understood. Every day offers an opportunity to reach beyond boundaries – arms extended, eyes wide open. Let’s go!

Unstoppable! This is you. Respectfully break through barriers, persevere and don’t give up. Henry Ford professed, “Whether you believe you can do a thing or not, you are right!” Don’t be intimidated or listen to naysayers. Enough. It’s on YOU.

Spark! Show your passion. Show the spark in your eyes, your step, your voice. Lead with passion. If you are not passionate now, at the beginning of a job search, new project, new activity or friendship - when will you be? If you feel like you may be in a personal or professional rut, think about the actions you can take to fall in love with your job and life again. Think of each day as YOUR new beginning.

Hunger. You must want it and show that you want it – whether it is a new job, promotion, love, friendship, success on a project or meeting your sales numbers. Steve Jobs, in his Stanford University Commencement address encouraged the graduates to “Stay hungry, stay foolish.” Think about what this means to you. Our parents always counselled us to maintain a “fire in our belly.” Do you feel like your drive is waning? It’s time to put your pedal to the metal! Let your hunger drive you!

Integrate. Take your current strengths and bolster them. Fear of new technologies and processes is futile. Investigate new ideas and processes that can apply or be adapted to your respective field. Keep your brain sharp and in growth mode.

Target. Keep your target, your end goal, in sight. Avoid being mired in minutiae, in quarrels or conversations that do not bring you to the next level. Know what you stand for.

Happy YOU Year! It’s all about making today better than yesterday – for yourself and others. Live every heartbeat – YOUR “Someday” is NOW! Go out there and crush it!

**Gail Lowney Alofsin** is a keynote speaker, author, adjunct professor and business executive. Her book, *Your Someday is NOW – What are you Waiting For*, focuses on becoming your best you. Since being published in 2014, it has raised over \$40,000 for non-profit organizations. Gail believes that we all have the capability to be a leader in our own lives, influencing the lives of others for positive peak performance and success. She can be reached at 401-640-4418 and [gail@gailspeaks.com](mailto:gail@gailspeaks.com). Follow her on twitter: @gailalofsin.