

Another year has arrived and in the spirit of the annual ritual of renewal and rededication that is upon us, I'd like to share with you some advice from one of my favorite poets, David Whyte. As you think about the new year and the things that you want to make better in your life, don't let yourself be overwhelmed by the great, big problems and catastrophes of the world. Bring yourself back to where you are, to the circumstances and rhythms of your daily life. Focus on the things you do and on the people close to you.

## Start Close In

Start close in,  
don't take the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

Start with  
the ground  
you know,  
the pale ground  
beneath your feet,  
your own  
way to begin  
the conversation.

Start with your own  
question,  
give up on other  
people's questions,  
don't let them  
smother something  
simple.

To hear  
another's voice,  
follow  
your own voice,  
wait until  
that voice

becomes an  
intimate  
private ear  
that can  
really listen  
to another.

Start right now  
take a small step  
you can call your own  
don't follow  
someone else's  
heroics, be humble  
and focused,  
start close in,  
don't mistake  
that other  
for your own.

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the step  
you don't want to take.