



## Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

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### Global Online Marketing + Strategy For Modern Publishing Entrepreneurs

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Reading time 1 min 10 sec

# A Happy & Healthy New Year, Claudia!

While there's nothing like a new calendar year to signal a fresh start, I want you to remember one important thing...

Life isn't a race to the finishing line.

There is no prize for the \*best\* burnout, no gold medal for the \*most extreme\* fatigue and no Badge of Honour for the \*highest\* exhaustion.

You and I know, we live in a society that glorifies the constant "busy-ness".

We wear our stress like a Pageant Sash, and the busier we are, the more impressive and important, we must be, and the more accomplished we must seem. (Me thinking: Nah!)

2020 was tough and if the last year taught us anything, it was that the non-stop 24/7 being on-the-go isn't productive, healthy, or joyful.

So, if you wanna hear my advice and choose to respect yourself enough to stop running yourself ragged (it's not selfish at all), because more isn't always better and "non-stop" anything isn't wise...

[Check out my article Feeling Mentally Fried? 5 Ways To Beat Burnout to learn how to avoid exhaustion before it occurs and what to do instead.](#)

Let's build on those lessons and make this year about wisdom, empathy, and JOY.

2020 made us stronger and more resilient, Claudia and I'm sending you

enormous love  and excitement for a spectacular year ahead.

Chat soon(ish),  
xoxo Claudia

**P.S.** [The best thing you can do to get your wheels turning in 2021 is to do my annual goal-mapping exercise How To Set And Achieve Your Annual Goals](#) to learn more about how you can set yourself up for a joyful, productive year. So take REALLY good care of you and I'll see you again next week.

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Well, today's the day. This year's your year.

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