

## The "Wednesday Word"

Dec 15, 2021

### "What a tough year, 2021"

Many thought that 2020 was one of the most challenging years ever...and then 2021 came. Some would argue that this year has been worse. 2021 started with many of the same challenges of last year but with a bevy of new difficulties and disappointments. This year also seems to have produced an increase in tragic deaths, losses and events; starting with the Capitol Insurrection in January and one situation after another up and through this past weekend's devastating swath of tornadoes. But despite all the gloom, we must focus on the victories these past 12 months have brought us. AABHE had a wonderful year with a successful virtual conference, new staff members, powerful webinars, a great career expo and so much more. In our personal lives babies have been born, graduations have occurred, promotions have been received, and new jobs (and retirements) have been realized. New homes have been purchased, new love has been found, and blessings so numerous, many of which some you may have forgotten.



At the end of a year is always a good time to reflect and to evaluate. Look at the highs and look at the lows. Look at the places where you succeeded greatly or perhaps did not do as well as you would have liked. Look at the failures you had control over and the ones that you had no control over. Work on the ones you can control and try not to dwell on the ones that you do not control. This is a message that I know all too well. A major professional setback for which I had very little control could have sent me into a holiday depression. The loss of too many friends and family in 2021 provided ample reason for becoming completely disheartened. But like my advice, I did my assessment, stepped deep into my faith, weighed the good and the bad and concluded, "I'm still here, I've got my family and my

friends, my health, and more than enough resources". I am good. And I am grateful.

So, as we look back on the year that was (yes there are still two weeks left and anything can happen) we must count our blessings and celebrate that which was good. Remember the hardships, but don't dwell on them. Make it a point to reach out to one or more people who have in some way made this year better and tell them "thank you". And then give yourself a big hug...because not only did you make it, but 2022 is going to be great!

Happiest of holidays to you and yours from all of us at AABHE!



### AABHE Notes:

- Register now for our 2022 Annual Conference ... [Click Here to Register!](#)



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**March 14-15, 2022**