

## David Little's Theme

Last year at the start of the year I chose a theme that would be my mantra for 2007.



It was “Do not force anything!” what this meant to me was to be aware of times when I wanted to make things happen rather than allow them to flow.

What resulted was when there were times when I was struggling with contrast in life I would pull back, remember my theme & take a couple of deep breaths.

What will my theme next year?

I'm sure the Universe will give me some clues!