When you wander in a cold dark night alone, exhausted, feels like endless really nowhere left to hide.

Then finally, just when all the hope seems gone
The sky gets brighter
It's getting day again.

A new year has come with a choice to yes or no embrace the good old "me, myself and I" approach or something like a better place.

And yes, it's absolutely daring to leave yourself a bit behind and choose the path of truly sharing.

Wishing you a healthy, happy and caring 2022

