As the year comes to a close, I look back and am relieved to have gotten to this point without significant dereliction of duty. It was a year in which many things came together, in which there was seemingly more reaping than sowing, and I feel tired -- as any farmer must after harvesting a bumper crop -- and glad that every year isn't so full.

Just as our year in New Zealand isn't over, neither is the To Do list empty; many things still need to come together for the painting of this year's picture to be complete. Thus I find myself looking to the next item on the list, wanting to check it off, rather than basking in the glow of a job well done, and feeling gratitude for all that's come my way.

I've realized this year that the old adage is true: more achievement does not lead to more fulfillment. As Andre Agassi wrote in his biography, Open (one of my favorite reads of the year), "Winning changes nothing." Gratitude, on the other hand, has the power to transform.

I'm reminded that gratitude is a habit that must be cultivated, and I'm out of practice. So if I have a New Year's resolution it's that I bring gratitude into my life more fully in the coming year.

Happy New Year every one.