

NEW YEAR – NEW YOU,

DOZENS OF RESOLUTIONS AND THEN
WHAT...?

FEBRUARY COMES, IT'S COLD, YOU'RE
BROKE, IT'S MISERABLE OUTSIDE AND

....

THE RESOLUTIONS GO OUT THE
WINDOW!

Sound familiar? Read on to find out some useful tips that will help you attain your goals, realise your dreams and get your life moving in the direction you want in 2008.

1) Know what you want and when.

What do you want? Focus on the positive. Sit down with a notebook and look at the goals you'd like to achieve in 2008.

Map out what steps you will need to complete to achieve each goal and give each step a realistic timeframe.

2) Visualise your goals as if they've already happened.

The more vividly a goal is imagined, the more the subconscious can help it to happen. Regularly visualise your goals. See, feel and believe that they're already true.

For example, your goal is to quit smoking – your first visualization could be to feel how good it would be to wake up in the morning without your lungs feeling congested, or if you want to loose weight, see yourself fitting into a smaller pair of jeans.

Feel the celebration inside your body as you accomplish your goals.

3) Celebrate your milestones.

At each stage along the way, stop and celebrate. Give yourself a pat on the back, buy yourself flowers, or tell a friend / partner about your accomplishments.

Take time to give yourself positive feedback.

4) Take action.

For every time that you feel unmotivated or apathetic, take action, however small to get you one step closer to that goal.

Unless you take action, the goal will remain a goal and not a reality.

5) *Have faith & persist.*

Regularly remind yourself of why you're doing these goals, keep the bigger picture in mind.

In summary, make your goals what you want, write out what steps need to be completed to achieve those goals, visualise each step as if it's already happened, celebrate your milestones, take action towards making your dreams a reality and believe.

In the words of Anatole France:

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”

What a year 2008 could be!

To your potential!

Ellie

Ellie has a free monthly newsletter that you can subscribe to, packed with simple, yet powerful techniques that can help you to make positive changes, release negative beliefs and have more confidence in your life. To subscribe and see past issues, log onto her website at www.ellenshilling.com