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A New Years Resolution: YES or NO?

By Dave Turo-Shields, ACSW, LCSW

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Title: A NEW YEARS RESOLUTION: YES or NO?
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Word Count: 561
Category: Self-Help

A NEW YEARS RESOLUTION: YES or NO?

I've heard it said that by the end of January, over 90% of individuals who make New Years resolutions don't remember what they were. Why is this so?

People are often sincere, however, they are not yet in the right place for big changes in their lives. Many others want to continue same behaviors, such as eating the wrong things, and still reap the rewards of increased levels of energy and weight loss.

The most important question for you is... are you ready for a change? And, if the answer is "yes," the second question is... how ready are you?

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You have your own pace. I respect that in you. I hope you do too. Too many folks know they need to make a change and beat themselves up because they are not on the schedule they feel they "should" be on. You're on the schedule you're on.

The "New Year" provides symbolism for "clearing out the old" and "bringing in the new." In that capacity alone, it is a golden opportunity for a fair review of your life. But, if there's one thing I'd wish for you it would be that this year you take your learning to a new level. A year is too long to wait to complete a personal inventory. Several of you will have a few too many

drinks on New Years Eve to really be serious about personal change.

And life truly is too short. Do you only clean your house once each year? I suggest you utilize the symbolism of the New Year to evaluate your life every 3–6 months.

Cleaning yourself out, making yourself new is a wonderful gift to give yourself and those around you. Don't you think?

GUIDELINES TO KNOW IF IT'S TIME FOR A CHANGE:

1. Are you ready to make a change?
2. On a scale of 1–10, ten being powerful desire, how ready are you? If you are at 7 or above you're ready to begin on your goal. If you're a 6 or below, ask yourself, "What needs to occur for my passion to rise above 7?"
3. Why are you considering making this change?
4. Do you feel an increased level of energy when thinking about this goal?
5. Have you considered what tools/resources you will need to accomplish this goal?
6. Can you see what your life looks like once you've accomplished your goal?
7. Are you ready to make your goal known to family, friends, God... for support and accountability?

8. Have you written your goal down in explicit detail?
9. Have you set a start–time and an end–date for the goal in mind?
10. Do you have a heartfelt commitment towards this goal?
11. Is this goal in alignment with the what's in your best interest, and the best interest of those around you?
12. Are you willing to do "the work" it will take to accomplish this goal?

There you have it! A twelve–step guide for discerning personal transformation. Print it out and keep it handy throughout your new year and beyond. If the questions fed an already burning

fire inside you towards that next change in your life, that's fantastic. I look forward to hearing of your success.

If the questions assisted you in knowing that now is not quite the right time to move on a new goal, then I wish you patience, gentleness and self–acceptance in the new year.

////////////////////////////////////Dave Turo–Shields, ACSW, LCSW is an author, university faculty member, success coach and veteran psychotherapist whose passion is guiding others to their own success in life. For weekly doses of the webs HOTTEST success tips, sign up for Dave's powerful "Feeling Great!" ezine at<http://www.Overcoming–Depression.com>////////////////////////////////////

Seven Tips to Keep up Your New Year Resolutions

By Lakshmi Menon

Seven Tips to Keep up Your New Year Resolutions by Lakshmi Menon

There are many people who enthusiastically make their New Year resolutions with a fond hope that they will stick to them and thus make changes in their life for the better.

But they will soon find that they cannot keep up those resolutions and are back to their old life. How sad it is!

Some may be able to make it last for a week, or maximum for a month or two, and slowly give it up. Hardly a small

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percentage of people can actually keep up their resolutions to their satisfaction.

Are you one of them belonging to the former category? If so, the following tips will help you to stick to your resolutions. I have found them personally useful on most of my resolutions.

1. Before making the resolution, think carefully and ask yourself whether you really want to do that or not.
2. If your answer is "Yes" make a firm decision that at any cost you will see to that you will keep it up.
3. Once you have made up your mind to your resolution which you believe is better for your improvement, write it on a piece of paper and read it loudly, at least five times, until your mind absorbs it fully.
4. Make a few copies of that matter and stick them in your favorite places at home. One paper should be in your bedroom, which if you can see as you get up, will be fine.
5. Every day as you get up after your prayer, just read that piece of paper where your resolution is written. Read it at least 3 times.
6. The other pieces of paper should be pinned in the kitchen, drawing room, and another one on your computer. When you come to your computer side you will not miss it, but without your knowledge your attention will pass through that piece of paper as you wait for your computer to get booted, which will remind you of your resolution.
7. Finally at the end of the day, when you go to bed, remember to repeat your resolution at least twice affirming

that you are going to keep up your resolution, at any cost.

When you follow the above tips, you will feel very happy that you have not broken your resolution and you are able to keep it up successfully, as the way you wanted it.

Lakshmi Menon has written articles and short stories. Now she is involved in internet marketing. Visit <http://www.net4homeincome.com>

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