

Find Your "Happy Place" For New Year's Success!

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**By Hans Klein**

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You may call me crazy. but it's true.

When I recently saw one of my favorite movies,  
"Happy Gilmore" starring Adam Sandler, I realized  
that this movie has an extremely important success  
principle that you should know about to achieve  
success in the new year.

Let me explain:

In the movie, the main character, Happy, can't find a stable job  
and can't seem to make his dream of playing hockey come true.

...And after Happy fails to make the hockey team for the  
11th time, his girlfriend gets fed up and leaves him...in other  
words, his life seems like a complete failure.

Then his life turns around when he makes a very important  
promise to his Grandmother and himself that he will get her  
house back from the government, which may be auctioned  
off unless Happy comes up with \$270,000 in 90 days.

So, what does this have to do with success?

You see, soon after he made that promise to his grandmother,  
he realized that he had an amazing talent to drive a golf ball,

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which he developed as a hockey player.

...And by stating his desire to make enough money to get his grandmother's house back, new solutions began to appear that would have otherwise gone by unnoticed.

Do you have any hidden opportunities around you? You'll only find them if you make it known to yourself and to others what you are looking for.

Once Happy becomes a professional golfer and starts taking

home big checks, the antagonist 'Shooter McGavin' hires a man to intimidate Happy while he is golfing, so he will not win the championship.

This strategy of intimidation takes its toll on Happy, and Happy's game falls apart because his mind becomes clouded with self-doubt and intense irritation.

Although it looks as if Happy won't get the house back after all, Happy's strong desire to accomplish his promise and goal attracts a mentor to him who recognizes Happy's skill and determination to succeed.

His mentor, Chubbs, teaches him how to overcome his mental obstacles and this is what he says:

"Happy, go to your happy place. Picture what you really want and go there." When happy does this he pictures his grandmother winning the lottery, a new girlfriend, and other pictures of his most wildest and successful dreams.

With this picture in his mind Happy easily overcomes all obstacles with confidence and defeats "Shooter McGavin" in a stunning victory to win his grandmother's house back.

So, here's the success principle that you can use to bring the success you desire in the new year. I like to call it:

The "Happy Place" Success Principle – Once you've decided what you want picture yourself there. I like to call this your "Happy Place." By picturing your "happy place" doubt and fear will disappear because you are certain of what you want and

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your mind will become clear.

Now, its up to you to take action on this principle. You may even want to start by getting a piece of paper and writing down what you want if it could be anything. Whether you want:

- \* \$10,000
- \* A new car
- \* A new house
- \* Or simply happiness

Possibilities for getting what you want and achieving success in the new year will appear like magic once you decide what you want, picture yourself already having it, and make it well-known to yourself and others.

.. And if you have not seen this movie and you have a good

sense of humor check this movie out to see what else you can learn about success!

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### **Keeping Your New Year's Resolutions**

**By Melanie Mendelson**

#### **Keeping Your New Year's Resolutions by Melanie Mendelson**

New Year is the time when we usually look back on the events of the past year, see what we learned from it and what we achieved. Then we make resolutions for the upcoming year, all the things that we want to change and accomplish in our life.

Unfortunately, New Year's resolutions are often synonymous with empty promises. Nobody takes them seriously anymore, since we all know that most people break their resolutions within the first week of January.

Here are the top 5 tips on how to actually KEEP your New Year's resolutions:

- \* Make sure your goals are truly desirable for YOU.

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Sometimes people want to do things because "it's the right thing to do", or to make someone else happy. You will succeed only if you do it for yourself. In order for you to stay motivated, your goal must excite you on a deep inner level.

\* Make realistic resolutions. If on the back of your mind you don't really believe that your goal is achievable, your mind will resent putting in the effort towards achieving it.

\* Prioritize your goals. If you try to do too many things at once, you'll lose focus. Once the focus is gone, the motivation goes with in. Decide on which goals are more important to you, and focus on making them happen.

\* Instead of making the END GOAL your resolution, it's better to commit to the MEANS of getting to this goal. For example, instead of making "lose 50 lbs" your resolution, make your resolution to start exercising and eat healthier. Those are the things that are in your immediate control, and they will, in turn, help you reach the end goal.

\* Make gradual changes. You will not wake up on January 1st as a new person. Expect that the new habits will take a while to learn, and don't let this fact discourage you. You will have your ups and downs, but if you persist and stay

focused, you will definitely reach your goals.

Imagine how proud you will be if you keep your New Year's resolutions! Let's make them all happen!

Melanie Mendelson has created a foolproof 30 day plan for losing weight fast. Learn more about the Foolproof Diet at <http://www.Foolproof-Diet.com>

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