

Make Your Resolutions Stick!

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make Your Resolutions Stick!

By John Colanzi

Make Your Resolutions Stick! by John Colanzi

As the new year approaches it's time to make your resolutions for the New Year.

You start the New Year with "Great Expectations." You set your goals for the coming year and you promise that this year you'll stick to them.

As time goes by you hit a set back here and an unexpected problem there and your goals fly out the window.

Why do you suppose that is?

I can tell you why. You've been programed to remember the negatives and forget the positives.

We lose our "Great Expectations" the first chance we get.

There's a story that illustrates this point.

There's a large group of individuals at a positive thinking rally. As the speaker is talking in walks a man with a ticket in his hand.

The speaker pauses and announces, "One of you has been chosen to receive \$1,000,000.

What do you think flashes through their minds?

"I know it's not me, I never win anything."

Make Your Resolutions Stick!

A little later a man walks in with an executioners outfit on. The speaker announces this time, "I'm sorry, but one of you is about to be executed."

This time everyone is thinking, "Oh God, I know it's me."

Wow! Do you think like that?

So how do you make sure you stay focused and positive when things aren't going as expected?

There's a concept they use in the "Silva Method" called "Reference Points." Most positive thinking groups have similar concepts.

To create a reference point you pick the most successful event you remember. Every day you concentrate on your "Reference Point."

Why?

To focus your mind on the positives in your life. Nature abhors a vacuum. Left on it's own, your mind will fill the void with the recent negative events.

As soon as you reach a goal, you set a newer more positive "Reference Point."

Tame your mind, set your goals and keep your resolutions.

Start using "Reference Points" and Make Your Resolutions Stick."

John publishes the "Street Smart Marketing" newsletter. Subscribe now and receive access to our Free Internet Marketing Library: <http://johncolanzi.com/freeware.html> John has a special free bonus marketing course for you. "7 Days to Netting Big Money" <mailto:jcolanzi@marketing.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

Make Your Resolutions Stick!

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 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

Make Your Resolutions Stick!

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>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!