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New Year Resolutions

By Gus

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[NEW YEAR RESOLUTIONS—HOW TO MAKE THEM]

I am an avid New Year's Resolutions writer! In fact, I write them often. Maybe two or three times in a year. My success rate with them is mixed. I am more or less disciplined and hard working person. So I keep on pushing ahead. But my Resolutions are too ambitious, you may say impractical, to be fulfilled. For example, I may write during this year I will write 3 novels, three non-fiction books, 50 articles, 50 short stories, and 50 poems. At the end of the year, I may not have completed even a single novel, a single non-fiction book, and written only a few articles, short stories, and poems.

My experience with New Year Resolutions has taught me some lessons which I am sharing with you.

1. Don't leave New Year Resolutions for the last moment to write! If you do, on the last day of the year you may end up hurriedly writing down something not better than a shopping list. Spend some time and energy in writing them. At the same time, if you fail to write them before the New Year starts, don't think that now it is too late. Write in the first week of the year or later. It is better writing late than never.
2. Before writing about the New Year and future, cast a glance at the old year and the past. How was the old year? Did you keep your resolutions? If yes, to what extent? If not, why? Given another chance, how would you plan and live the old year. Have a vision of the future. How would you like to see yourself after one year or thereafter? Base your resolutions on this analysis.
3. Write down what you really want to do, not what is routine, customary, or fashionable. If you have no inner urge to reduce weight or quit smoking, it is no use resolving to do so.
4. Make New Year Resolutions a vehicle for change. While we are comfortable with status quo, we want to change our life too. Everybody thinks that he is in a rut. He or she would have been happier in another job, in different circumstances, in new places. But we fear change. Don't just foolhardily jump into change, but plan for it.
5. Plan for new and exciting things in life. Learn something new—dancing, playing a musical instrument, a new language, tennis, web-designing, or writing poetry. If you have never loved, love. It is an exciting thing. If you are in love, get married. It is intoxicating.
6. Write down specific goals rather than general. Instead of writing, "I will reduce weight," specify how

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many pounds or kilograms you want to reduce within which period and by what means. So write, during the year I will reduce my weight by 30 pounds. I will aim at reducing 10 pounds every quarter (so that I have some extra time towards the year-end). I will regulate my diet (be specific about diet too), will exercise or play some game, go for morning or evening walk, start yoga, and lead an active life.

7. Break down bigger whole year aims to smaller quarterly and monthly aims. In fact, each week write down the aim for that week also. Of course, also keep a daily to-do list (to be written at the start of the day or one day in advance). Revise the monthly and quarterly targets in the light of progress made and aims abandoned and new aims added. In fact, write down a continually evolving list of to-do for the year. Whatever you want to do in the year, just add to this list and do when the right time comes.

8. Supplement the Resolutions list with other lists: Daily Prayer in which you may pray to God for giving you happiness, success, and health, etc. Daily Affirmations, in which you may use the power of

affirmations. Daily Do's in which you may fix your daily routine which may be helpful in fulfilling your Resolutions, Daily Don'ts, things you should not do.

9. Use positive power! Most of our resolutions fail because they are about negatives rather than positives. We want to reduce weight or quit smoking, or drinking. But all these are negatives. We will surely be defeated fighting against them. Instead, if we decide to start playing tennis, it would be a positive thing. Little by little we will get interested in it. We will get addicted to it. We will not be able to stay at home when it is playtime, whether it is at 5 a.m. or 5 p.m. We will have to go when our partner calls us. If we are over-weight, we will jog, eat less and sensibly. If we get fatigued easily, we will quit smoking and drinking. We would like to be at the top of our tennis team! We will reduce weight, quit smoking and drinking easily (because our game of tennis demands it!).

10. Don't abandon all Resolutions on slight failure! One of the main reasons why diets are abandoned is 'All or Nothing' attitude. If we fail to follow the diet for one day or eat too much one day, we consider that we have failed and abandon the resolution. The same is true of our resolution about quitting smoking or drinking.

11. If your resolutions break down, and they will and should now and then, for example, when you are celebrating something, when you are honeymooning, when you are meeting some deadline, restart the resolutions. Similarly, periodically evaluate the progress, even make changes. A year is a long period; reexamine your life every three months.

12. Don't forget the unwritten premises! When we write our Resolutions we concentrate what we want to achieve in worldly sense. But we fail to mention other important things in life, like: I will be happy, I will love my family, and I will enjoy nature, etc. These unwritten resolutions are more important than the written ones. If we fulfill them and even fail at achieving the written aims, we have still won. If we succeed at both, that is superb!

Now write down your resolutions! Good Luck.

Be Happy! Be Successful! Be Healthy!

Gus

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Gus is the writer of the recent ebook *Be Happy! The Guide* comes with an Action Plan. The Guide, divided into three parts of Body, Mind and Heart, and Soul, deals with various sources of happiness

and how to be happy. The Action Plan gives To–Do lists, Happiness Quotations, Affirmations and Meditations, etc. We have recently launched a website dedicated to happiness, success, and health. Please visit it now: www.thelifebeautiful.com

Resolutions in the Job Search Just Don't Work!

By Marilyn J. Tellez, M.A.

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New Year's Resolutions
in the Job Search
Just Don't Work!

Let me explain about why I think resolutions to find a new job don't work. New Year's resolutions are too ephemeral! They are a signal that something needs to change within a person, but the dedication to change isn't really there. It's a lot of wishful thinking, isn't it?

How to make a resolution work for you?
Here are my tips.

1. Write them down. Refer to them often. Make any small changes as you move along.
2. The resolution needs to be realistic. Concrete resolutions that need action can't be ignored for long.
3. Make something happen that is on your resolution list. Take one of the items on your list and diagram or write what you must do to make the change. (Calling on employers could be on the list).
4. Keep moving. Your resolutions need to be fulfilled. Don't take your own "no" as the answer. Persevere, start over as need be.
5. Be successful in achieving a goal.

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