

NEW YEAR NEW YOU- FREE GUIDE

NEW YOU - never be afraid to start over as – it's a chance to rebuild your life the way you wanted all along.

Save yourself – by destroying the old story of you – prisoner of love, prisoner of hate, prisoner of abuse.

EVERY story has an end but every – but every end has a new beginning

WHAT is your passion – have you talked about it, do you know how

YOU: Responsibility to contribute to society– New You this year.

EXCUSES: No excuses – only see results. Thoughts – create happiness and create our life

AIM for a new year new chapter – best year yet. If you keep telling the same sad story, you will keep living the same sad life. Make a new ending and a new life that you dreamt of. Limiting beliefs hold you back.

RESULTS: Focus on results/ end in mind.

- Positive.
- Fundamentals of health & happiness
- What area of your life, so you need to improve.
- What big changes do you want and need to make? Self, friends, relationships, work, lifestyle,
- What is critical to your happiness

Wake up with gratitude, love and realistic goals,
go to bed with satisfaction to have achieved
them.





New Year New You

SECRETS OF MOTIVATED PEOPLE

1. **When you make a plan, anticipate bumps.**

Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. People who plan for obstacles are more likely to stick with projects than those who don't.

2. **Self-belief: Fire your genius zone.** A person's drive is often based on what they believe about their abilities, not on how objectively talented they are. The belief that they can accomplish what they set out to do always perform better than those who don't.

3. **Don't let your goals run crazy.** When your sights are too ambitious, they can backfire badly, burn you out, and become demotivating. Instead of aiming unrealistically high (such as trying to save enough money for a down payment on a home in six months), set goals that are a stretch but not an overreach (come up with a good savings plan and budget).

4. **Work on goals every day.** Taking small steps every day will not only help hold your interest in what you're trying to achieve but will also ensure that you move slowly towards your goal.

5. **Go public with it.** Instead of keeping your intentions to yourself, make them known to many. "Other people can help reinforce your behaviour. Tell people on Facebook, tell your friends and family.

6. **Lean on a support when you struggle.** Buddy up with another likeminded person with similar goals. Think of the friends and family who truly want to see you succeed. Motivating friends that support you. Choose people who may have seen you fail in the past and who know how much success means to you, grow with each other.

6. **Make yourself a priority.** Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others all the time. Pleasing others. Are you at the bottom of her priority list?

7. **Challenge yourself**—and change things up a bit. It's hard to remain enthusiastic when everything stays the same every day.

8. **Keep on learning.** To refuel your efforts, Enjoying the process of getting to the goal. Perfect skills, attend workshops, learn and study.

9. **Remember the deeper meaning. WHY?** You're more likely to realise a goal when it has true personal significance to you. Learn a language; I cook so I can have dinner parties, I want to lose weight to play with my grandkids more and live a healthy life. More money to spend quality time with my family. Not all dedicated gym-goers love working out, because they have a deep desire to be healthy, they exercise week after week. Reaching goals should be worthwhile.

Exercise: Write your goals for this year

- Write all goals with positive intentions.
- Write about activities, materials things, emotions you want to feel.
- Make your dreams become REAL and CREATE THE LIFE YOU WANT.
- Dream board with visuals to help visualise goals daily, so you lose focus
- Remember your intention – The WHY and the purpose.

Self (personal development)

Partner/ Love

Friends

Family

Community

Work

Lifestyle