

# **Begin the New Year by Being Grateful**

By Feng Shui Expert Pat Heydlauff

Whether you are one of those people that dread seeing the arrival of another new year or are full of eager anticipation doesn't matter. What matters are your attitude and your thoughts when the new year arrives. Your attitude and thinking set the tone for the whole year ahead.

When you begin a new year, just by realizing and recognizing how much you've accomplished in the past year and how much you have obtained, you learn to appreciate yourself and understand that you are in-control of your future. Positive Feng Shui energy is all about being in-control of your life, your surroundings and your future.

## **Develop a Gratitude Attitude**

Learning to maintain a gratitude attitude provides you great Feng Shui energy and helps you focus on what you will want to accomplish in the new year. Through developing a gratitude attitude you will understand just what drives you and how to create resolutions for the new year that will really work and that you will be successful in accomplishing.

If you make New Year's resolutions every year and by the 15<sup>th</sup> of January have totally given up, you've accomplished nothing and find yourself feeling like a failure. But if you base your resolutions on a gratitude process you will not only be in-control but will be successful in achieving them.

- A gratitude attitude helps you place value on what you have including your job, your home, your relationships and surroundings – what you currently have is a reflection of what you want
- A gratitude attitude helps you appreciate what you've accomplished – it's a reflection of what you focus on
- A gratitude attitude provides you perspective on what's important in your life – what's important in your life is exactly what you've achieved in the past twelve months

## **Plan for a Successful 2008**

Once you learn to appreciate and be grateful for all that you have, it is much easier to decide what you want to accomplish and achieve in 2008. If you want something better in the new year you need to have a plan – just keep your plan actionable and simple.

Begin by determining what you want based on what you are grateful for and have. Do you want to upgrade things in your home, improve relationships, lose weight, get a new car, save money, make a career change or take a major trip? Make a realistic list of

New Year's Resolutions that reflect your desires. If your list is not too long, your resolutions are realistic and accomplishable, you will achieve them.

Next, create a time line for accomplishing your resolutions – mark your time line on your calendar. By creating a time line you are planning for success. By placing it on your calendar you are programming your resolution for completion. Review your progress monthly or quarterly so you can appreciate and acknowledge your progress and accomplishments.

Finally, create an Intentions Board (use a bulletin board and push pins) to help you focus positive energy on your resolutions. Place it in the east area of your office or a hallway near your bedroom on an east wall. East is the Feng Shui direction for creating new things in your life, to promote growth and positive change. Place onto your Intentions Board pictures that represent your resolutions.

For example, if you want a new car, place a picture of the exact car you want right down to the model and color on your board. Or, if you want to lose weight, put the number representing the size clothing you want to wear or the amount of weight you wish to lose.

By focusing energy on your Intentions or resolutions, you will also focus your personal energy on accomplishing your resolutions. Resolutions can often be very important to the improvement of your future but can be difficult to accomplish if you do not focus positive energy on them. An Intentions Board is a wonderful tool that can help you fulfill your commitment to yourself.

Remember, what you focus on, you accomplish.

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"Everything you say, think and do matters."

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