

Energize your New Year's Resolutions

By Pat Heydlauff

Is every New Year's Day the same for you? Do you begin by making all of those wonderfully well intended resolutions? Do you even go so far as to say "this time I'm going to make them stick" only to find yourself three weeks later not following through on any of them?

This year, make your New Year's resolutions count. New Year's resolutions are actually more about honoring yourself than it is about keeping them. When you make a New Year's resolution you are choosing to improve your life. You are saying to yourself, "I want the new year ahead to be better than the one I have just finished." You are actually choosing to change, to improve your life.

Make a List

Begin by making a list of all of the things you'd like to improve in your life in the New Year. Now comes the important part; rank them in order of importance and start immediately on numbers one, two and three. Choose no more than three to work on at one time. Three seems to be the magic number that your body likes to work with when creating significant change.

Create a Visual Reminder

Once you've chosen your top three, create a "resolution attraction" visual reminder. This can be as simple as a piece of paper with one or two words representing the desired outcome of your resolution. For example, if you want to lose enough weight to be one size smaller than you currently are, put that size on the paper. Or, if your goal is to travel to Italy this year, put the word Italy on your paper. You can also cut out or a magazine or newspaper an appropriate picture such as a romantic scene of Italy. Just be sure that

whatever you choose to use on your “resolution attraction” reminder really motivates and re-enforces you to achieve your goal.

Use Energy to Help

In the world of Feng Shui you use positive energy to bring about desired results. In order to energetically attract your desired result (your resolutions) be sure to add some additional positive energy to your life. Listed below are five really great ways to energize self in the New Year.

1. Look in the mirror every morning and tell yourself you deserve to have abundance every day – you will increase your abundance and self-confidence
2. Do something that matters everyday because you are trading a day of your life for what you do – you will experience hope for the new day ahead
3. Put a post-it note on your refrigerator that says “I am healthy and my weight is perfect” – read it every time you pass by the refrigerator and “you will be”
4. Read at least one uplifting book per month – your mind will be nourished
5. Do something kind for someone less fortunate as often as possible – you will experience joy

By creating a “resolution attraction” reminder and adding five new ways to bring positive energy into your life, your New Year’s resolutions stand a much better chance of thriving throughout the entire year ahead rather than surviving the first three weeks.

When it comes to your resolutions “everything you think say and do really does matter”. If you think it, you can achieve it. When you say it by putting it on paper, it starts to become reality. When you do it by creating your “resolution attraction” reminder, you are programming your body to follow through. When you energize yourself you have ensured success.

May you experience much joy during your Christmas and Hanukkah celebrations and great abundance in the New Year.

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Feng Shui classes and Finding your Spiritual Path through Painting will be available at the Jupiter Community Center in January, 2007. Classes will also be held in Lake Worth beginning January 23rd. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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