

Is Improving Self Your No. 1 Resolution?

By Pat Heydlauff

Are you ready for 2007? Have you carefully mapped out your strategy for the New Year? Are you planning on 2007 being better than 2006? Did you make a list of all the important things you want to change for the better?

In our society we equate the beginning of the New Year with “the future,” a magical time that is supposed to take away everything negative from the previous year and make all things better in the year ahead. The one missing link in this thought process is that **you** are in charge of “the future” not the arrival of a new year. The future is not some mystical place you are going but rather something you are creating. All of your actions, thoughts and words from yesterday are creating your tomorrows.

Plan Now

You can achieve a better 2007 by making your plan right now, today. If you want to have better relationships, be healthier and have more income, put them on your list. If you want to lose weight, get past negative issues from the past or travel abroad, put them on your list too. What ever you want to improve in 2007 needs to go on a list and an action plan needs to be developed. However, if you really want 2007 to be better the resolution that really needs to be at the top of your list must be “improving self.”

The most realistic way to create a better year ahead is to begin with you. When you improve yourself physically and mentally you also improve the energy in your surroundings which attracts better things to happen in your personal world. Remember to use my simple Feng Shui guide. Feng Shui is the use of positive energy in your surroundings (and mind) to bring about desired results.

Three ways to create a better you

1. **Surround yourself with positive people and thinking** so you can attract positive energy to help you accomplish the most important items on your resolution's list. By surrounding yourself with new fresh positive energy people and thinking you are developing a "can do" attitude.
2. **Learn to love yourself** by respecting your commitment to self improvement. Encourage yourself by placing a vase with two beautiful silk flowers by your bed. One flower represents you and the other that beautiful special person inside that deserves to be loved respected, nurtured and filled with positive energy thinking.
3. **You are in control.** You deserve a better life ahead. If you want to achieve the resolutions you've committed to you need to believe you are special and important **because you are you.**

New Year's resolutions are important only if you actually make them happen and they can only come true if you plan to make them a reality. The best place to begin your planning is with yourself. When you improve self, you shift the energy in your surroundings to be supportive and positive. Use my Feng Shui guide to make your New Year's resolutions come true. Create positive new energy by improving self to bring about the desired results on your resolutions list.

Make Every Day Count

Realize that whatever you do today you are exchanging for a day of your life. And, what you have exchanged your day for will either bring you closer to your resolutions or put negative energy between you and your resolutions. When you choose to make every day count and take care of self first, you are choosing to succeed by moving one day closer to accomplishing your most important resolutions.

Feng Shui classes and Finding your Spiritual Path through Painting is 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.