

Don't Make New Year's Resolutions!



By Patti Komara

You might think that sounds funny coming from me, Miss Perky, upbeat motivator-right? Well, don't make resolution-make evolutions. Resolutions sounds like will over joy. Who wants that? Don't make plans to evolve into better unless you fully and I mean FULLY intend to keep them. Stats show that 92% of people do not keep their New Year's resolutions by time July comes. Be the exception. Know that you will improve, not hope you will. "May the force be with you" is a twisted wish. We should say, "May you be the force." The force is already with you. You just have to let it work in your behalf. It's up to you. No, it really is.

Don't make a long list of improvements you want to see. Make one or two that can revolutionize your life. What is it that you really WANT—not that you need to. Don't say, "I need to lose weight". That's too vague. Say, "I will lose 3lbs. by January 31, 2018 at midnight". Be specific and make it something you REALLY want—don't say need.

People make too many resolutions. They make them too tough, too soon. They are too hardcore, rigid, or vague. You need a turning point. Today is the day it will all be different. You must separate your pattern from the past, so the future will be different.

You can do anything. What you have accomplished so far is a fraction of your possibilities. You are powerful, capable, and gifted. Be your authentic self and evolve into what you really want to be.

If something you're doing isn't working, more of it won't work better. So, this year resolve to evolve into what you want—REALLY want. Buddha says, "Now all that is left is for you to become yourself". Let your new evolution take you there starting today.

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