

NOW WHAT???

Julie Hryniewicz-Hache -- Wednesday, December 27, 2006, 10:03AM



Well, we made it - like the calm after the storm or the crash after the high. All of that preparation, anticipation, and hard work is now behind us and we are utterly exhausted!! For those courageous souls who have braved the door crasher Boxing Day sales or the frenzy of store discounts this week, you may still be in the midst of busyness; however, there will come

a time for you, as well, when you are officially out of steam.

I absolutely love this chunk of time before the New Year because I use it as an opportunity to get organized, plan, and sleep - lots of it! I am a firm believer that we can "catch up" on rest and make up for the long nights, early mornings, or marathon eating sessions of the holidays. Our bodies are often depleted, drained, and begging for some down time.

Since the end of December and early January is usually when we start making "New Year's Resolutions", it is actually the worst time possible to engage in such an activity! Although a lofty endeavor, New Year's resolutions are rarely successful and often lead to a perpetual cycle of willpower gone bad. We make these grand plans to lose weight, pay off debt, or whatever tickles our fancy and then fail miserably to accomplish our goals - why is this?

My thought on this concept is that our energy levels are actually at their annual low, the adrenaline surge of the holiday rush has fallen dramatically, and it is impossible to be successful at anything when our bodies and minds are in a state of recovery. To start a new plan of action for the New Year, when you are feeling pooped out, is actually setting yourself up for failure.

Abandoning the tradition of setting New Year's Resolutions a couple of years ago, I can honestly say that instead of dreading the end of January self-hatred that I usually felt once I realized that my enthusiasm for making sweeping changes in my life had waned, I now look forward to planning the gradual steps that will take me to where I want to go. The

pressure is officially off.

If you are interested in changing some things about your life but you do not want to experience that next stage that leaves you disappointed and frustrated with your inability to come good on your promises to yourself, then I would love to share some tips that have worked for me. And if you love your life the way it is, then keep up the good work and whatever it is that you are doing!

Since it is our deep seeded beliefs that lead to our actions and our actions lead to our results, then it is important to start first with our belief system. Do you believe that, no matter how hard you try, you can never lose weight? Do you believe that you will never make enough money? Do you believe that the economy is bad, there is never enough time, or you can never have it all?

You will find lots of evidence for whatever you believe, either way, so it is essential to examine the programming that is leading to your actions. When you think of your brain as the computer program, then you can understand why a program that is designed to organize photographs will not be able to write a business letter - it is not what it is programmed to do. If you want to have success in any area of your life, then you have to change your mind program to one of success, instead of one of failure.

A group of people in the exact same weight loss program will have different results because their brain programming is different. One may be ready to have success because they finally decided that enough was enough, and they are ready to take action. They received new information that convinced them they could do anything "they set their mind to" and that the only limitations are the ones they "have in their mind". It all starts with what they think.

I was just in to see Brian Tremblay last week arranging another business photo when he referred me to a new documentary titled, "The Secret". He spoke so highly about it and how much the movie changed his life that he is planning a new, exciting program through his photography business, "Brian Tremblay Photography", to assist other people as well.

I watched the movie the next day and then ordered a copy of the DVD. It talks about a concept, that I learned about two years ago at a conference in Puerto Rico, and that I use in my seminars and courses. The movie is extremely well done and will change the lives of millions of people.

You can make any changes in your life that you want to. You have the

ability, already inside of you, to make that happen. You deserve to be happy, healthy, fit, peaceful, and prosperous. You are entitled to peace, excitement, and adventure in your life. It is important to first replenish your depleted energy stores after the holidays, and get lots of rest so that you can chart your course for the next year ahead.

What do you need to do, to recover from the holidays? Fresh air, nature, moving your body, nourishing food and water, enjoyable activities, quiet time, and rest are some great energy boosters. Then you will have tons of energy to investigate your belief system and move towards the life you want. Life is too short to miss out on the unlimited adventures that await you. Happy New Year!!! This is going to be my best year yet - how about you?

"With our thoughts we make the world." Buddha

If you are interested in understanding the power of your thought process on your life, then you can go to www.TheSecret.tv and for \$4.95 U.S. Dollars, you can watch the 90 minute movie right on your computer. Julie's website and up-coming courses are available at yourlifeyourpurpose.com