



Carpe Diem...

Seize the Moment

There is no time like the present. Make this year, 2010 the year of accomplishments.

The year you no longer just talk about what you want to do. The year You actually do it.

Picture yourself after your goal has been achieved.

Where will you be in life?

Will you have a new job? A new career? A new attitude? Will you shake a bad habit? Will you be thinner and healthier?

The one thing you are guaranteed is that you will have more self confidence.

When you achieve a goal it has a way of making you realize that you CAN change your Life!

You CAN do anything you set your mind to.

Renew your self esteem.

See your plan through to fruition.

Putting your plans into action may seem overwhelming, but the feeling of accomplishing your mission is so rewarding you will wonder why you waited so long to move forward.

Many people just don't know where to start.

Make a list. Take small steps at first. After each task is done take the time to appreciate yourself and the hard work you did to reach your goal.

Now increase your small steps to even bigger ones.

Don't you feel good about yourself and all that you have done?

There will be obstacles and disappointments along the way,

In the words of Henry Ford, *"Obstacles are those frightful things you see*

When you take your eyes off the goal"

Learn from your mistakes.

Keep moving forward. Try a new method if necessary.

Keep the Goal in sight at all times

If you have difficulty staying on track seek help. You don't have to do this all alone.

The support of another person will make the task seem less daunting. It could be a more rewarding experience and more enjoyable as well.

If necessary get a professional to help you accomplish your mission.

"Never Give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts "

—Author Unknown

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visit our website SuccessfulLifeCoaching.com

Please call today for a Free 40 min consultation to help get you started!

