

# Top 3 Ways To Avoid *New Year Resolution Disasters!*

Every January 1<sup>st</sup>, thousands of people decide to lose weight, quit smoking, increase wealth, or improve their marriage. By February 1<sup>st</sup>, 95% of those folks will have given up on those goals. The reason for this comes down to self-sabotage. Here's how you can avoid New Year Resolution disasters!

**Step 1: Expect to succeed!** If you expect to fail, you will. Many are just re-setting goals that were not achieved the year before. People who expect to fail make comments such as, "We'll see what happens. I'll keep my fingers crossed. Hopefully I'll make it this time." Instead of being totally committed, they start out from a place of fear. The worst possible scenarios are imagined, you tell yourself how hard it's going to be and how long it's going to take, which instantly causes you to lose momentum, and the negative self-fulfilling prophecy is set into motion.

**Step 2: Use your imagination to prepare you, not scare you!** The most common self-sabotage that destroys New Year Resolutions occur when you unconsciously associate emotional pain to the goal and pleasure to the activities that are keeping you stuck. For example, you wish to lose 30 lbs, yet your mind associates massive pleasure to food (love, comfort) and massive pain to exercise (no pain, no gain.) As a result, you eat more and procrastinate on the fitness, which results in another failed weight loss attempt.

Think of yourself as an athlete who is mentally preparing to go out onto the court. Mentally rehearse being in situations that cause you difficulty, yet this time imagine yourself behaving exactly the way you want to in that situation. See yourself making the right choices and feeling incredible about yourself afterwards. In this way, you are associating pleasure not only to the goal, but also to each step that it takes to achieve your goal. This is the *secret* to staying motivated long term!

**Step 3: Create a supportive environment to thrive in!** The people, places, and information you surround yourself with are constantly influencing you. Thus, if you're sincere about achieving your goals, you must get constructive feedback from reliable sources and surround yourself with information that reinforces your desire to succeed. Find the right kind of coach, pastor, peer group, and classes to attend. Join pro-active chat groups online, rent audiobooks from the library, and watch inspirational movies. Hang around the type of people you wish to be like and it will help you immensely.

Come January, my hypnotism practice will once again be filled with people who want to accomplish their New Year Resolutions and I will tell them as I tell you now. Forget about resolutions and focus on creating a Revolution! A revolution in the way you think and approach attaining goals. Begin using *the movies of your mind to create your life by design* and this will be the year you succeed!

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