



How to Make the New Year the Best Year of Your Life

Work on doing something different that will help you feel better and satisfied with yourself. It won't be difficult. Work, learn and evolve and you'll certainly manage to make of this year the best one of your life!

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Goal Setting: Here are Some Quotes that Can Change Your Life

Here are several quotes about setting and achieving goals. Learn how to make them applicable to your own life.

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Five Tips to Choosing Personal Empowerment For More Fulfillment

Striving for a life that is empowering and fulfilling is, for many of us difficult to achieve. With questions such as where to start, or what priorities you set, it may seem like just a dream. These five steps will help you begin your path towards actually attaining the fulfillment you are searching for.

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“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

– Vincent van Gogh

How to Make the New Year the Best Year of Your Life



Change many things in your life, and you'll see that everything will improve. If you stop being comfortable and you start trying to find new solutions, you will find them for sure.

If you never look, you'll never find them. This means that in fact you only have one option at your disposition: to take action.

Do you believe that you are already doing too much?

But, are you happy with your life?

Or, could it be better?

I bet it could, and you would feel happier. Why not try to get there?

If what you are doing everyday doesn't please you, look for new solutions. Don't simply follow the same road everyday. Look for hidden paths!

If you believe that you are OK, then you have to stop believing that. If you are OK, you don't need to do anything else. Nothing gives you motivation to do more.

Think carefully: Couldn't your life be much better, if only this and that were different?

Start thinking, and you'll certainly find many points of your life that you should improve.

If you want to see better results, have a better disposition, reach your aims, and succeed, you have to work.

Don't let dust accumulate over you.

Learn something. Read something totally different. Do something out of your routine.

Pay attention to what people you never cared about are talking and caring about.

Open your eyes. Think and feel the reality where you are, until you acquire a new vision, and you'll be able to make a different plan.

First of all, don't forget that the New Year is new, and it has to be different from the old one, otherwise you won't show any progress. Your life should not be static, but be in constant movement.

Work on doing something different that will help you feel better and satisfied with yourself. It won't be difficult.

Work, learn, and evolve and you'll certainly manage to make of this year the best one of your life! ©

Christina Sponias continued Carl Jung's research into the human psyche, discovering the cure for all mental illnesses, and simplifying the scientific method of dream interpretation that teaches you how to exactly translate the meaning of your dreams, so that you can find health, wisdom and happiness.

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Goal Setting: Here Are Some Quotes that Can Change Your Life

Here are several quotes about setting and achieving goals. My comments follow.

“The weakest ink is better than the strongest memory.”
– John Rickenbacker

Do you want to dramatically increase the likelihood of you meeting your goals for the new year? One of the simplest yet most powerful actions you can take is to write down your goals. It’s so easy to get caught up in the busy-ness of everyday life that it then becomes all too easy to forget about your goals. I think the saying is “when you are up to your rear-end in alligators, it’s easy to forget your original intention was to drain the swamp.”

Put your goals down on paper. Keep them where you will see them everyday. Doing this will prevent you from saying around this time next year, “Oh yeah, I remember those ... ”.

“Goals are dreams with deadlines.”
– Diana Scharf Hunt

Set “achievement dates” for your goals. Otherwise, we get caught in the trap of “someday.” As in, someday I’ll do that.

Check out your calendar. You will find:

Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.

What you will not find is:

Someday.

So not only does Someday never come, it doesn’t even exist.

“Make your goals public.”
– Dr. Philip Humbert



Go public with your goals. Share them with family and friends. It increases the likelihood of you reaching your goals in at least two ways:


- 1) those close to you can hold you accountable
- 2) those close to you can encourage you and cheer you on.

“I am not discouraged, because every wrong attempt discarded is another step forward.”
– Thomas Edison, Inventor

“In the confrontation between the stream and the rock, the stream always wins—not through strength but by perseverance.”
– H. Jackson Brown, A Father’s Book of Wisdom

In any endeavor worth doing, you will encounter difficulties and slips. Never, never give up and quit. Don’t die of thirst just a few feet from the water. You never know how close you may be to reaching your goal.

Each and every time you fall short, you have just learned something very powerful: you now know at least one more way that does not work. Discard it and keep going.

It really can be as simple, and as difficult, as the following Japanese proverb that says **“Fall seven times, get up eight.”** 

Visit <http://www.SecretsofGreatRelationships.com> for tips and tools for creating and growing a great relationship. You can also subscribe to our FREE 10 day e-program on how to enrich your relationship today, from relationship coach and expert Jeff Herring.

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Five Tips to Choosing Personal Empowerment For More Fulfillment

Striving for a life that is empowering and fulfilling is, for many of us difficult to achieve. With questions such as where to start, or what priorities you set, it may seem like just a dream. It's not, and attaining the life you long for and deserve is definitely attainable.

Personal empowerment is absolutely attainable. With these five steps you begin your path towards actually attaining the fulfillment you are searching for.

1. Modify your way of thinking.

By eliminating, or at least reducing the negative self-talk we tend to engage in from time to time, you are taking one of the most powerful steps to leading a positive, fulfilling life.

Respect and embrace yourself as the beautiful and unique you, with all your strengths and weaknesses. Combined with positive self-talk, this is the beginning of your new empowered and fulfilling life.

2. Consider and understand the fact that you are a complete being.

Physical, mental, and emotional health, even spiritual health are all woven as intricately as a web to create one whole being—you. Any part of this web that becomes out of balance can result in your entire being becoming off balance. For example your health is affected if you are suffering from some sort of depression. If you are stressed about something, it will affect both your emotional and physical health. When you find yourself lacking in faith and confidence in your spiritual being, this too can affect both your emotional and physical health.

Strive for balance in all areas of your being in order to achieve fulfillment. To live a complete and balanced life you need to work towards good physical and emotional or mental health, as well as seek spiritual guidance for spiritual health.

3. Remember to practice personal care.

When establishing your to do list you should be putting yourself first. This is not a selfish act, it happens to be quite

selfless. The people around you will not be getting the very best from you if you are not happy and fulfilled. Begin choosing a little time every day to care for yourself so you can be happy and fulfilled, for both yourself and others.


Take part in some sort of physical exercise, eat healthy, meditate, laugh, and pray if that is something that brings you some form of spiritual contentment. Read a good book, relax in a bubble bath, or even go for a massage. Your personal empowerment and fulfillment will benefit from these small bits of self care.

4. Try something different.

You probably have a list of things you have always wanted to do, or have thought about trying. Maybe it's something on the extreme side, like skydiving or rock climbing, or a little more on the safe side such as needle crafts, cooking, or even financial management. When you become engaged in life and its many exciting options, self empowerment is right around the corner.

5. Discover and achieve your goals.

When you achieve something from your goals list, the feeling inside can be almost magical. You become filled with confidence and pride, and set on the path toward more success in the future. Setting goals that are achievable yet challenging is the key to finding success. Take for example the person who wants to start their own business. By setting smaller goals, you will gradually be growing alongside your new business. Once you achieve any small goal you will find another right behind it, guiding you towards that one single long-term goal of a successful small business.

Personal empowerment begins by choosing the path and pursuing it. Once that choice is made, each small step you take will change the approach you have on life, and will become the largest impact on your way to personal fulfillment. 

Ready to become empowered? Deborah Lindholm is a Serenity Empowerment Coach that shows you how to awaken your Inner Power Source to live an empowered life every single day. Download free pre-recorded telecasts, grab your 5 Simple Steps To Get What You Really, Really Want report and more here: [Free Stuff at Serenity Matters.](#)