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From the Coach: New Years Resolutions
by Tori Michaels

Ah, New Years Eve: The most baffling of holidays. The expectation is to go out tonight, drink, eat everything in sight and then tomorrow, New Years Day, make resolutions that will FIX you.

I find resolutions to be self-defeating, self-limiting and uninspiring. When we have a plan for our lives, our intentions on what we want to create, then our job is to stay in this present moment. This mind-set is life-enhancing, joyful and attainable. When we speak in terms of "This year, I'm going to...", it begins to feel like we are searching for something outside ourselves in the external world that will fix us because in some way we are lacking that which will make us fulfilled or happy. For example, if you say "This year, I'm going to go to get fit." Sounds simple, easy, clear. But it is a projection into the outer world, into the future. It indicates that you are not fit now and therefore in need of fixing which is a low vibration thought, and as such, is a sabotaging, fearful thought. Fear is not a sustainable motivator because fear is scary. When we are scared, we revert back to what gives us comfort. And this, Virginia, is why New Years Resolutions do not work.

Become present to NOW: become conscious of your breath as you read these words; notice your feet, your hands, the room you are in right now. Breathe into that awareness. From this moment, ask yourself: Do I have all that I need? (shelter, food, clothing, health, loving relationships...) We have so much abundance right in front of us but we get so attached to what we feel we lack. The attachment to the belief that we are lacking is what causes suffering.

The new year seems to be a logical time to start fresh. Remember, though: Each morning is an opportunity to start fresh because 'tomorrow' never actually shows up. We are always **in** the now with no guarantees of anything beyond this moment. So, if you really want to make some changes in your life, get clear on what the feeling is that you will have when you've made those changes. Continuing with the "fit" example, how would it feel when you are fit? By the way, "fine," "good," "okay," etc., are opinions not feelings. Find the feeling that you are chasing and be that now. You might answer, I would feel confident. You know what confident feels like so be confident now. Waiting for something to *make* you confident will not work. Resolve, then, to feel confident. Resolve to be grateful for the massive abundance you have in your life right now. Resolve to remember that you are a Divine creation and you are indeed worthy of resolving to love yourself more. Resolve to make this day and each day the most important day of your life because it's really the only day of your life!

I wish you abundant blessings now and always,
Tori

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I just want to remind you that creating transformation is simple ~ it only requires a commitment to see things from a different perspective. One of the best ways to see yourself differently is to hire a life coach. Contact me for details on a coaching program for you at 314-791-4229 or tori@savvysolutionsinc.net

We have a lot of things going on in 2011!

"Your Intuitive Wisdom, Finding and Listening to Your Inner Guidance"
Join Tori for this day-long workshop, Saturday, January 22 from 9:30 a.m. until 4:30 p.m. You will learn to identify your Spirit Guide's voice, see the unseen and experience your "psychic self." Class is limited to 10 participants. Cost is \$65 per person. Location will be indicated upon your registration. Please e-mail Tori directly for more information or to register for class: tori@savvysolutionsinc.net
Tori will be teaching the "Your Best Year Ever" class beginning in February. This class will be taught in Peoria, but will be available as an on-line experience, as well. More details to follow.

As you may know, the "Journey to Your Best Year Ever" cruise as been postponed to later in 2011. We will keep you informed on these details!

Watch for a new Calendar section on our web page to stay up on classes, seminars and retreats.

Thank you for being a member of the Savvy Solutions family. Thank you, too, for forwarding this e-mail to your friends and people you think would enjoy it.

Blessings,

A handwritten signature in purple ink that reads "Tori".

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