

▶ HELPING YOU ACHIEVE
YOUR 2008 GOALS

▶ IMAGE WATCH—
LOOKING YOURSELF
IN THE MIRROR

▶ SMARTER NEW YEAR'S
RESOLUTIONS

LIFE

o eCOACH o VOL 1 o 2008 JANUARY

philosophy

ADDRESSING THE NEEDS
OF INDIVIDUAL GOALS AND
PLANTING THE SEEDS TO
PUT SOUL BACK INTO BUSI-
NESS.

When your highest intention is to make a difference in the world you say: "What can I do, I am but one person". And the world answers you back with a thought: "Just be the change you want to create".

Helping you achieve your 2008 goals

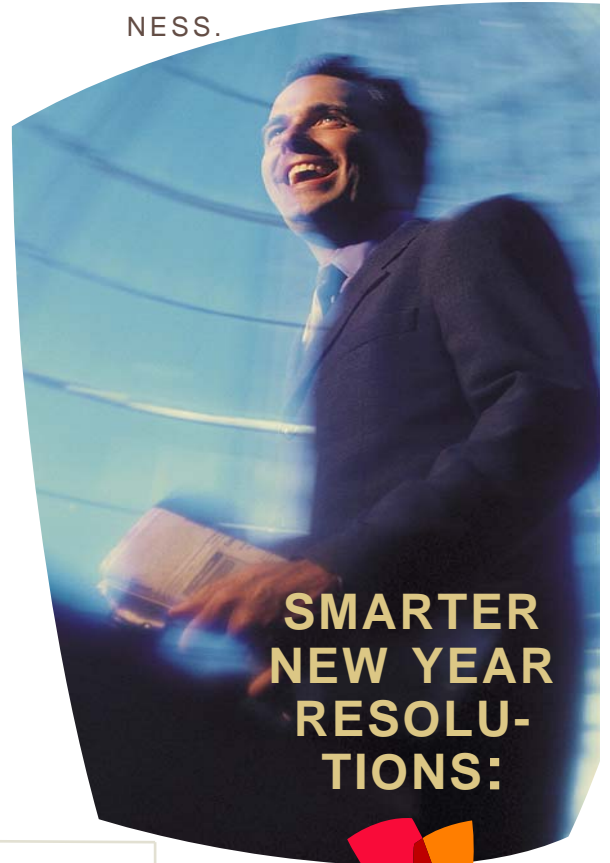
What has been your greatest achievement in 2007? How will you recreate it in 2008? Or will you improve on what you did not manage to achieve? So how will you do that? Have you got a plan—did you write it down? What strategy will you implement to make sure that it will happen. How much energy are you prepared to invest in your new year resolutions in time and effort?

The real question is if you are serious about making the necessary changes in your life and what is it worth to you?

What will these changes say about you?

Who are you when you make them? What will it cost you if you do not make the desired changes? Do you now know how much your new year's resolutions is worth investing in?

The only constant thing in the world is change. When you resist it - you expand more energy, and eventually life will force you into the required change. Sometimes the shift we need to get from a change is painful, but it need not be. We always know when it is time. Is it time for you yet? Or will you think about it for another year?



**SMARTER
NEW YEAR
RESOLU-
TIONS:**



IMAGE WATCH

When did you look last yourself in the eye in the mirror? What do you see? Who are you and what is your purpose here?

Do you know how you speak, think, feel and embody your messages to effectively influence your co-communicator in a way that will give you the best response?

How empowered do you feel? Do you choose how you feel about yourself or do you need external confirmation to boost your daily intake of positive feedback to build your self-esteem?

Think about it—when last did you?

The truth is that 25% of all new years resolutions are broken in the first two weeks, it normally takes five to six unsuccessful attempts at goal -setting to make them happen, and less than 20% of people actually write their goals down (and only 20% of that 20% regularly review them). - A