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INSTRUCTIONS FOR HAPPINESS - PART 2

BY SUSIE PEARL

The New Year is a great time to make some new choices about our lifestyle, health, nutrition, relationships, career, adventures and inner world. So much has been written about the shifts expected as we head into a powerful new phase of heightened consciousness. What would you like to change in 2013?

The start of a new year is a great time to get setting new goals for the year ahead. Setting up new plans is key for improving happiness. Making some carefully constructed resolutions can power up sensational changes to really transform the quality of our lives. So how do we make these plans stick and get motivated to stay true to our goals?

Technique: Write out your list of resolutions with clarity and a positive mind set. Keep them written in the positive and choose your words carefully. The words we choose have significant power. Make sure you believe it is possible to keep each of them. Get organised before starting. Get a goal buddy who can give you support, check-in and encourage you. Be accountable to those around you and tell friends your plans. Keep reminders around to help you stay on track. Keep a log to record your progress. Doing anything for 21 days becomes a habit – so get to that magic number and you’re likely to have crossed the success line. Enjoy 2013. May every day be a blessing through living your best year yet.

Affirmation: I make powerful positive changes in my life and I honour my new choices knowing that I am able to follow these with ease and kindness.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for happiness' is published by Quadrille. Visit: susiepearl.co.uk

