



Cindy's Success Tips

January, 2008

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it." ~ Goethe

What will 2008 be about for you? What would you like to be different in your life by January 1, 2009? Create a magical New Year, think of the possibilities!

The beginning of a new year is a fresh start. Have you taken time to acknowledge your success in the past year? Do you realize that how you interpret the past determines what you see for your future?

Begin with these two steps:

1) Make peace with the past. You are not the same person you were a year ago.

- List everything you accomplished in 2006.
- Go back through your date book and record your accomplishments month by month.
- Acknowledge what you've accomplished in twelve months, despite the obstacles.
- How have you grown? What steps did you take?

2) Measure the present.

From this place of recognizing how much you've done and how far you've come in a year, where are you now? On a scale of one to ten (one sucks, ten is great), how would you rate your level of life satisfaction in each of these life areas?

___ Money ___ Career ___ Home ___ Service ___ Relationship
___ Friends ___ Health ___ Spiritual Development ___ Personal Development
___ Fun & Leisure ___ Appearance ___ Family

If an area didn't score a ten, what would make it a ten? What would life be like if all areas were a ten or beyond? List the specific results you want to achieve in each area to work towards a greater satisfaction.

Next Month: Love the Future, Create your Vision

An Invitation

For more information or to schedule a complimentary introduction to coaching, call Cindy Nixon-Witt at 803-397-1213 or email CNWCoach@sc.rr.com