

Keeping Your Resolutions!



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Remember when you were a kid and you were playing with your friends but the results of your actions just weren't what you wanted to happen? Remember what you did after that? **"Re-Do!"**

Aren't there events in your life that you would love to "Re-Do"? On January 1st we all get to hit the RE-Do button. We get the opportunity to take a look back on the year and we get the chance to make some changes. So what changes are you going to make?

Top Ten Most Common Resolutions for 2012

1. Lose Weight
2. Get Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Helping Others in their Dreams
9. Fall in Love
10. Spend More Time with Family

Typically people stick to their resolutions for only 1-3 months. So by March we are all back to our old ways. Why is this? Simply, we don't hold ourselves accountable. What will you do in 2012 to make your resolutions reality?

Here's a list of things that may help you keep you on track

First you need to commit to the change and keep it in the forefront of your mind every day. Make sure that the goal you have in mind is attainable. If it is a large goal break it down into a smaller monthly goals, weekly goals or even daily goals. Find someone close to you that can keep you on track. Ensure that you have all the tools necessary to achieve your goals. Next, create an image to identify what you want. Visualize your life as it will be after you meet your goals. And lastly, make your change a daily affirmation. It is said that it takes 21 days to form a habit. Make it a goal to commit to 30-90 days of this change.

So I would like to commit to the following resolutions. Be more organized, staying fit and healthy, I always try to enjoy life to the fullest, being more patient with my family, volunteer more, and to help 10 people achieve their dreams.

I am now accountable to you for my resolutions. I would like to offer my help to you. I have the tools to help you with permanent weight loss, quitting smoking, staying fit and healthy, enjoying life to the fullest, spending more time with your family, and achieving your dreams.

While lifestyle changes are never easy, they are definitely worth the effort. It's not just about how long you live, it's about how well you live your life.

WISHING YOU THE BEST IN 2012! I wish you a long AND healthy life!

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