

Are New Year's Resolutions Meant to be Broken?

I've never liked the words "New Year's Resolutions", as they don't seem solid or tangible. And isn't it true that breaking a New Year's Resolution is expected or thought of as "maybe next year...."?

I would like to share a simple program with you that's going to help you succeed at a higher level and make 2010 your best year ever! It's called the, "*Success Achievement System*".

You can take your success level, no matter where you are at in life, to an entirely new level, in nine exact steps. While I'm going to give you an overview, this entire system is taught through a 1-hr workshop in our office. If you want the details of this program, rsvp for the FREE New Year's Workshop on January 23rd, noon-1pm. This workshop will assure you that you are able to accomplish your dreams.

The 9 steps are as follows:

- 1) Create a *Master List* of goals
- 2) Decide "Why?" you want to achieve these goals
- 3) Categorize your goals
- 4) Prioritize it – which goals do you start with?
- 5) Find balance in your goals
- 6) Plan it – *Failing to plan is planning to fail*
- 7) Sign on the dotted line
- 8) Authorize it – When will you start?
- 9) Create, track, and update your goals

It has been discovered and supported by research that written goals make a difference. *Yale study*: 3% of those who actually had written goals had accumulated more wealth than the 97% who did not!

Reserve your seat today and join us for a fun, informational hour on accomplishing your dreams! RSVP – 515-278-YOST or email Info@YostFamilyChiropractic.com