



Make this year your "best year ever!"

1. **We become what we think about most of the time.** The old advice about positive thinking makes a difference. It's easy to worry about problems, but if you want 2008 to be a better year, think better thoughts! Use posters, signs and small daily rituals to motivate yourself. Laugh more. Practice optimism.
2. **Spend Time With Yourself.** Some of us need lots of alone time, others need very little, but we all need some. Take time to think, to ponder, to dream. Schedule time to be alone and re-discover your passions, your curiosity, your strengths. Sip tea. Go for a walk. Watch a sunrise. Take notes.
3. **Spend Time With People.** Sometimes I think conversation is a lost art. Listen to your children. Visit a neighbour, interview a colleague and really listen to them. Make contact with an old friend, cuddle with your lover. Human connection is vital and too often we confuse passing in the hallways of life with actual intimacy. Take time to look into their eyes. Hold hands. Connect.
4. **Schedule Fun First.** As long-time subscribers know, I'm a fan of year-at-a-glance wall calendars and I'm convinced the first things to schedule are family birthdays, celebrations, vacations and holidays. Rarely will you look back and remember a day at the office, but you and your children will remember days at the beach, birthday surprises and special vacations for 100 years! Mark your calendars with first things first.
5. **Make Goals, Set Targets.** The last, and both the *most* important and the *least* important steps for success in 2008 are to plan your benchmarks. You need specific, measurable targets for every important goal, so have the courage to think them through and write them down! How much will you earn? What will you achieve? How will you measure it? Who will help you? What challenges must be solved?

There is a wonderful quote that is attributed to both Nelson Mandela and to Marianne Williamson that points out that our fear is not that we are powerless, but that in fact we are powerful beyond measure. We can influence more than we think. Given enough time, courage and determination, we can modify, impact, transform and re-invent almost everything in our lives. We are not in complete control; that is no excuse to deny the power we have!

The New Year will last twelve months. You will have 52 weeks in which to choose your priorities. You will have 365 days to decide where to focus your time, your attention and your efforts. You will have thousands of opportunities to choose, to try, and to learn. Twelve months is a huge amount of time! In twelve months you can achieve miracles.

In the coming twelve months the sun will move, the earth will tilt, the seasons will change. You cannot control these things. But you can control what time you get up in the morning. You can choose your attitude, your friends, your reading material, your diet, your focus and your goals. You can, to a remarkable degree, create the life you want. Choose well. Use your power.

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***"Everyone has inside of him a piece of good news.
The good news is that you don't know how great you can be!***

***How much you can love!
What you can accomplish!
And what your potential is!"***

Anne Frank