**Only positive energy this New Year!**

It’s almost another new year. What are you thinking? Possibly about all the things you want to do this New Year and/or all the things you want to quit doing. It’s time for making a change for the new year.

I’m remembering a past New Years, when my (then) ten-year-old daughter told me that her New Year’s Resolution was to use up all the paints that Santa left her in the new paint set. Believe me, it was one of those paint sets that had every possible color under the sun. I remember looking forward to all the master pieces she was going to create while trying to accomplish her New Year’s resolution that following year. Her resolution made me think about how simple it needs to be.

I think that many of us get stuck thinking of what we “must stop” doing this year and we get stuck thinking of how we “must start” doing something that we really don’t want to do. These statements being said with a heavy sigh of content; “I’ve got to get up an hour earlier every morning so that I can exercise this year. I hate getting up early!” Sigh, Sigh, Sigh!

It’s like we make it (in our minds) a difficult and unpleasant thing to do which immediately trumps any of the benefits for getting up early a few times a week in order to exercise and improve our health. Inside your brain cells you are already setting yourself up for failure and that is no way to start your new year.

I saw a top ten list of New Year resolutions. Which includes; spending more time with friends and family, getting fit, losing weight, quit smoking, enjoying life more, drinking less alcohol, getting out of debt, learning something new, helping others and getting organized. Guess what, this list is almost identical to last year’s list and every year prior!

I suspect that one or more of the top ten list items is on all our lists this year. We’ve all got things we want to stop, change or do better.

So, I want to make a proposition to you this year regarding your thoughts about resolutions. Let’s think simple, like the way our kids think. We don’t need to dwell on those dreaded ten pounds we want to lose. Instead think of taking that walk as many days as you can every week. Don’t think about your diet and what you can’t eat. Instead, think about all the food items that you want to try! Don’t think about all the things you won’t get done today, instead think about what you’ll do when you get home this evening for yourself.

You see where I’m going? My daughter never once thought of the time, mess, the impossibility that she’ll ever use up all those paints. She simply thought how awesome it’d be to paint as much as she could that year! Simple. Positive. There was no chance of failure for her resolution. I can’t even remember how many masterpieces she completed that year, and it didn’t matter.

So, with your resolutions this year I want you to change your brain cells into thinking how you can make things happen that are enjoyable to you. Not how to avoid or how to stop making things happen that have been problematic.

I’m a believer that when you put energy into the world, the world gives you back equal and/or more powerful energy. You’ve heard it said before, negative attracts negative and positive attracts positive. Therefore, you must think and do the things that are important to you this year with that positive energy and they’ll happen.

You want to lose ten pounds? Then, Yes! Let’s lose ten pounds! You want to read more books this year? Then, Yes! You’ll find 20 minutes to read every day! You want to get more organized? Then, Yes! Let’s get organized and stay organized! You want to exercise every day? Then, Yes! You’ll exercise every day! You want to paint every day? Then, Yes! Let’s paint every day!

Happy New Year Everyone! Yes! It’s going to be a great one!