



dr. brenda wade
heartline productions



Turning Over A New Leaf

The New Leaf symbolizes a fresh page in the book of our lives. What an opportunity to think through and bring new resolve to fulfilling our life goals. Writing goals, not resolutions, actually works. Properly constructed, goals constitute a blueprint, a plan, and planning really works.

Making resolutions doesn't work. Within the first few weeks of January, any resolutions you've made have probably been broken, so now it is time to set goals.

Can You Imagine?

Can you imagine taking a successful trip without planning. How would you get tickets, pay for anything, handle affairs at home during your absence, etc.. Yet most of us don't have a clear plan for this year. The key to goal setting is knowing our life purpose. Once we've discovered what we're here to do, life makes sense and it flows - trust me... Decisions about goals are simplified because the purpose becomes the yard stick to measure whether we are on course or not.

Discover Your Purpose

Ask yourself these questions. What do I enjoy doing the most. What comes most easily to me. What has always attracted me. For an example. When I was in grade school, I always got "improvement needed marks" in deportment because I was more interested in talking with my friends than anything else. My teachers constantly said "She is too social.. Well, shades of things to come - I am a professional communicator - whether on T.V., radio, in my office or in print. I love connecting with people and most of all being of service. I have always wanted to find those teachers and say "Hey, I was born to connect!.

We

dance; or, through helping others manage their finances; or even more important, raising healthy, well- balanced members of the next generation.

How To Achieve Your Goals

- Write down the answer to these 3 questions:
- What do I enjoy doing the most?
- What comes most easily to me?
- What has always attracted me?
- Then write down the 3 most important goals that will move you toward fulfilling your purpose. The goal must be written clearly, as it would look when completed.
- Finally, plug in the spiritual power that energizes the achievement of our goals.
- Meditate
- Picture your life purpose as complete
-
- or "I am a loving, patient mother who raises children with a healthy sense of self."
- Read, listen to new tapes, attend workshops and retreats.

Do things this year you've never done before: change means growth! Inner healing combined with spiritual tools guarantees that we will lead lives that are deeply satisfying and contribute to the world around us.