

Enjoy better health and a better life

HAPPY NEW YEAR!

Welcome to 2008. Now that the festive season is over it's time to think about the next year. This month, a question for you.

Where are you going to be at the end of 2008?

New Year resolutions tend to be statements such as "lose weight", "earn more money", "be nicer". But these statements are so vague that they are meaningless. If you lose a pound of weight or gain a pound of money you've achieved your goal. Be nicer – one smile instead of a snarl and you've achieved your ambition.

In order to really make a difference have a specific goal and picture yourself having achieved it. Where do you want to be at the end of 2008? If your picture is fuzzy and blurry, then that's how you will be this time next year, fuzzy and blurry.

So picture yourself x pounds slimmer on the beach this summer, or starting your new job in September or winning an award for your business prowess. Once you can see, hear and feel what that achievement is like you'll be better empowered for reaching your goals for 2008.

Dare to dream...then get on with it!

Liz

Liz has specific programmes to help you achieve your health and weight-loss goals – get her help and get there sooner!

www.tranzformations.co.uk

