

Make Your Resolutions Stick

By John Colanzi

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Another year is winding down.

As the new year approaches it's time to make your resolutions for the New Year.

You start the New Year with "Great Expectations." You set your goals for the coming year and you promise that this year you'll stick to them.

As time goes by you hit a set back here and an unexpected problem there and your goals fly out the window.

Why do you suppose that is?

I can tell you why. You've been programmed to remember the negatives and forget the positives.

We lose our "Great Expectations" the first chance we get.

There's a story that illustrates this point.

There's a large group of individuals at a positive thinking rally. As the speaker is talking in walks a man with a ticket in his hand.

The speaker pauses and announces, "One of you has been chosen to receive \$1,000,000.

What do you think flashes through their minds?

"I know it's not me, I never win anything."

A little later a man walks in with an executioners outfit

on. The speaker announces this time, "I'm sorry, but one of you is about to be executed."

This time everyone is thinking, "Oh God, I know it's me."

Wow! Do you think like that?

So how do you make sure you stay focused and positive when things aren't going as expected?

There's a concept they use in the "Silva Method" called "Reference Points." Most positive thinking groups have similar concepts.

To create a reference point you pick the most successful event you remember. Every day you concentrate on your "Reference Point."

Why?

To focus your mind on the positives in your life. Nature abhors a vacuum. Left on it's own, your mind will fill the void with the recent negative events.

As soon as you reach a goal, you set a newer more positive "Reference Point."

Tame your mind, set your goals and keep your resolutions.

Start using "Reference Points" and Make Your Resolutions Stick."

Wishing You Success,
John Colanzi
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