

New Beginnings: Connecting With The Desires Of The Heart

By Lee Wise

New Beginnings: Connecting With The Desires Of The Heart

Lee Wise
lfwise@aol.com

Good Health Makes Good Sense <http://www.myseasilver.net/las/request.html>

NEW BEGINNINGS

Connecting With The Desires Of The Heart

© Lee Wise 2003 All rights reserved

NEW CHOICES MEAN NEW BEGINNINGS

A new year may or may not mean "new beginnings."

It all depends on me.

If I choose to act on my desires -- however "new" or "old" they may be -- I have the potential of making a series of new beginnings in a variety of areas of my life.

WHAT I MUST DO

I must take note of my strong desires. That's my first step. I might use terms such as "reconnecting," or "getting on track."

The point, however, is the same: taking a journey of the heart on the path that leads to a set of strong emotions.

Emotions about work
Emotions about people
Emotions about a special dream

AND WHAT DOES MY SET OF STRONG EMOTIONS DO FOR ME?

In a word, my personal set of strong desires helps me to pay the price that is written on the label of each top level goal I want to accomplish.

It is a two-fold price tag that involves...

- *A personal commitment
- *Focused and sustained action

WHAT DOES MY HEART SAY ABOUT ...

A variety things? In other words, what do I feel most passionate about?

- "I want to be a good dad, mom, friend or worker."
- "I want to keep my creativity alive."
- "I want to maintain good health."
- "I want to leave a positive legacy."
- "I want to get out of debt."
- "I want to..."

AND THE KEY IS...

"I *really* want to!" The *really* part is the important part.

You might call this one of those bottom line keys to personal success.

If I were to put it into a "success equation" it might look something like this:

$$\begin{array}{r} \text{My Strong, Heart-Felt Desires} \\ + \\ \text{A Personal Commitment} \\ + \\ \text{Focused And Sustained Action} \\ = \\ \text{High Probability Of Success} \end{array}$$

NOTHING IS A GUARANTEE

I say "high probability" because I personally believe there are few guarantees in life.

For instance...

I may have the desire, put the time and energy into what I do, possess an extra dose of commitment and still experience a 9/11 in my life: a tidal wave that hits myself or those I care for with its own special kind of fury.

In that case, quite naturally, I "take the hit," adjust and keep moving forward to the best of my ability.

Now that I have related my "disclaimer" to the formula just mentioned, let me ask you this:

WHAT STRONG HEART ISSUES WILL MOTIVATE YOU THIS YEAR?

Do you need to spend some time reconnecting?

What would you *really* like to accomplish? And...

If you were to name the three "reasons" for accomplishing what you want to accomplish most, what would they be?

1. _____

2. _____

3. _____

HERE'S TO YOUR OWN UNIQUE "NEW" BEGINNINGS!

I wish you the best. My hope is that these not-so-new thoughts will serve as a simple motivation for you to continue on your personal excellence quest.

Have a great year!

Yours for a day filled with beautiful moments in time,

Lee

Lee is a seminary administrator, has a part-time business at home, and writes his own motivational mailing entitled "A Beautiful Moment In Time." Permission is given to distribute article. This entire paragraph must be included. You may contact him at lfwise@aol.com or by visiting -- <http://www.retirequickly.com/89863>

[Get-Articles.com](http://www.get-articles.com) : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)