

2016 is upon us (Happy, happy....)

**New year's resolutions – already fallen away?
...mmmmm. Rather try a**

New LIFE resolution!

The New Year is upon us and wherever I go. I can sense the hope that comes with the idea of a fresh start, in spite of the usual negative news doing its rounds. It is wonderful to find so many people in an upbeat mood.

My computer sometimes slows down. It freezes or hangs and then needs a reboot to get back to normal. After restarting it, the computer will go back to functioning as it was before the freeze and if it was working efficiently beforehand it do so again.

Things are much the same with us. The idea of a new beginning brings a burst of fresh energy, but soon the energy that comes with the idea fades. In most cases we will find ourselves carrying on where we left off in 2015. Very few people will get a new beginning because hoping for a fresh start is not the same as making a fresh start. Our minds will go back to the way it was functioning beforehand; the same old problems will return to put us down and the same demons will return to haunt us. However, there will be some people who will turn things around and it will usually be those who have changed their mental programming, modified their mental diet and/or updated the software that runs their minds.

Who would expect to get a change in output without making a change in input? Those who want a fresh start must do things differently – surely! This is the principle: if you keep doing what you've been doing, then you'll keep getting what you've been getting!

Let me encourage you (and hope that you will encourage others) to make the Happy New Year you so looked forward last beyond January.

No matter what resolutions you have made for the New Year, there is a way for you to make them stick! If you need help or if you want to learn more about how this may be done, then go to www.winngedge.co.za; or call us on 011 477 1161.

-Chris Lew Jan 2016

Challenge yourself with:

What can I do this week to get past the 1st four steps?

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