

What's Your New Year's ACTION Plan?

6 POWERFUL WAYS TO MOVE THROUGH YOUR NEW YEAR



AFFIRMATIONS/AFFORMATIONS

Examples:

"I am focused and always on task when it comes to my goals."

"I am powerfully productive."

"I have amazing gifts to share with the world and myself."

"I am becoming healthier and healthier each and every day."

"Why is it so easy to remain focused and on task with my resolution(s)?"

"Why is it so effortless for me to follow-through with what I set out to do?"

"Why is it so easy to accomplish my goals?"

CREATIVITY

Examples:

Start piano or guitar lessons

Take a dance class

Start painting

Write your blog,

Take photography classes.

TALKING

Examples:

A therapist?

A coach?

A mentor?

A religious figure?

INTROSPECTION

Examples:

Finances?

Spirituality?

Work goals?

Home life and/or communication?

Hobbies?

OPENNESS

Practice Vulnerability

Open up to someone you trust

NOWNESS

Meditation - follow the breath

Mindfulness

What do you:

See?

Smell?

Hear?

Taste?

Feel?

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Healing One Mind At a Time

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