

Resolutions that put the Happy back in New Years

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Let's make a grand plan for 2008. Forget the small potatoes mini-New Year resolutions. Think big. Instead of saying "Why?" let's say "Why not?" We want to only choose resolutions that make us smile, that warm our hearts. Let's put some soul in our resolutions and go for the best expression of our best selves in 2008. In the biggest way, let's put the happy back in our new year.

I do want my hype to inspire you. Please, forget about censoring ideas because you don't know how to materialize them. Right now identify some good thing that happened when you least expected it. This is proof you can have what you want. And I want you to have an encouraging mind in creating your resolutions.

Consider these questions to trigger the best resolutions:

What are my talents?

What people, ideas, things or events have made me happy?

What has made me the happiest in my current relationships?

What am I doing when I feel my most natural, authentic, loveable self?

When was I most in tune with my body?

What three wishes would I like to have fulfilled before I die?

What would I like less of in 2008?

What would I like more of in 2008?

What are my material, physical world desires?

What are my spiritual needs?

What emotional aspects would I like to shine?

What practical things do I want?

What aspects of my truest essence want expression?

Are you saying, "Yes but," raining on your own parade before you've even created your goals?

Here's a technique to shoo away any negative thoughts and fears. First identify any fears that have diminished your confidence in the past. Next write them down. Then rip the paper into small bits and throw it away, burn it (safely), or send the fear list into the sewer system with a mighty flush. During 2008 if these old fears creep up, as old fear habits are apt to do, just laugh and say, "I got rid of those in 2007."

Now write down your resolutions. The process of writing helps us own our ideas; our goals are not just some passing fancy. Writing them down says, "These are important to me and I want to imprint them in my mind."

Then read them every night before bed and every morning. Our resolutions are now firmly entrenched in our minds. There's no need to focus on them during the day. Our task will be to act on opportunities for fulfillment as they arise. And they will, naturally. Opportunities are ever present; we just need to allow ourselves to see them.

Our resolutions will be like the wind and create movement in our minds toward what we really want and away from what we don't want. Keep in mind the wind in our mind is as huge a force as the wind in nature. We can't see the wind, but we know when it's blowing. It moves mountains in nature and creates alertness in our minds to the opportunities to fulfill our dreams.

If you have an interest in learning yoga, meditation and manifesting this New Year, I'll be teaching a MOVE, MEDITATE and MANIFEST class, open to all fitness and yoga levels. Place: The Island Yoga Space, upstairs from Ginny's and Jane E's, corner of Magnolia and Palm Ave., Anna Maria. Time: Tuesdays and Thursdays from 5:00 to 6:00 PM. Cost: \$12 or \$10 for group of ten sessions. My first Jan. 3 class is free, no reservations needed.

Joan Dickinson, Ed.D., is a life coach, a retired psychologist, professor, behavioral health care director and consultant. She loves to swim, kayak, fish, practice yoga, meditate, walk and explore nature. Her column appears every other Saturday. She can be contacted at her web site, PerfectLifestyleCoach.com, by phone at 941-778-8356 or write to PO Box 731, Anna Maria FL 34216.