



A Great 2017

6 January 2017

It feels quite odd to be typing in 2017. No doubt I, we all, will be used to it very soon. From my side, I wish you all a wonderful, marvellous, fantastic, splendid (whatever else you want to insert that is positive) year. For many, 2016 was described as a year that sucked. This is a new year. Life is full of growth and moving on from the past. It is a chance to start anew.

However you need to start anew and do something different - or you will get the same old thing all over again. As part of helping you (and myself) prepare for a great 2017 I am starting the year with a Workshop and online course on Transforming your Life in 2017. This will be a workshop and course that presents 30 tools and techniques for more success, happiness, and inner peace. I am very excited about the course which contains most of what I have learned in 30 years of working with people as well as my 8 years as a full-time coach. More about that though later.

Make some resolutions to be more positive this year. A positive mind, and positive actions, bring about a positive life. I am only going to give you four points to keep it simple but practical.

1. **Speak to yourself in a positive way. We all mutter things to ourselves. Catch yourself when you are talking to yourself. Are you criticising yourself? Are you putting yourself down? Are you telling yourself that you cannot do something? Change your talk to more positive, "can-do" talk.**
2. **Surround yourself with positive people. You become like those you surround yourself with. Resolve to spend more time with people who are proactive, positive and empowered. After all, you want to become more like them.**
3. **Practice positive health. You probably won't be able to do this 100% of the time (we all fall off the wagon at times) but keep at it for 80% of the time. If you want to be successful and happy you need to be in good physical, mental, and spiritual health.**
4. **Focus on positive actions. Before you say anything ask yourself if this is a positive thing to say. Before you take an action, ask yourself if this is a positive action to take. Positive for you and others. You will find your life quite different, and much better if you can learn to do this.**

Generally, one of the things about life, is that the more positive you are, the more positive life is back to you. You reap what you sow!