



May God Bless You in the *NEW YEAR!*

How to Make 2010 *Better* than 2009

5 Ways to Make New Years Resolutions That Last

1. Make them specific & measurable Instead of "Eat Healthier," try "eat five of my favorite fruits & vegetable every day." Instead of "Get closer to God," list specific things, like "Pray every day" or "Read a specific book of the Bible (by the end of a certain month)." Instead of "Improve my marriage," list what steps you need to take and by when. For example, read a devotional together daily, carve out time each week to be together without interruptions, attend a marriage seminar or marriage counseling, and list ways to meet each others needs.
2. Keep them realistic When goals are unrealistic, people are less likely to commit to them fully. It's better to set obtainable goals and meet or possibly exceed them than to become overwhelmed and give up. It also helps to break them down into smaller sub goals that are more manageable.
3. Focus on what's most important When you are on your death bed you will not be thinking "I wish I had spent more hours working." You'll be thinking about loved ones. Jesus emphasized the importance of our relationships with God and others.
4. Write them down & put them where you will see them
Write them in your day planner or calendar on each month, from January through December. Put them on the mirror or at your desk where you will see them every day.
5. *(Most Important) Time Bound:* Make an appointment with someone to hold you accountable
Making a deadline for goals or sub goals dramatically increases the probability of reaching them. Research reveals that when making an appointment with someone to hold you accountable increases the likelihood of completion from **50% to 95%!!** Meeting quarterly or monthly is ideal.

"One day at a time" is the antithesis of making New Year's resolutions, "It's not saying, 'I'm going to do this and keep it up all year,' it's saying, 'What can I do today?'" -

PROFESSIONAL CHRISTIAN LIFE COACHING NOW AVAILABLE!

A Christian Life Coach will help you to:

Call 222-6800 for more information.

1. Define and fulfill your personal and professional life goals
2. Discover your strengths, gifts & abilities and ensure they being fully developed & used
3. Develop your vision for your life and a strategic plan to fulfill it
4. Identify & remove roadblocks that are preventing you from reaching your goals & your potential
5. **OBTAIN RESULTS:** helping you to live the most fulfilling, meaningful and satisfying life possible.

HOW ARE WE DOING? NOW YOU CAN RATE OUR COUNSELORS ONLINE!

To Give Us a Rating or Write a Review Online, Simply Click on link below:

[click here](http://www.merchantcircle.com/business/Healing.Heart.Counseling.Center.Inc.318-222-6800)

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THEN CLICK ON **WRITE A REVIEW**

(YOU **DO NOT** HAVE TO PUT IN YOUR NAME)

Read What Our Clients Have Written:

- "Thank you Marty! You have helped me tremendously. Our marriage is 100% better."
- "All meetings with Marty have been helpful and strategic. Plans how to reach goals and those goals are being met. Real Progress!"

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The task ahead of us is never as great as the Power behind us.

Proverbs 3:5-6
Trust in the Lord with all your HEART and lean not on your own understanding: In all your ways acknowledge Him, and He shall direct your paths.