



NO MORE NEW YEAR'S RESOLUTIONS

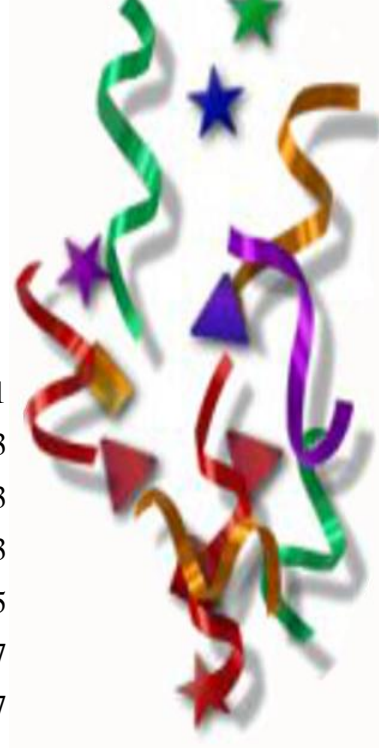


**When is the last time you felt good
about your New Year's resolutions?**

Isn't it about time for a change?!

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INTRODUCTION

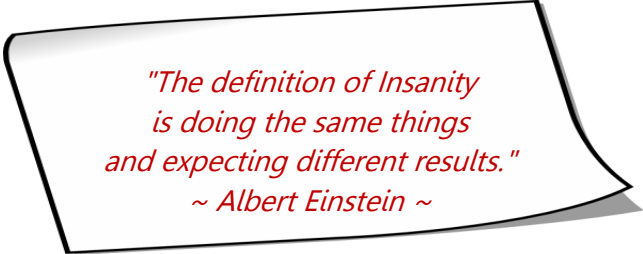
2011 went fast didn't it? How did you do?

Each year millions of people have a reaction to the transition of one year to the next. Some people are happy with their results. Others want something to change. Some people exceeded their goals and are excited for their next results. Others are struggling to make ends meet, find love, drop those extra pounds. Some will be glad the year is over. Some will end the year with regrets. What does 2012 hold for you? Will it be more of the same or are you willing for a change? Even those who are happy with their results in previous years, many would still like something new or a change in something in this coming year.

Many people are predicting that 2012 will be the end of civilization. Others are predicting that it will only be the end of an era as we know it; and many are saying it is a call to more authentic and responsible living. Whatever you believe, 2012 is still a year to live, and live your best.

For countless people, New Year's Eve is the re-start of many old habits. Millions of people will voice New Year's resolutions in one night, and within the week over 75% will have broken them. Too many people deeply criticize themselves when they write their resolutions. The practice brings up guilt, regret and anger. This adds damage to your self-esteem and feelings of self-worth. Most people know that they will never meet their resolutions. It's a small flicker of wishing and hoping that this year will be different motivates them to say them anyway.

We've all heard the quote:



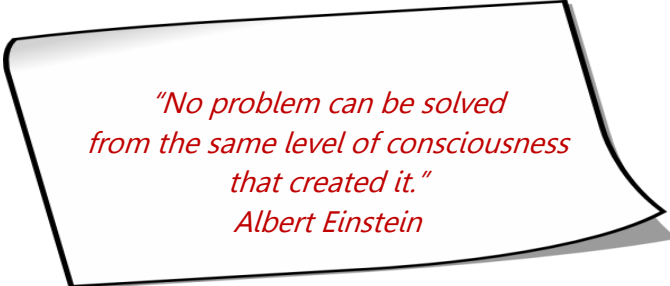
*"The definition of Insanity
is doing the same things
and expecting different results."
~ Albert Einstein ~*

Yet we continue with the same old habits anyway.

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The most difficult time to set new goals or intentions is when you are not feeling confident; not feeling good about yourself or situation; not feeling proud of your accomplishments or not feeling successful.

Einstein also said:




*"No problem can be solved
from the same level of consciousness
that created it."
Albert Einstein*

So instead of insanity, why not do something purposeful, intentional and powerful this New Year's Eve?!

This year start your new year with more emotionally healthy and hopeful thoughts and actions.

Oh, just give it a try - what do you have to lose?

You can always go back to your old habits on the 2nd if you want to.



*"It is not the strongest of the species that survive,
nor the most intelligent,
but the one most responsive to change.
~ Charles Darwin ~*



Tip #1:

Don't make New Year's resolutions this year.

Prepare yourself for something new!

Start by purchasing a three ring binder

So many people fail to prepare or plan for their success, regardless whether it's personal, relationship, financial or professional. Instead they lunge forward with the same old habits and behaviors that got them to the point they are at today.

If you like the results you are getting, then by all means, continue with your current behaviors. On the other hand, if you are open to a change in anything; consider starting your New Year differently.

Add blank pages to your binder and include the pages in Tip #2. After answering the questions in Tip #2, you will already be starting a potentially new and fresh beginning for 2012. Following up with Tip #3 & 4 will then feel more exciting and possible.

Just in case you might be saying, I don't have time to do this, please stop and re-read the insanity quote from Albert Einstein above.

Tip#2

Make your acknowledgement list instead.

Studies show that the best time for a sales person to make a sale is right after you have just made one. The best time for a baby to take a second step is right after they have successfully taken the first one. The best time to create another success in your life is right after you have just experienced one.

Why is that?

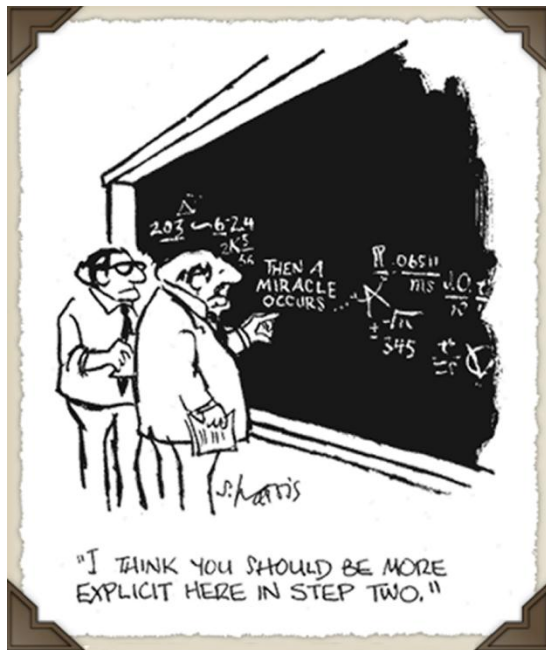
Tip #3

This is your opportunity to fully envision what you want not only in your New Year, but for the years that follow. This is the time to create a clear concise picture of your desire; a dream that motivates you.

Start by deciding exactly what you desire and where you desire to be in 10 years.

You will be writing and seeing this vision AS **IF** it has already happened, like watching a documentary movie of your own life accomplishments.

Not one year or five years - 10 years. One of the keys to "get out of your own way" is to envision farther than your current limitations. Most people can find reasons and excuses why something can't be done or achieved in one year, and even five years. When you allow yourself to see beyond your current limitations, habits and current results, you free your mind to finding solutions and possibilities to achieving and receiving your desired results.



One of the most important keys is to "think on paper." If you cannot write it down clearly and specifically on a piece of paper, then it means that you are not really clear about it yourself. You must also use pen and paper and handwrite out this vision first, and then later you can enter it into your computer. Studies have shown that using hand to paper has a better emotional and thought connection than fingers to keyboard.

Decide **exactly** what you desire in each area of your life. Instead of fuzzy goals like more money, better health and happiness, be specific about **exactly** how much more money you want to earn; **exactly**

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what level of health and fitness you desire; **exactly** how you want to be living and include your relationship status.

Sometimes it helps if you envision yourself 10 years in the future running into an old friend that you haven't see in 10 years. She/he asks how is your life? What are you doing? Why do you look so joyful?

At this point you are not writing HOW you did it. Too many people get stuck in the "how" and stop themselves from moving forward. Simply write the results.

Where will you be living?

Who will you be spending your time with?

Are you married, single? Children, grandchildren?

What does your home look like?

What is the first thing you see or feel when you open your eyes in the morning?

What is your business or career? If you don't know what the profession is, what results to your efforts create? Do you work in an office, from your home; do you travel for work or is your business virtual?

What is your physical appearance? Did you lose weight, gain weight, tone your body?

How is your health?

What is your financial position?

Where did your money come from?

What are you using your money for?

Where do you give back in the community?

Details are important. You are writing the story of your life. Any area that you generalize, you either have a disbelief of its availability for you or you don't really desire it.

Most people are not afraid of NOT getting what they want.

They are used to that.

*More people are afraid of removing their blockages,
because they know on a very deep level
that their life will change in a powerful dramatic way*

~ Carolyn Myss ~

To write your full clear vision for your future may take a few days or weeks. This New Year's Eve you start with what you know and feel now. Once you have your written vision you are ready to continue to Tip #4.

Tip #4

In ancient times, it was celebrated that a window of insight opened exactly at midnight. This window gave a clear vision of what was in the future, so it could be celebrated and welcomed. We each have the opportunity to make our visions realized in our futures.

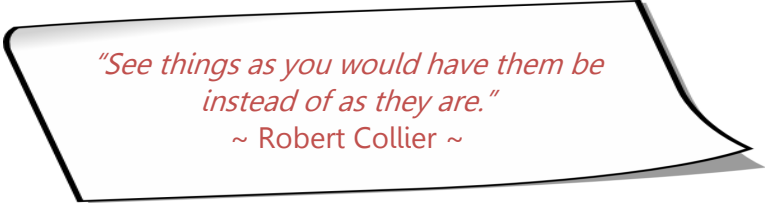
A very empowering ritual can be practiced at the transition of the years.

In your list you wrote what you were grateful for in 2011. For the final minute of this year (11:59 to midnight) read this list and give gratitude for all you have received this year in your life.

Gratitude for all your experiences, lessons and gifts. You can start earlier if you desire to be in gratitude longer for this year, as long as your gratitude extends to midnight.

At exactly Midnight and into the first minutes of the New Year, give gratitude for all that is emerging and entering into your life this year. Then, reading from your written vision documentary, give gratitude specifically for what you desire, AS IF it is already here. See and feel yourself in ten years having and doing all that you wrote in your documentary story. Again, this is not the time to think of how.

This is a form of envisioning. With envisioning you are seeing the image through your eyes, not watching it on a screen somewhere in front of you. Instead of watching the image, you are feeling it, sensing it, seeing it, touching it and hearing it. All of your senses are engaged. The key is to see the picture vividly real in your mind, through your own eyes. The more connected your five senses are to your image, the more real it will feel. The more real you feel it, the more it affects your attitude and daily life in a positive, powerful way.



*"See things as you would have them be
instead of as they are."
~ Robert Collier ~*

This is not new. We all know how to do this envisioning practice. We do this every day in small ways.

We envision a party we are planning or an event we are going to. We can see in advance who will be there, what will happen and how we will feel. We can feel the excitement or feelings of dread as we envision it. This is why we hear ourselves and others say, "*I knew that would happen*". We saw and felt it in advance.

Since we already know how to do this for small things in our life, start this new year without limitations and see where it takes you. You already know how to do what you did last year and the year before that. Isn't it time for something new?!

Dream BIG.

Some people resist here, with the excuse -..." if they dream big, they'll be disappointed. " If you like the results you are getting, then by all means, continue with your current behaviors. On the other hand, if you are probably experiencing some disappointments and frustrations in some area of your life, without dreaming big. What IF... just What if....you tried something new and got new results?..... *Oh, just give it a try., you might like the new results.*

Years ago, my husband and I talked about having a home on the beach. I envisioned living in our home at the beach. I could see the balcony I walked onto in the morning with my coffee, and saw the waves of the ocean lapping up on the white sand shore, and I felt the wind on my face and I could smell and taste the salt air. I heard the birds and the rustling of the trees. At the time, we were living in southern California, so you might think I was imaging Malibu, one of the nicest beach areas; however, I was careful not to put an exact label of a city on it. I wanted the best beach available, wherever it was. Soon afterwards my husband and I moved to a new home, on the beach. The first morning I walked out on the balcony with my cup of coffee, I saw my vision in front of me, just as I had envisioned it...and more. Because we had moved to Grand Cayman Island with one of the most pristine beaches I had ever seen.

This is more than simple visualization or daydreaming. Envision with all your feelings and emotions connected to it.

As example; If your vision is to have a book published, envision yourself being interviewed after the book is published or envision your book on the shelf at the bookstore, or better yet in the

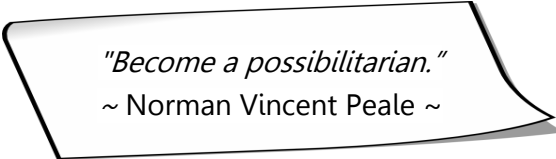
hands of someone reading it. Envision and embody the energy of the end result and lets the steps open up for you.

This is a powerful jump start for your new year in your first minutes.

Finish your gratitude for all the lives that touch yours and those you touch, just by being who you are.

Tip #5 CONCLUSION

Be excited about your future.



"Become a possibilitarian."
~ Norman Vincent Peale ~

Take time to envision your documentary at least once (3 times is best) during each day. You will be surprised to see how aware you become of old habits that attempt to deter you from your new direction. You will notice new and good things that you previously might have overlooked. You will hear opportunities that are available to you, and you just might be in the (new) position to act upon these.

Rather than write a list of behavior resolutions, resolve only to be truly YOU. Only you can fulfill your purpose. You make a difference by being true to who you are.

This next year is a powerful year. It is a year of new beginnings and rapid growth. This is the year to put your efforts behind your words, and see tremendous rewards.

Free MP3

Many studies have been made on the effect that music and sounds have on a person. Visit this music page - <http://karendrucker.com/pages/music.htm> - for a FREE full-length MP3 download of a song titled: **There's Enough by Karen Drucker from her CD - Shine.**

Take the few minutes to listen to this song, and then add to your acknowledgement list. Karen Drucker is a gifted song writer, entertainer and speaker. Her music motivates, inspires, assists with healings and helps people to stay centered. Let this song remind you that there IS enough.

Tips & Reminders

And for a list of easy tips and reminders, follow this link to **Success Handbook for 2012**
http://stressout-book.com/handbook_2012.htm

Free e-book, THE MAGIC STORY



The Secret of being what you have it within you to be, plus a very important Key.

A man down on his luck encounters a longtime friend, who only recently had been in the same near bankrupt situation, yet now his life has changed dramatically for the better.

Excerpt:

"...I was down on my luck thinking of suicide, looking for you, hoping you would lend me enough to pay my rent, when I met Sturtevant. He told me a story and, really, it is the most remarkable story you have ever heard; it made a new man of out me. Within 24 hours I was on my feet and I've hardly known a care or a trouble since....

Everybody who has heard the story had done well since, including two of my friends. They have experienced the same results that I have; and they are not the only ones..." What is this Magic Story that changes people's lives?

Get your copy here: <http://selfinvestmentpublishing.com/Magic/TheMagicStory-ebook.pdf>

FREE Motivational Graphic

As seen in It Works with simple Keys and Stress Out, show stress who's the boss.

This cartoon was first discovered on the wall in a shipping department, with the caption "you want it when" to indicate that the request for a specific ship date was *unthinkable*. I've seen it

used in numerous other business environments, and each time to represent that it was simply humorous to expect whatever the request was, to be fulfilled.

Years ago I changed the caption to: "My Source can't do what?" and friends also asked for it as "God can't do what?"

With faith - solutions are always possible. The most "unthinkable" is possible.

Excerpt Stress Out book ©2009

FREE *My source can't do what?*TM design



Visit: <http://stressout-book.com/downloads/source-w-color.pdf> to download a copy that you can print out and frame where you can see it and be reminded that your Source is unlimited

or



FREE *God can't do what?*TM in color

Visit: <http://stressout-book.com/downloads/God-what.pdf> to download a copy that you can print out and frame where you can see it and be reminded that God is unlimited

Additional reading recommendations:

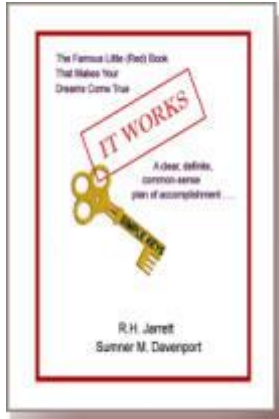
Support Your Favorite Charity

Proceeds from book sales through these websites benefit your favorite charity. See websites for details.

Buy the Book - help a charity of your choice.

Read the book - help yourself.

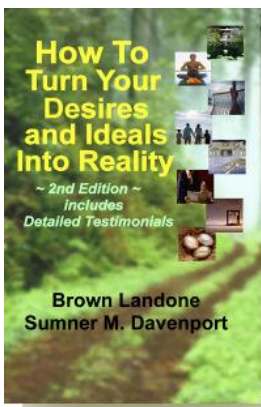
It Works with Simple Keys



Updated Version of The Famous Little Red Book that makes your dreams come true.

The book **It Works** was originally published in 1929, and is reported to have immediately risen to sales of over 1,000,000. In this expanded version, some of the examples were updated to fit more with today's times however, humankind has not changed. We still have the same needs, desires, and dreams. In that truth, this information is timeless.

Visit the website: <http://itworkswithsimplekeys.com>



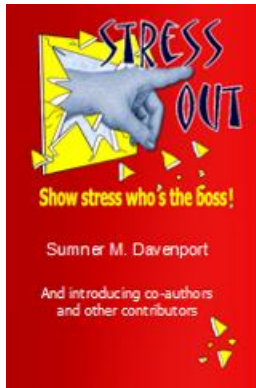
How To Turn Your Desires And Ideals Into Reality

Brown Landone was one of the first teachers of the scientific understanding of accomplishments. Up until age 13, he lived the usual routine of an invalid. Then his life was changed dramatically after a frightening event. Although virtually helpless by many medical accounts, he was able to carry a heavy metal chest down five flights of stairs when left alone and a home fire erupted. Afterwards, young Landone knew his subconscious mind had somehow made it happen, without his conscious awareness of it. He reasoned that if he could do that subconsciously when he was ill, he certainly could do it consciously.

When this updated edition was in its draft form, it was given to several people to "test". Some of their testimonials are placed in the book. These current testimonials include as much detail as possible to show how their results were created, including: "My Best Sale Ever"; "My Ideal Home", "I Wasn't Worthy to Have My Desires", "Finally Getting My Ideal Body" and more.

Visit the website for more information: <http://turnyourdesiresidealsintoreality.com>

Stress Out, show stress who's the boss



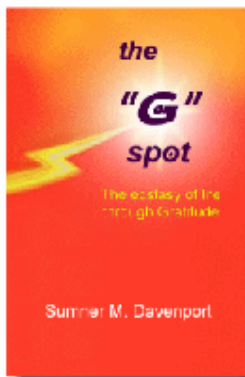
Just in time for your everyday Stress!

Stress is a constant in our lives, such a constant that we actually don't realize we are under stress, we think it's "just part of life."

Traffic jams, deadlines, eating on the run, we stress when we have bills to pay, job changes, endless chores and too many errands. Our job has stress, not having a job has stress, it's stressful maintaining your weight, having a relationship is stressful, not being in a relationship is stressful, family responsibilities are stress, and all those other demands on you can be huge amounts of stress. *Not to mention those people who really get on your nerves.* A little of this stress can help keep you on your toes, ready to rise to a challenge. Too much stress can harm your attitude, your motivation and your health – ***it can age you and it can kill you.***

Just what you need = expert advice, testimonials & personal stories from people just like you who were struggling with stress and found simple, easy solutions.

PLUS a way to help others at the same time. **Visit the website:** <http://stressout-book.com>



The "G" spot, the ecstasy of life through GRATITUDE

Not your typical book about gratitude. This book is for the cynic, the hopeless, the happy and the already grateful.

"Living your life through Gratitude, is not one of comparing how you are better than someone else; or Gratitude only for what you own or obtain or achieve. Living your life through Gratitude is seeing that the world would be missing something very valuable if you were not in it."

~ Sumner M. Davenport (original quote)~

Purchase your copy today and get hundreds of dollars of free bonus items from our sponsors and affiliates. Visit the website: <http://thegspotbookofgratitude.com/> for details.

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You Make The Difference



All things are possible...

The Foundation's primary mission is to provide scholarships for secondary education for children who have lost a parent to breast cancer.

www.PearlsofHope.com

Pearls of Hope® is a registered trademark of The Lorraine Jackson Foundation, a California 501(c)(3) non-profit organization.

CASA Court Appointed Special Advocates



GIVE A CHILD A VOICE

In the United States over one half million children are in foster care because they cannot safely live with their families. Nearly 70,000 National CASA volunteers serve approximately 280,000 of those abused or neglected children every year. www.casaforchildren.org



Author Sumner M. Davenport



Solutions Consultant
Author
Keynote Speaker

www.SumnerDavenport.com

Sumner Davenport's deepest passion is to see people empowering others while living the life of their dreams.

A real life example of an impassioned visionary, Sumner began her career at age nine when she opened her first lemonade stand and a backyard carnival. Throughout her childhood she was inspired by the successful business people she saw. She used this early education as a foundation when she started her first of many unique and interesting entrepreneurial ventures at age 19.

Although Sumner is the recipient of several awards and acknowledgements, she credits her best education to *The University of Hard Knocks*, with crash courses in *taking risks* and advanced learning from *bouncing back*. For several years Sumner has advocated for Self Investment rather than self-improvement. Throughout the twists, turns and painful bumps in her life, she has rebuilt her self-esteem by reminding herself that who she is, is not based on who other people judge her to be, nor their acceptance of her.

People are attracted to Sumner for her positive resilience and her willingness to share the secrets to her own success. She has been deemed the "*Bounce-Back Expert*" with a mystical quality. She is sought after as a speaker and she delivers customized presentations with appropriate humor and energy, based on experience and proven techniques.. She is described as "streetwise", charismatic and sincere. She amuses, educates, inspires, delights and motivates in each customized presentation and published book, which also include personal stories of her own "failures" and successes.

Sumner believes that in order for positive change to occur in destructive situations, individuals must be willing to speak up and take action. A passion for the future of today's youth, and a belief that our future is in their hands, Sumner works with select charitable organizations that assist young people with their life options. She has received several acknowledgements, including the Child Advocates office of the Los Angeles Superior Court, for "Outstanding Service to Children" as a Court Appointed Special Advocate (CASA) Guardian ad Litem.

She has co-authored several books and is quoted often. One of Sumner's quotes was independently voted to be included in the Top 10 Healthy Thoughts of 2007.

She can be reached through:

Her website: www.SumnerDavenport.com

Facebook: <http://www.facebook.com/sumner.davenport>

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