



Living With a Choice in Real Life

Ahh ~ 2005 ~ A new year ~ new dreams and new changes in your life...OR so you thought! It is one thing to create them and another thing to do them. Studies say only 10% of people keep their resolutions. Personally, I know only 3 people who are still "doing" their resolution.

Make it different this year. Look at all you accomplished in 2004 ~ your glories, physical accomplishments and don't forget the "biggie" – your emotional wins. Your review of the "old gold" lays a foundation for your resolutions for this year.

My husband Gary, ranked 45th in the country in his age group for triathlons which earned him an All American status. How did he do this? He managed his time so he could work out two times a day, ate healthy, and got plenty of rest – all this accompanied by excruciating knee pain. The news is what he feared: cartilage repair surgery in February. He had not planned on his body falling apart! Do we ever plan on our body falling apart? Oh well, change of plans for Gary – one more little life challenge for him. Don't let little life challenges paralyze you. Instead, look at them as an opportunity to discover who you are.

Gary's goals for this year are to have surgery, a recovery workout schedule and a written record of his workouts. I won't be baking extra desserts because what he sees on the counter always lands in his mouth. Our environment is stronger than our will. Without all of the training, he simply can not afford "leisure calories."

This year can be all about you despite your life's little challenges.

Focus on what you want; and NOT on what you do not want. We think 60,000 thoughts a day and 90% are a repeat. Imagine, having 54,000 negative thoughts a day. No wonder you may get stuck!

MIND DUMP — Write down what you want, so you don't have to keep it in memory.
And, remember the simple coaching formula that guides my life CONCEIVE > BELIEVE > ACHIEVE!
Lastly, don't forget to celebrate !!

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