



## Turn your Resolutions and Dreams Into Intentions - Be More in 2007

Happy New Year Everyone!

Did you know that 99% of people forget their resolutions and let go of their dreams by the end of January? Instead of being one of the casualties this year, focus on your intentions rather than your resolutions. To quote Wayne Dyer from his book *The Power of Intention* "an intention is not so much of a strong purpose or aim, but rather, a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns. We have the means to attract this energy to us and experience life in an exciting new way."

If you are considering setting New Year's resolutions here's an alternative: This year go for your dreams!

Do you dream of doing less and having more? Would you like to be more successful and less stressed out? How about being healthier or in better shape? Do you want more quality time with friends and family? How about a new job, more business, a new relationship, more passion, more money, even more fun?

Dreams like these, which are based on what you want, have a better chance of survival than your resolutions, which are based on what you don't want. Why? Because your dreams and desires have more power than your doubts and dislikes.

There's a different kind of energy and joy when you are moving toward your dreams than there is when you are trying to "fix" something.

For example, if your dream is to feel and look good, a different kind of energy will be applied than to the drudgery of getting rid of the weight by diet and exercise. "Getting a healthier, more vibrant body" will be easier than "losing weight."

Similarly, "building a successful business" will be more exciting than "getting rid of debt."

Falling in love with yourself may lead you to that love of your life.

Set up your life to move toward what you want. By taking a little time to dream, you can reconnect with your passion and to what really matters to you. Explore how you want the next year of your life to be, and find the courage and confidence to make it happen.

Turn your Resolutions and Dreams into Intentions.  
I invite you to "try on this new perspective" as you plan your New Year.

**Contact Deanna Frazier For Speaking and Coaching!**

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.