

Christine-Anne Platel Newsletter: HAPPY NEW YEAR!

January 2007



HAPPY NEW YEAR!

I want to wish you a VERY HAPPY NEW YEAR, one that is full of every blessing that the Universe can bestow upon you, and all for your Highest Good.

I also recognize that the world is in turmoil, and some of you may be feeling helpless and overwhelmed by it all. Perhaps 2007 will be just as challenging as 2006 turned out to be...if we do nothing. But you know, we CAN do something positive and concrete about changing the energy in the world.

The I Ching, or Book of Changes, an ancient Chinese philosophy dating back 3,000 years, advises that we can change the world by beginning with ourselves. When you think about it, each time we change our own behavior, people around us have to respond differently. They (and we) can't keep doing the same dance because the rules have changed.

According to the I Ching behaviors that operate within a household shape its inhabitants; and what is learned in the home will transfer to the community, the state, and the world. So if you want to change the world, you have to begin with changing yourself.

Try extending this philosophy to your workplace as well. If you are unhappy with a situation there experiment with changing your behavior first, and see how your colleagues respond to you. I know that you're going to be very pleasantly surprised. Let me know what happens.

"When the house is set in order, the world is established in a firm course." The I Ching

NEW YEAR'S RESOLUTIONS

When Michelangelo was asked how he carved the statue of David, he said:

" I simply cut away everything that was not David. "

At this time of year, many of us are thinking about making New Year's Resolutions to change things that haven't been working for us for in a long while. Have you made a list of the thing that you need to cut out of your life, so that you can instead devote time and energy to doing what you really love. Are there any behaviors and choices you make each day that stop your Authentic Self from emerging and shining brightly?

Make a commitment to the NEW YOU and your world will quickly start feeling quite different. You might need some help in staying motivated to manifest your dreams, so recruit a Success Team; group of friends, family, or colleagues who can help you stay focused and accountable. They can also cheer you on towards your goal.

Work on an Action Plan - a road map for this new journey that you are about to take. Include a Timeline so that you know how long each part of the Plan will take to manifest; and when you will eventually reach your goal. Celebrate each successive step by giving yourself little rewards along the way. It will make the journey so much more fun, and will definitely keep you motivated!

If you want you an extra boost to achieve success think about getting some professional help from a [Life Coach](#), Personal Trainer, [Nutritional Adviser](#), Therapist, [Performance Coach](#) or a Mentor.

I have a wonderful opportunity to tell you about as well. Join me and a team of coaches from the LGS Coaching Agency for some GROUP COACHING:

**THE 12-WEEK PROGRAM via TELEPHONE CONFERENCE STARTS
JANUARY 8**

so you can join in no matter where you live in the world.

 **FREE INTRODUCTORY CLASSES ARE GOING ON ALL THIS WEEK**
We can help you make, refine and keep your Resolutions, and assist you achieving your goals more quickly by keeping you motivated and moving forward. The 12 Week Program includes:

- 12 Group Sessions with only 7 participants to a Coach (**Request to be in my Group.**)
- 12 Teleclasses on topics to help you stay motivated (**Be sure to attend the ones I'm giving on Visualizing Your Goals, and Creating a Vision Board to Strengthen Your Ideas.**)
- 3 Victory Calls so you can share your successes with all the coaches and participants.
- New Year's Resolutions Blog

For more information about this Extraordinary Package check out my [EVENTS](#) or call (904) 491-8676.

THINK ABOUT YOUR GOAL AND ASK YOURSELF THESE 3 QUESTIONS:

"If I don't do it now, when will I make this change?"

"How much older will I be when I eventually do make this change?"

"How will my life change if I don't achieve this goal now?"

GO FOR YOUR DREAMS! YOU HAVE NOTHING TO LOSE EXCEPT ANYTHING THAT'S BEEN HOLDING YOU BACK FROM BEING YOUR AUTHENTIC SELF.

Wishing You

Love, Light, Peace, Clarity, and Abundant Joy for 2007 and always...

Chris :)

Christine-Anne Platel

GETTING IN TOUCH:

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