



## **31 Really Worthwhile New Year Resolutions To Make 2016 Your Best Year – Ever!**

- 1 **Be Grateful For your life**, every bit of it, even the downright heart-rending traumatic moments for without them you would have no comparison for the wonderful soul singing brilliant times.
- 2 **Don't Denigrate Yourself; Ever...**you are an amazing person, with amazing abilities. We each have our own talents and gifts and yours are incredible, recognise them as such.
- 3 **Be Kind To Yourself** (see above) and others, whether they are friends, family or complete strangers. Kindness goes a long way and has a 'pay it forward' type of action.
- 4 **Smile...**it brightens up your day, other people's day and of course your face : )
- 5 **Stop Worrying Needlessly...**it doesn't take away tomorrow's troubles – it takes away today's peace
- 6 **Stop Comparing Yourself To Others..**there is no need, you are 'one in a million' and a very special person
- 7 **Be Aware Of Your Thoughts...**for they create your world. And if you're not sure whether your thoughts are helping or hindering you, be aware of the feelings that come from your thoughts. If the feelings you have don't feel right then change the thought until the feeling is good.
- 8 **Stop Wasting Your Time....**wanting, wanting, wanting. If you have a big dream then analyse it and start working on it a bit at a time rather than wanting the whole picture at once. Think of it like a jigsaw, piece the parts together a bit at a time, then eventually without too much effort, you'll have the whole picture.
- 9 **Stop Worrying What Others Think Of You...**they are too worried what you are thinking of them to be thinking critically about you!

**10 Make 2016 Your Year...**and either live your Life Purpose with courage or if you haven't figured yours out yet, read my book [Life Purpose – How To Find Your Reason For Living](#) and rise like a phoenix from the ashes of 2015 and create a stupendous future for yourself.

**11 Make A Life Rather Than A Living.** Don't work at a job you hate just to make a living. You managed to get that job, so you'll get another, one that you enjoy. Then you will have a life and not just be making a living.

**12 Don't Live A Life Built On Fear And Doubt.** That's not a life. Build your life on love, kindness and generosity to all, and most importantly to yourself.

**13 If You Want To Create Abundance For Yourself, Create It For Someone Else.** What you give out, you get back. Whether it's money, love, gratitude...whatever. Give it to someone else and watch it flow into your life.

**14 Look At The World Through Eyes Of Love.** Look at your husband, wife, girlfriend, boyfriend, sister, brother, kids, parents and colleagues. You'll feel so much better and they'll pick up on it and return it back to you.

**15 Be Accepting.** Accept that not everyone is like you, has your ideals, dress sense, way of talking etc. Accept people for what and who they are. By accepting them, you are giving them the priceless gift to be authentic in your company.

**16 Before You Go To Sleep** at night, take a few minutes to be grateful for the day you have had, even if it's been a rotten day, because not every day is perfect and when you do have those 'perfect days', then there is even more reason to be grateful!

**17 And Talking Of Sleep...**when you wake up, set your intent for the day i.e. say to yourself "Today is going to be a great day, everything works well for me". Be positive about the new day ahead of you.

**18 Don't Hate Monday's!** What's the point? You can't stop Monday happening and if you follow the above (No 17)...you might just have the best Monday ever : )

**19 Try To Stop Worrying About Lack Of Money** (if you are) The more you worry, the more you are concentrating on lack, therefore you will experience more lack! Be grateful for every penny you earn that pay the bills that need to be paid and the feeling of gratitude will eventually replace the feeling of lack allowing more money into your life.

**20 Never Say "It's Going To Be One Of Those Days".** Please do not say that, because believe me, then you will have 'one of those days'!

**21 Avoid Negative People** and if you can't then don't listen to them and if you need to listen to them, let their words flow off your back like a duck in water.

**22 Don't Gossip...It's Horrible.** Gossip usually consists of negative talk about another person...again what you give out, you get back. Someone will gossip about you.

**23 Look After Your Physical Body,** treat it with respect and don't abuse it. It is the perfect vehicle for you to experience this adventure called life in a human form.

**24 Stop Complaining About The Weather!** There's nothing you can do about rain....it happens in winter! Look at it this way, when the skies are grey and it is raining, it's watering the ground for the plants and flowers to bloom in spring again : )

**25 Forgive And Let Go.** No matter what has happened in your past and who did whatever to you, don't let your life be ruled by anger, hate and vengeance. It poisons the system. I understand you can't forget, but forgive, it's healthier and freeing.

**26 Read, Read, Read And Read Books A Bit More,** especially ones that inspire and help you grow as a person.

**27 Don't ever give up.** When things get tough, just know that you will survive and prosper. There's always light at the end of the tunnel.

**28 Change.** Don't be afraid of change, change is inevitable, nothing stays static. Change can be good, not always bad. If for some reason something changes for the worse, just know that it won't last for ever; things will change for the good again. It's all part of life.

**29 Life Canvas.** Don't let someone else paint your life canvas, be the artist of your own life. Paint the picture you want your life to be.

**30 Life Purpose.** If you know what your life purpose is, don't waste a single moment longer, live it and be happy and contented. Live a fulfilled life not a half life.

**31 Courage.** Have the courage of your convictions. Don't let another person tell you what you 'should be'. If you want to do something that seems strange to others and you know it will work for you, then be courageous and do it!

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**Thank you for downloading 31 Really Worthwhile New Year Resolutions To Make 2016 Your Best Year – Ever!**

May I take this opportunity to wish you a very happy, healthy, safe and prosperous 2016



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