

Happy New Year!

" When you come to the end of your rope, tie a knot and hang on." Franklin D. Roosevelt.

Make it a part of your resolution not to live with compromises: The forfeiture of your hopes and dreams in exchange for small talk and unproductive associations must be a practice of the past; there is too much to gain!

Intrinsically, you are expecting excellent results to manifest in 2007, wherefore, your standards, and contributions to society must be superlative in application. For the law of reciprocity can only produce in accordance to the seed sown.

Considering all the things that stressed you in 2006, consciously make a decision to eradicate what is humanly possible in order to live zestfully (and in sync) with the new slate the New Year has provided. Although, if there are riffs you've forgotten to address (or intentionally avoided), your attempts to build anew will only prove futile: Since people play an intricate role in everything we do- having, keeping and developing healthy relationships is paramount to your daily health.

NO COMPROMISES! NO MORE EXCUSES! You gotta summon courage to move ahead...

Perhaps you lacked trust in your ability to perform as a high achiever, and allowed others to persuade your interest to do something that now has lost meaning (purpose not to travel in directions that lead to no-where). Take courage and decide to realign yourself and get back in to the game; what were your original plans? In the midst of being inclusive, it's imperative for you to learn to stay motivated (It is the defining measure to success). The reality is, there are days when nothing makes sense... the al carte is from strange, to bizarre and out right nutty! Consequently, being the master of your own fate, the responsibility to decipher or recognize the season of your life should not be negated: Create a plan to do something awesome! Keep in mind, daily

activities and responsibilities often produce difficulty, which prevents relaxation - since there's always something warranting a resolution and places to go. However, it is paramount to arrange to have more personal time for the sake of self-preservation and healthy self-esteem. If you're constantly experiencing burnout, it is critical to understand, your physiological existence (health) is deteriorating in degrees. We are prone to adapt to quick fixes that help out for the moment, nevertheless, the demons of depression, anxiety, uncertainty, unwarranted fear, self-doubt, and procrastination will still be at the door waiting to finish what they started: to produce barrenness (creating leanness in your soul), and dark paths of travel to induce a cycle of paranoid experiences.

The Benefits of Relaxation:

Relaxation Releases Tension

One of the first benefits that you will notice when you begin to practice relaxation is a significantly lower level of tension. Even after only a few practice exercises, you will feel calmer and more peaceful.

When you pick up a sleeping infant, you feel the entire weight of its body in your arms, fully relaxed, without a trace of tension. Every healthy baby is born with the ability to relax completely. As we grow older, we "learn to contract our muscles." Each time we contract a muscle we use energy. Any muscle contraction that is not intended for a positive purpose is a waste of energy. A cat, for example, keeps its legs limp when they aren't in use. When a cat springs into action, it flexes its legs to the precise extent required, no more and no less. What are you using that's no longer necessary? Avoid wasting emotions and energy... just as an arrow released from a bow, your energy once released does not return the same way! Make it count the first time...

Several Outcomes (benefits) to measure:

- ❖ Improved Relationships
- ❖ Increases Productivity
- ❖ Enhances Self-Confidence
- ❖ Reduces Fears

- ❖ Improves your ability to dream with clarity
- ❖ Relaxation helps eliminate unwanted Habits
- ❖ You will become a better lover to your spouse.

Make the Connection!

In 2007 purpose to give what you desire most... share inspiration and empowerment with your co-worker, family and even your enemy (he or she will be challenged to change) the results will astound you.

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