

Live life well in 2014! A great resolution and mantra to recite to yourself during the coming year; but if this is as far as you go Ladies you may miss the point, as well as the boat.

Join in the revolution of inspired and flourishing women by claiming your rights to health, wealth and abundance and create a life which allows you to live your dreams.

Where to start? How to start?

First, start with honesty and authenticity; you need to be unique, different and individual. Living someone else's dreams including your partners won't make you a happier person and doesn't allow your gift to the world, to shine through.

Secondly, set your intention with direction and focus.

Next, write your intentions down and turn them into goals, put in a time frame and you are in business, GO GIRL!

The importance of "**Goal Setting**" is beautifully expressed in this research by Dave Kohl (Professor Emeritus at Virginia Tech) who found...

"80% of Americans say they don't have goals, 16% do, but don't write them down, less than 4% write them down and less than 1% review them often.... However, people who regularly write down their goals and review them often, earn 9x as much over their lifetimes as the people who don't..."

Does this NOW... sound like something you would like to have a go at?

Fantastic; keep reading.

Fourthly, be aware of what may stop you from going after your dreams; Age, money, time, confidence, support and approval (to name a few).

Let's get real Ladies, its called fear. Name it, stare it straight in the face and go for it anyway, one step at a time.

Then be aware....to quote a famous musician "Life is what happens while we are busy making plans" John Lennon. The universe will move to support your new direction and this may not be pretty. It can come in the form of a redundancy, divorce, financial gain or loss....here let me explain.

A friend recently decided to try her hand at living in a new city; however she would wait a while and make solid plans down the track... surprise, surprise! A redundancy a week later gave her the shove and financial package to make her dream come true.

Please read the signs from the universe as opportunities, not disasters.

“If you view all things that happen to you, both good and bad, as opportunities, then you operate out of a higher level of consciousness” (Les Brown, The Best of Success).

Finally, create an action plan! Make sure to then align your thought, word and deed to complement your desired goal and watch out world.

Mastering this technique and applying it to all areas of your life may bring you that elusive goal called...

“Happiness”

“Happiness is when, what you think, what you say and what you do are in harmony”, Mahatma Gandhi.

Have an inspired, flourishing and motivated Year, DREAM BIG.

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