

AND A HAPPY NEW YEAR TO YOU...

[BY KATE ELLIOTT]

BE THE CHANGE—it's easier said than done this time of year! While those around you are making lofty goals to lose weight, run marathons, start businesses or save the world, you should not forget that the best part of setting a goal is actually being able to achieve it. Why not start this new year off differently? Make 2011 the best year ever by creating resolutions that are both positive and attainable. You are the only one who can make yourself a better person, so why not start by crafting achievable resolutions that support your long-term goals and make you feel good at the same time?

Climb A Mountain. When setting fitness goals, try focusing on things that are enjoyable or exciting. Try learning tai chi or taking hot yoga classes, or hiking some of the fabulous trails in and around our city. Pick something that interests you or makes you happy, then get out

there and do it. It is a given that the more you enjoy something, the more you'll do it—and the more you do activities that are physical, the better your physical condition will be. Duh!

Clear The Cobwebs. Isn't it true that you need to get rid of the old before there's any room for the new? The same is true for our hearts. Try doing an emotional overhaul, a garage sale of excess baggage, negative thoughts and bad energy—just get rid of it. Start the new year with a clear head and you'll be much more open to possibility and potential happiness. If you're hanging onto a bad breakup, or still bummed about a working relationship that didn't work out... let it go, already. You can't move on to new relationships if you're still stuck in the past with the old ones. Those who've wronged you don't deserve the amount of head space you're giving them, so gather up all

those uncomfortable memories and sad feelings and throw them away. You won't need them where you're headed.

Command Attention. Resolutions are about reconnecting with yourself, so find some time to spend alone (being alone doesn't have to mean being lonely), clear your head, and think positively about those who are in your life now, and those who might be in your life in the future. Commanding attention doesn't mean going to the bar and dancing on a table—it simply means that you're going to pay more attention to the person you want to be this year, and to those you want to be a positive part of your life. Try connecting with an old friend you haven't seen in ages, or perhaps seeing a life coach for a good third-party perspective. Don't be afraid to go out on a bit of a limb emotionally so that you can become better connected with what you want and need. You are the most important person in this relationship, after all.

Create your future. If you are single this year, this is your chance to truly create your future. Forget about past failures and focus on what's ahead. This new positive you is sure to attract members of the opposite sex so keep an open mind. Sometimes the most perfect matches result from the unlikeliest of combinations!

Whether you're joining a running club, hiking Mount Seymour, seeing a life coach or adopting a cat, each endeavour needs to be approached with a clear head, positive energy and an open mind.

Let go of your old grudges—you've been carrying them around for too long already. Throw away the old and bring in the new—hey, it's like shopping, for the soul. **W**



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