

# One Choice at a Time

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While it's easy to  
be busy and crank out tasks on our to-do list, it's a bit more difficult to live  
by choosing what we want for our self in terms of health, happiness, career,  
money and relationships. It requires inner strength, consciousness, alignment  
and to have a clear understanding of what we want.

Making conscious  
choices is one of the best ways to become much more effective.

This allows us to  
make the most of our time and to reach our goals with less effort.

We can walk boldly  
in the right direction and be more powerful in what we do, instead of running  
around in a fog,

It starts with  
knowing what you want and knowing only you are in charge of making it happen.

The truth is that,  
in every moment, we have the ability to make a choice; and that's all we have  
to do in any moment...make a choice.

The Doubt That  
Nags at You

So what are you really

going to do in 2010? Are you really going to stop an unhealthy habit? Are you really going to learn to play an instrument? Get out of debt? Are you just telling people these things to sound good or to pump yourself up?

Are you hearing that voice like so many other people this week? Starting January 1st.... I'm going to do it, No...Monday, January 4th.... I'm going to start. Yet you know yourself so well. The doubt is there and it nags at you; deep down you feel the doubt is going to win. The year 2010 will come and go and you will end up as unchanged as you were the year before. How sad. And, it doesn't have to be that way.

Goal vs.  
Agreement

At The Achievement

Workshop, I teach people the difference between a goal and an agreement, understanding this difference is the critical link between temporary and permanent change. This gives them the opportunity to get up on their feet and take a few steps. When you make an agreement that supports your goal and keep it no matter what, you are on your way to a happier, healthier, conscious and aligned lifestyle. In the beginning, when you are not so sure of this new method, support is the ingredient that we add to get you through your first fumbling steps.

I invite you to make your first choice the choice to attend The Achievement Workshop and start your new year with your feet on the ground making one choice at a time.

Happy New  
Year!

Domenic