



**JANUARY 2011**

*“...The unknown is the field of all possibilities, ever fresh, ever new, always open to the creation of new manifestations...Relinquish your attachment to the known, step into the unknown, and you will step into the field of all possibilities...Every day you can look for the excitement of what may occur in the field of all possibilities.”*

*-Deepak Chopra*

Happy New Year amazing women around the world! As we ring in the new year once again it is a wonderful time to be reminded of how positive changes occur in our lives.

For so many, the new year starts off filled with the hope of manifesting certain personal goals within these next twelve months. Still, beyond actually stating what their goals are, many do little else to ensure that their dreams will come to fruition. Instead, they return to their daily grind thinking the same thoughts & behaving the same way, only to now suddenly expect different outcomes. Unfortunately, it doesn't work that way.

There's a great phrase I continue to enjoy whenever I hear it; "If you keep doing what you always do, you will keep getting what you always get." This saying is spot on truth to its core. Sticking to what you know in regards to both your thinking & your behavior, only gets you more of the same in this life. When we step out into the unknown however (i.e. thinking & behaving differently) positive changes occur in our lives.

Simple then, right? Not so much! For stepping out into the unknown is both scary & uncomfortable for most...to the point



where some would rather just stay stuck where they are - or give up on their goals entirely than to have to experience their fear or be uncomfortable. As crazy as this may seem to some of us, it's the choice many people make unconsciously or consciously, every single day. That's why & when having new life tools for living more successfully, can be life changing & really come in handy.

A great life tool to implement when you're needing to go where you've never gone before is creating a shift in your perception. Shifting your perception shifts your reality. It allows you to see the same thing differently, causing a shift in your thinking & then ultimately, a change in your behavior. This in turn, allows you to finally achieve your desired result! Basically, you make a decision to see whatever blocks you from a new angle, in a totally new way. Suddenly, where seeing it one way caused a block for you, now seeing it another way causes an opening for you!

So this next year perceive the unknown differently. No longer perceive it as 'the unknown'...which seems scary & uncomfortable. Perceive it as 'the field of all possibilities'... which seems exciting & filled with adventure! Then you are sure to think differently & do things differently, creating new outcomes you desire because the process now feels thrilling & inviting, not scary or uncomfortable.

May 2011 be filled with lots of excitement & adventure, as you step out into the field of all possibilities in order to create positive changes in your life. Truly...if you step out into where all possibilities lie, you are sure to achieve your goals this year!