

MOTIVATIONAL MOVES Rev Up Your Resolutions

According to the latest audit figures, 90% of people who make New Year resolutions don't keep them. Add to that the fact that by the time we get to the last week of each year most of us feel so bloated and lethargic you have to wonder: why do we insist upon making resolutions amidst a state of perpetual acid reflux and highly documented failure rates?

Tradition – we are tradition conditioned. What better way is there to cap off 5 + long weeks of over the top consumption than with a plan for renewal? The tradition of ringing out the old and ringing in the new is a universal springboard for motivation; the one time of the year when the majority of the population seeks revitalization all at the same time. It is a proverbial turning point on every calendar – those last six days of the year – and it can be truly empowering if we actively allow it to be. Here are our top 3 ideas for making the most it:

Ask for the Good Stuff - Put at least one of the following authors' books on your holiday wish list: Les Brown, Deepak Chopra, Steven Covey, Wayne Dyer, Dr. Joseph Murphy, Brian Tracy, Anthony Robbins and absolutely any biography of someone who exemplifies the human spirit.

Prep it Up – Spend the last week of the year: perusing positive reads, trying out new physical activities, seeking out good role models, considering new behaviors, bidding adieu to party foods and dusting off your thinking cap.

Go POP – Personalized and Organized Planning...okay, we'll say it, goal setting; but

'goal setting' with a positive and personal flair. Experts suggest resolutions are doomed for failure when they are based negatively on faults or flaws. Typical goals such as, "lose weight" or "get out of debt" stem from failure and are most likely to be abandoned if chosen from the basis of rebuke or regret. Personalized and well

organized goals focus on ideas and desires that inspire us to take action – they are positive and pleasurable to think upon and thus, motivating.

When you contemplate making resolutions this year, consider the behavior of successful people. Do they multitask or focus in on one objective at a time? Exude confi-

dence? Assume inevitable achievement? How do they word their goals? (What other resolutions could Anthony Robbins possibly have made the year he bought an island in Fiji?) There are no limits as to what we can achieve when our thoughts are organized and wired to work in tandem with our desire and beliefs.

While most of us won't be in the market for a tropical paradise in 2007, we can certainly learn from those who have been successful before us. Rev up your resolutions and ring in the New Year with a zest that only the Rat Pack could have said best: *Carpe Diem, Baby.*

- CWM

What is the #1 goal you intend to set for the New Year?

My resolution will be to do something challenging and out of my comfort zone. When I push myself out of my comfort zone I learn a lot about how much I can accomplish and what is holding me back. Plus, I feel very much alive...

- **Jenny Hadfield,**
Co-Founder, Chicago Endurance Sports

Our company helped to develop the Natural Health Research Institute (NHRI), an organization dedicated to reducing healthcare costs by natural means. Research developed by the NHRI showed that over 200 billion dollars per year could be saved in North America by using supplements to prevent serious ailments. My resolution for 2007 is to help expand the role of the NHRI.

- **Elwood Richard,**
Chairman of the Board, NOW Foods

Train for a full marathon. I've recently discovered running is one of the many things that bring my health into full balance.

- **Ray Davidson,**
Regional Brand Manager, Jamba Juice

Like packing for a trip, I can choose what I want to bring with me from 2006 into the New Year. But I'm also going to choose what new things I want to try, learn, experience and achieve in 2007- careful to leave space for that magic yet imagined by my 2006-self.

- **Janice Johnston,**
Supervising Producer, Good Morning America

My goal for '07 continues to be complete alignment of physical, emotional, mental and spiritual self.

- **Greg Niederlander,**
Director of Education, SPRI Products, Inc.

I am taking stock of where we are and where we want to be, and I am full of optimism. My first resolution is to keep the customer foremost in our mind. Everything we do, every decision we make in 2007 will be grounded in how it affects the customer. My New Year goals are to work with the team here to build a great company, and personally to stay in shape and encourage a work-life balance.

- **Joe DePinto, CEO, 7-Eleven, Inc.**

My personal goal as I enter into my 50th year of life is to compete in four triathlons and place in my age group. By doing this I hope to inspire my children and friends to continue working out so they can function better physically and emotionally.

- **Lisa Stafford,**
President, PS Communications

When my wife and I celebrate our 25th wedding anniversary on September 4th, I will be much closer to my wedding day weight than I am today.

- **Dave Beedy,**
Vice President, Karl Productions

I will focus on better balance in my daily living routine. This will include more efficient but less time allocated to my job, more quality time with family and friends, and continued healthy living efforts in my diet and fitness training.

- **Larry Wert,**
President & General Manager, NBC5

To everyone who participated in and helped facilitate our quote request, thank you. There is nothing more powerful than a goal set in belief. -CWM

Everyone of us is different...



we have different sets of responsibilities, schedule demands, abilities and personal preferences all of which affect the way we go about our daily lives. This is why the profile for living healthier lifestyles cannot be summarily conformed to. Well living is a delicate balance that can only be successfully achieved through the personalization of good food, fitness and wellness principles.

Finding Total Fitness for You!

is the brainchild of CWM Publisher, JJ Rusch and Sue Garcia, President of Sue Garcia Fitness. It is a one day seminar created to inspire people to develop their own personalized system for fitness and weight control to work in tandem with their lives. Rusch and Garcia's ultimate objective in leading this seminar is to have people take away a firm belief that living healthier lifestyles is not an obstacle ridden journey but rather a self directed road to success.

Finding Total Fitness for You!

is exclusively offered through the Continuing Education Program at Oakton Community College. The next seminar is scheduled for **Saturday, February 3** from 9 a.m. to 4 p.m. at Oakton's Ray Hartstein Campus conveniently located at 7701 N. Lincoln Avenue in Skokie.

Register now for a day chocked full of fit-formation and motivation designed to help you make 2007 a great and healthy year! Select course #: HEAE84-001 in the Continuing Education section of the Spring catalog or online through the "Continuing Education" link at: www.oakton.edu. For more information call: 847-982-9888.



From Our Family

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Cathi Volante, Micheal Altenberg, Mary Toomey, Lee Balgemann,
Jeff Brooke, Vera Drake, Christina Landon and Barry Frazin*

To You and Yours Happy Holidays!

We wish you
absolute wellness
for the New Year!