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Subject: **New Year, New You - Dec 2007**
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News from Buoyant Life

Dear Lauren,

The new year is just around the corner. While the end of one year and the beginning of the next is just an arbitrary delineation of time, it has a profound impact on us psychologically. I think we as human beings need and relish a new beginning and a fresh start.

As you finish out 2007 and start looking toward 2008, I encourage you to think about your intentions for the new year. May you attract everything you wish for in the coming year.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. [✉ Forward to a Friend](#)

Wishing you success, balance and freedom every day!

Warmly,
Lauren Still

New Year, New You (Part 1)

A fresh start. The New Year represents something new, untainted, unsullied by the passing of the preceding 365 days. We embrace

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Blog Log



Recent topics on my blog include:

Bye Bye, Baby

[Read on here...](#)

New Years as a celebration of what our lives have brought in the past twelve months but even more so, as an opportunity to do things differently in the coming months. Many of us go to parties and events, dressed to the nines to show how well the outgoing year has treated us and to attract good things for the next (and of course because that dress or those shoes are begging for an excuse to see the outside of the closet). We make New Years Resolutions to declare to ourselves and others how things will change as a result of the clock ticking over to midnight.

And yet, when we wake up on January 1 and look around, everything seems the much same as the night before. The same job to go to, the same pile of laundry in the corner, the same frustrations with your boss or co-workers, the same family calendars to juggle, and so on.

How quickly do your New Years Resolutions disappear each year?

Do you stick to them for a week? A month? Do you make the whole year, or achieve what you set out to? Is it because you don't really believe you can make the change, because you forget about it by January 2nd, or because the goals are too big or too small?

The first step to realizing your resolutions is setting *meaningful, realistic* goals that *inspire* you. Ask yourself:

- What one change can I make that will make the biggest difference in my life?
- What one change can I make that will make the biggest difference in the lives of those around me?
- Is the goal "right-sized" for me? What would it look like if I took it one step bigger and bolder? What would it look like if I made it one step smaller? Does one of these feel more exciting or more manageable than what I started with?
- How will I know I've succeeded? What will it look and feel like?

Next month I will explore ways you can keep yourself on track with the goals and resolutions you have made for 2008.

Happy New Year, New You!

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

Karma Corner

Monthly featured business

If you're still looking for a gift for someone who has everything...

Perhaps you should give them the gift of helping those who have nothing. Heifer International provides sustainable food and income to impoverished families throughout the world. Read more about it! It is a cool organization.

[Heifer International](#)

Quick Links

[Free Sample Session](#)

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Coaching Question

You've seen the bumper stickers: Be the Change You Want to See in the World

What change do you want to see in the world? How can you "be" that change?

Events

Remodeling Mom Workshop - January 28 & 29, 2008

As parents we get caught up in our kids' lives and all the things we do for our families. But every once in a while we need to slow down and take a good look at what we're spending our time and energy on, compare that to our real priorities and values, and "remodel" our lives to take care of what is truly important. [Find out more...](#)

Parenting with Intention Workshop - next offered in February 2008

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

Special Offer: [Bring a Friend](#) to an event and save 20%! [Find out more...](#)

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