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ANDREW WEIL, MD

**DON'T LET
TURMOIL
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**SOCIAL MEDIA
NEW YEAR'S
RESOLUTIONS**



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FOREVER**

JANUARY 2016

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Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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 201.230.1255

 deb@reallifespark.com

 www.reallifespark.com



DEB WILBER

FORGET RESOLUTIONS... MANIFEST YOUR INTENTIONS!

Did you make New Year's resolutions? About half of us will make at least one resolution and a third of us will give up by the end of January. Typical resolutions: Lose weight, go to the gym, quit smoking, quit drinking, quit your job. You get the picture and it's not an uplifting one.

Perhaps I am playing with words by shifting from resolution to intention. But resolution sounds negative and doesn't have a good track record. Merriam Webster defines resolution as "the act of finding an answer or solution to a conflict, problem, etc.; the act of resolving something". The definition of intention is "the thing that you plan to do or achieve; an aim or purpose". Sounds better already. Let's forget our resolutions and focus on creating positive intentions for 2016.

New energy flows in on January 1, bringing with it the excitement of a fresh, New Year. What will 2016 hold for you? The short answer is that it will bring you what you invite in; manifest your intentions.

Spend a few minutes thinking and meditating about what you want 2016 to look like. Do you want a healthy lifestyle? Do you want to travel? Do you want to upgrade your car? Think about what you want in your life and create your intentions. It's great to think about your intentions, but how will you manifest them? You need a visual reminder, so you can focus your attention on your dreams and intentions. You need a vision board!

If you are reading this article in January or June, it's never too

late to create a vision board - you can create them for any purpose at any time - a plan for your year, your business, your vacation, etc. It's your vision board, create the vision of your dreams! You simply need card stock or poster board, magazines and a glue stick. (If you have scrapbooking supplies, these make really good vision board supplies!)

How do you create a vision board? Once you have gathered your supplies, spend some time with your intentions. Spend a few minutes in gratitude for all the blessings you have and all you will receive. Then find the images in the magazines that represent your intentions, cut and glue them onto the poster board and voila! Your vision for 2016 in print. Hang it where you can see it and works towards it each day! Yes, you need to work towards your goals, dreams and intentions!

If you are a Pinterest user, you can always create a 2016 vision board on Pinterest and collect images from the web.

It's about focusing your attention (and intentions) on your dreams then working towards them! Goodbye resolutions and hello intentions!

Wishing you peace, love and sparks of inspiration in 2016.

Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ as she believes intuition sparks changes that are transformative.

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