

**Making and Keeping Resolutions
Presented by:**

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and

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Who we are...

Dare Dreamers, LLC is a Strategic Alignment and Innovation firm based in Annapolis, Maryland. Our Mission is to ***Move Individuals and Organizations Out of Thought and into Action***. We specialize in Individual and Organizational Development, Assessments, Strategic Alignment Planning, and Implementation Coaching for Accountability and Sustainability. We work with Leaders and Business Owners who desire to be more productive, live prosperously, and are ready to celebrate dreams and goals accomplished that were once seen as impossible. We also work with other Coaches, Trainers and Consultants who are ready to innovate, grow, and align their strategies and methods with the strategic plans of the organizations they work with. Helping you and your organization grow even beyond your vision of potential and possibility is as much our passion as it is yours!

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TRADITIONAL NEW YEARS RESOLUTIONS...


TRADITIONAL GOAL SETTING...

"SMART" GOALS ARE COMMON...

- Specific
- Measurable
- Attainable
- Realistic
- Time Bound
- No accountability or ongoing support to stay on track

But...what's missing?

Pure Potential Map™ with Anita Pathik Law



**Dreams and
Goals Not Yet
Accomplished**

Why do people experience “failure” or less than desirable results?

What does perceived failure often create?

THE ABC'S OF MOTIVATION™

- Attitude
- Aptitude
- Agreements

- Beliefs
- Behaviors
- Benefits

- Commitments
- Competencies
- Confidence
- Consequences

Self-Coaching the Appropriate Approach

(You can also rate many of these on a scale of 1-10)

- Identify **Goal, Challenge, Opportunity, Dream**
- **Belief in Potential** – Do I **believe** in my **potential** to accomplish this dream?
- Do I **Desire** to grow in the ways that my dream will challenge me to grow?
- Do I possess the **Knowledge** I need (or think I need) to accomplish my dream? If not, what **knowledge** can I build?
- Do I possess the **Skills**? If not, what and how can I build these **skills**?
- What **Resources** do I believe I need to accomplish this dream? Financial, technical, people, energy, etc.
- Am I willing to invest the **Time**? How much **Time** can I choose to invest on a daily, weekly, monthly basis?
- Do I possess the **Energy** to accomplish this dream?
- Do I believe that I possess the **Credibility** to accomplish this dream? If not, what is my current reputation (with self, friends, clients, family, etc.)? How I have I earned it and what reputation do I now want to earn (self and others)? What can I do to earn the reputation and credibility? Is it all the important and/or can I accomplish the dream anyway?
- Do I **Trust** myself to do what it takes and then be able to honor the dream once achieved?
- Do I possess the **Commitment to Action and Follow Through**? What might be competing for my commitment? Is it more important? Can I do both?
- Have I identified all of the potential **Obstacles** and planned for them (performed a Risk Assessment)?
- Do I have a **Plan**? (SMART)
 - Specific
 - Measurable
 - Attainable
 - Relevant to my Passion and Purpose
 - Time Bound – chunk the steps, build milestones that you can accomplish, break down the dream into steps.
- With whom can I **Share** my dream, my plan and my commitment with and request **Accountability**?

Releasing and Clearing Exercises and Rituals

- **CARE™** – go to website
<http://www.powerofmyway.com/freeresources/newyearsgifts.html>
- Burning Bowl
- Sweeping Exercise
- Physical Clearing
- Give Away
- Sage and Sweetgrass

- Forgiveness and Gratitude Bridge Walk
 - What do you perceive yourself to “need” in order to accomplish this goal or dream?
 - What are your opportunities for forgiveness?
 - I forgive...
 - Back across the bridge, gratitude walk
- Blockbuster Candles
- Writing a Letter to self and source (Laura’s meditation will help you create this in your mind and then activate it)
- Treasure Mapping

Prosperity Affirmation

Written by: Laura West

I AM Prosperity.

I let go of the misconception that anyone or anything can withhold from me all that this abundant Universe has for me now.

I AM an open door, and all kinds of riches flow to me now.

I AM an irresistible magnet with the power to draw to myself the supply of all good things according to the thoughts, feelings and mental pictures I continually hold in my consciousness...

I realize that I AM responsible for my life situation, and I have the power to create whatever I wish in my life. As of this moment, I choose to create for myself a life of health, success, happiness and prosperity.

I know that this Universe is filled with God's Abundance and I accept these riches into my life now. I choose Limitless Abundance for myself and all Humanity.

I know all of my needs will be perfectly met at all times.

Rapid changes come in all aspects of my life as I now open my mind to the unlimited resources of this Universe.

All of my financial affairs are now in perfect order.

I love doing my work and I AM richly rewarded both creatively and financially.

I give my love, my gifts, my all, and I AM therefore rich, well and happy now.

I AM PROSPERITY NOW

I AM PROSPERITY NOW

I AM PROSPERITY NOW!

Contact Laura at www.hypnosismaryland.com

Contact Laura to receive FREE "The 7 Steps to Self Hypnosis"

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Additional Resources with Dare Dreamers and The Power of Our Way Community

- **Business and Marketing Coaching - www.dare-dreamers.com**
- **Life and Soul Coaching - www.powerofmyway.com**
- **Community Call-in Program - www.powerofourway.com**
- **Music and Books - www.powerofmyway.com/home/musicandmeditations.html and www.powerofourway.com/store**
- **Inspiration - www.thepowerofmywaymovie.com**
- **www.believeitandbefree.com, <http://www.powerofmyway.com/messagefromabove.html>**
- **Newsletter Sign Up and Power of Our Way Programs and Resources - www.powerofmyway.com**
- **Dare Dreamers/Power of Our Way Affiliate Program - <http://www.powerofourway.com/affiliates/>**
- **Manifestation : www.metaphysicalmasterminds.com**
- **Past Dialogues/Access to Audios - <http://www.powerofmyway.com/teleseminars.html>**
- **www.consciousdialogues.com**
- **Awaken to Your Purpose - www.awakeningtopurpose.com**