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We're not even a full month into this brand new year and the sparkle is already going a bit stale – sadly

You're not alone. I am so with you on this one, girlfriend. Okay, so I can spend the rest of the year

Life coach Tara Marino says that goals often start with the intention of “What I did not do this past

The problem is that you're starting from a place of lack and external expectations that often have n

Actually, girlfriend, nothing-but-nothing in life works if you start reaching for a goal from a place of l

Gratitude is just a habit, a way of looking at the world with a feeling of appreciation, even if your si

Nick Ortner from 'The Tapping Solution' writes that gratitude increases blood flow and activity in th

You see, gratitude is medicine; the kind of medicine that is free of side effects and is always available. Nick

You can't simply throw a match on a herculean log and expect it to catch fire. Any boy scout knows

You lay them across the bottom as your base and then add small dried branches over the top. Once

In the same way, says Nick, if you want to accomplish great things in your life, you need to use yo

When setting goals for the new year, many of us try to flick a match at a log. And then we hate our

By the way, talking about new years – numerologically speaking, 2017 is a pioneer year. As a one

Whatever is left of this year is yours. Let gratitude be the kindling to ignite your passions so that yo

Burn, baby, burn!