

*Your  
Positive Habit  
Success*

## Happy New Year!

Most people start the New Year with a wish for positive change. For some, this is an ongoing goal. Or it can be a resolution made in a moment of hope (and why not?). And for others, the New Year simply brings hope for making a positive change.

This New Year, I share with you some hints and tips for your positive habit success. Whatever your goal, whatever positive habit you wish to gain, I hope this guide can help.

The legal and commonsense bits:

- You must assume responsibility for your own physical and mental well-being and not do anything that is not right for you.
- Regardless of the above proviso, you are advised to consult with your physician or medical practitioner before embarking on any alternative or complementary treatment.

This book is not a substitute for medical advice and care, nor was it intended to be.

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Many thanks to the lovely people who have participated in this booklet for your benefit, and all the people who have shared their information...

## 12 Tips For Positive Habits

1. Enjoy each day as it comes, and take one day at a time. How do you climb a mountain? One step at a time, of course!
2. Smile as you say your goal, and say it to yourself often. When we smile, it puts us in positive mode. So, if you wish to stop smoking, even if you have to initially force a smile, smile as you say out loud "It is my true desire to be a non-smoker", or "I am a non-smoker". Do it 5 times a day and see how you feel.
3. Examine what specifically is behind any blocks in your path right now. For example, if you have been trying to take a one-hour walk 3 times a week, but there is always an excuse, ask yourself why; and keep asking till you have reasons written down. For example, it may be too painful to walk, in which case, there is a solution, for example, you can try swimming or aqua aerobics. Or maybe the reason is a fear of "if I slim down and get healthy, I will have to keep it up, and the pressure of keeping it up is too much", in which case working on releasing the fear and pressure is the way forward. Reasons why do not include "because I am lazy" or "because I self-sabotage". These are symptoms and not causes.
4. Stop beating yourself up, and make it official: Whenever you have a moment of getting off the wagon, simply write down the facts a release of shame. Shame gets you down, it is not helpful long-term as a strategy for moving forward. Self-acceptance, even when you say it rather than feel it, can help ease you into moving forward. You can be pleasantly surprised. So, just write on a piece of paper "Even though ....., I accept myself just as I am, and it is my true desire to move forward." For example, if you have found yourself drinking soda pop again, despite swearing off it, write on a piece of paper "Even though I drank this fizzy drink, I accept myself just as I am, and it is my true desire to move forward".
5. Get together with others that can help raise your vibration. We are at a higher spiritual level, taking positive action becomes easier for example, attend a Yoga class, a bong bath, meditation group, or healing circle.
6. Change your perspective with positive self-talk. When you find yourself slipping, rather than beating yourself up or worrying about if you will ever achieve your goal, change the way you

look at it, and change the way you feel. For example, instead of thinking “I have just eaten a whole packet of biscuits, so it’s going to be so hard for me to lose weight”, say to yourself something like “I have just had a hiccup in my plan, that’s all it is. It will get easier as I go along.”

7. Keep a Gratitude Journal with a difference. Every day, write a gratitude entry for at least one time when you have stuck to your plan. Gratitude is a very strong promoter of positivity. For example, if you are giving up sugar for a month, and you have lasted from 12 till 4 pm without sugar, write an entry like “I am grateful for being sugar-free from 12 till 4 pm today”. It does not help your success to beat yourself up about that cup of tea with sugar you had at breakfast or the pudding you had in the evening. The positive time is something to be grateful for, and it encourages you to enjoy more!
8. Give yourself an incentive. But make sure it is a positive one. For example, if you are giving up alcohol, a glass of wine as a reward for being alcohol-free all month is not a good idea exactly. However, if, for example, you enjoy a trip to the cinema, or buying a pair of shoes you very much wanted, give yourself that incentive to aim for at the end of the month. Rewards are a great incentive along the way.
9. Plan ahead. Make sure you plan for your best chances of success. For example, if you are giving up sugar for a month, and friends want to meet up for a meal, find a restaurant that offers sugar-free items, and plan to order those.
10. In the first stages, avoid temptation. For example, if you wish to reduce alcohol consumption, do not attend wine-tastings! If you want to be sugar-free for a month, and someone buys you a big box of chocolates, do not open the box, and get rid of it at the first opportunity. For example, you can knock on a neighbour’s door and give it to them, take it to work and give to a colleague, or simply throw it in the bin. The same goes for keeping biscuits, alcohol, cigarettes, or any other drug, in your home, if that item is something you want to overcome or reduce consumption of.
11. Prepare yourself for positive change. Say out loud: “Change”. Of course, positive change is good for us. But do all parts of you agree? Does this word seem scary in any way? If so, simply tap to release the negative for you from this positive, or meditate or give yourself a Reiki healing as you keep repeating this statement: “Change; I truly desire to feel better.”

12. Stick to 1 goal at a time. You can always look at other goals later, but why clutter your life with more than 1 goal at a time? De-clutter your dreams, and they can more easily come true.

And again, a reminder to enjoy each day as it comes, and take one day at a time.

How do you climb a mountain? One step at a time, of course!

## **And Finally...**

I hope this has been helpful to you.

You may print out or send this e-booklet to anyone you wish, as long as you do so free of charge (no selling) and use the whole e-booklet as it is in its entirety.

Is there any subject you would like more complementary health information on? If so, just email me your request, and I will do my best to help.

Wishing you health and happiness always,

Suzanne Zacharia

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Happy New Year!