

HAPPY NEW YEAR GREETINGS



This time of year, many of us have made New Year's resolutions with great hope. Sometimes our hopes are contaminated with memories of previous resolutions not met. Other times, our hopes become reality and remind us to keep dreaming. At this time of commitment and evaluation, we offer our perspective as another way to focus on turning dreams into reality.

As many of you may know, Al's current passion is writing a book explaining how the brain is designed to move us through grief in a natural way. The working title, at this point, is *Moving Through Grief With Grace And Dignity*. The book is coming along well and we are planning a workshop or tele-class on this topic, although the dates have not yet been finalized.

"Sometimes our hopes are contaminated with memories of previous resolutions not met. Other times, our hopes become reality and remind us to keep dreaming."

An entire section of the book is dedicated to preparations that can be made prior to trauma or loss that will enable smoother and more complete transitions throughout the process. We have

developed a series of questions to help in preparing for predictable losses, as well as unexpected trauma. Two of the questions are especially appropriate for entering this new year, proactively designing the pathway for the rest of your life.

"As important as it is to have goals, without identifying the deeper value of achieving the goal, it's too easy to fall into habitual patterns of internal sabotage."

The first question: "What am I doing to become the person I want to be remembered as?"

Taking time to evaluate life and behaviors from a future perspective is nothing new, especially in NLP circles. Certainly, there are many ways to ask questions that can lead to insights for self-development. We find this question to be useful in answering identity concerns that go beyond self, "Who else?" As important as it is to have goals, without identifying the deeper value of achieving the goal, it's too easy to fall into habitual patterns of internal sabotage. Victor Frankel said, "As long as man has a 'why', he can endure almost any 'how'." Resolutions for the new year are more likely to become stories of success once the deeper value has been recognized. Asking how a person wants to be remembered tends to connect personal desires to long-term values.

The second question: "What am I doing to give those I care about an opportunity to be the person they want to be remembered as?"

This question leads to recognizing the personal boundaries that naturally exist between yourself and a loved one. Most people seem to have insightful wisdom to know precisely what would be best for someone else, especially someone with whom we are emotionally connected. When we have clean personal boundaries, it's much easier to recognize the boundaries of another. When both parties respectfully honor those boundaries,

greater bonding naturally follows. It's wonderful when we find ourselves in a position to support those who are most important to us; it's divinely wonderful when it's the kind of support *they* want.

The passing of another year reminds us how valuable our time is. Each individual is responsible for determining what legacy they want to leave.

We offer for your consideration, another form of the Golden Rule: "Do unto others as you want others to do unto you." The common translation is, "Treat others the way you want to be treated." There's no doubt, that as a reminder that all people have feelings, the Golden Rule has been exceptionally valuable in creating behavioral options when interacting with others. Most of the time, following the Golden Rule leads to behaviors that do indeed match how others want to be treated.

We find however, that we are more successful in respecting others when we follow what might be called the *Diamond Rule*: "Do unto others as others want you to do unto them." The new common translation is, "Treat others the way they want to be treated."

The passing of another year reminds us how valuable our time is. Each individual is responsible for determining what legacy they want to leave. The more impact you see your legacy as having, the sooner you'll want to get started becoming the person you want to be remembered as.

It's wonderful when we find ourselves in a position to support those who are most important to us; it's divinely wonderful when it's the kind of support they want.

For several years at Success Design International, our motto has been, "Your success is our business." Our motto is just another way of asking,

"What are we doing to give those we care about an opportunity to be the person they want to be remembered as?"

We hope these thoughts will help you in making decisions about how you choose to use your time and energy in a joyful and productive manner.

We join the staff at Success Design in wishing you a wonderful and prosperous 2003!

Until our paths cross again,

Marilyn & Al Sargent,
Directors and Trainers

Tara Joseph, Web Site - Graphic Design
Megan Metcalf, Consultant - Organization
Al Konigsfeld, Logistics Coordinator - Trainer
Chris Burke, Training Assistant - Trainer
Eva Schwartz, Training Assistant - Personal Coach
Lucho Crisalles, Physical Well-being Advisor - Trainer

For More Information, Contact...

**SUCCESS DESIGN
INTERNATIONAL**

**(877)SDI-MIND
(949) 713-4936
mail@nlpla.com
www.nlpla.com**



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