

Natural Healing Express Weekly

Column 357 Happy New Year

Well, here we go for 2019. My Goodness 2019! Time is passing like a flash in the pan! I really hope 2018 was a wonderful year for you! And, if you were happy to see it go, well, your luck has changed! Many folks make resolutions as we begin another year. Why do we do that? Seriously, I guess on the calendar it seems like a fresh start, so we promise ourselves (and sometimes others) that we are going to change ourselves and everything in our life will be better by Thursday. Hhhmmmm.

You may ask yourself, what exactly helps to make a change? The answer is it comes down to HABIT. And, here is a funny quote from Mark Twain, "Habit is habit, and not to be flung out of a window by any man, but coaxed downstairs one step at a time". Make sense now why resolutions typically fail quickly as we make big declarations of finality instead of assembling logistics of success.

First, habits have to be FORMED. And, we do that by repeating them over and over again until they become second nature. WE have to form the habits first and then they FORM us. In essence, we are reFORMing ourselves through repetition.

And, it's ok to start now. Just start where YOU are and Start where YOU can. Don't compare yourself to others because they are not walking in your shoes! The only person to compare yourself to is you.

For those of us with bigger aspirations this year, my habit is to always begin with declaration of intention (to gain specific clarity) and then ask for assistance from your higher power. In our case, we call this the God Factor. With HIS help, asked for via prayer, mountains (and pounds, disease, poverty) CAN be moved. Always, always, always bring it to HIM. Psalm 119:13 "With my lips have I declared and recounted all the ordinances of Your mouth."

Next, you have to believe you are going to succeed. Write yourself some notes or send an automated text to yourself each day. And ask others to support you if you like. Then outline your plan and get to it.

Design your reformation with baby steps at first, and then start climbing hard on that mountain once you are warmed up. Remember, it's easy to be mediocre, but sheer excellence will take the extra mile and probably another one after that. Booker T Washington puts it best, "excellence is to do a common thing in an uncommon way." Figure out your excellence plan and make it your own. If you woke up this morning, God has a unique plan and purpose for you.

Think with excellence, speak with excellence and treat others with excellence. You will be shocked at how quickly you can turn the specific molecule in your being that causes the shift in your habit. You will be successful and excellent in no time!

From our family to yours Happy New Year!

Make it a great week!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express