



Make New Year Resolutions: And Keep Them Using NLP! (Inspirational Solutions)

Donna Blinston

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What is a New Year resolution?! To me a New Year resolution is a Goal I wish to make, motivated by the coming of a New Year and the end of an old. Almost giving me permission to let go of the past and motivate me to look towards the future. Make New Year resolutions-AND KEEP THEM USING NLP! is an extract from Psychobabble: A strait forward, plain English guide to the Benefits of NLP; showing the importance of making well formed outcomes and then actually visualising that they are real to boost motivation to achieve it!

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