

# **MAKE 2009 ROCK!**

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**Simple Tips For Making This Your Best  
Year Ever - *Earn More, Accomplish More,  
Stop Worrying, and Start Living!***



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### Introduction

Can you hear that? It's 2009 calling – and it's gonna be G-R-E-A-T!

We've created this nice little report to inspire you to bring in 2009 in the best way possible. Our hope is that everyone who reads this report will do very well this year, not only in business, but in your own personal life as well.

We wish everyone great health, closely knit families, happiness, and wealth for the New Year. Personally, we have our own "agendas" for 2009 – but family, health and happiness are more important to us than any amount of wealth. We hope that is true for you also.

Nothing wrong with wanting to create a million bucks, but at the same time... you have to think of your **most important things**. What use is a million bucks if you have no family, no happiness, and only 6 weeks to live? OK, we're being blunt, but it's true.

We all tend to start each New Year with a few resolutions. Some folks make none at all, because they are "realists" who believe that any resolution they make – will just be broken in about 2 months anyhow. Please don't follow that type of negative thinking, and instead believe that you CAN do what you set your mind to each year. Because you know what? You CAN do EXACTLY what you set your mind to and more.

How about making what we call some "Sticky Resolutions" this year instead of plain ole "resolutions?" A **Sticky Resolution** is one that you can STICK to – *all year long*, without too much trouble. All it takes is a bit of will power, a few pertinent goals/values, focus, and a lump of ACTION added for good measure.

You can do that, can't you? ☺ We KNOW you can. So let's get going on some tips for a super New Year.

**2009... It's gonna ROCK!**

Warmly,

   
and

Editors and Contributors, "Pirates of the Public Domain Magazine"

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## **A Bit Of History On New Year's Resolutions**

Time marches forward. Seasons come and go, conveniently and comfortably arranged in their pattern of spring, summer, autumn, and winter. Man discerned this pattern long ago and marked these seasons as they passed. Each repetition of this pattern became the "year". Just how this collection of days and months was recorded changed over time.

The first calendars were not particularly efficient ones. Sages struggled across the millennia, attempting to create a calendar that was accurate. With the advent of the Julian calendar we finally found an efficient way to mark time. With a few further tweaks we finally settled on the Gregorian calendar.

The beginning of the New Year however, was first observed in the *spring* in ancient times. The choice of spring makes perfect sense with all of it's implications of *brand new beginnings*. This was a time when the earth grew warm again. Flowers bloomed and crops were planted. Young men's thoughts turned to romance, and everyone was inspired to make an effort that the New Year would be better than the old one.

Although our current New Year comes in the cold of winter (depending on where you live of course) rather than the newness of spring. We still attach significance to New Year's Day with being a **new beginning**.

We ring out the old year, epitomized by the vision of Old Father Time. We ring in the New Year, symbolized by a brand new baby in diapers.

It's a time for starting over and *casting off the past*.

Beginning anew gives us ***a clean slate***.

We like to make "resolutions" because in doing so, it absolves us of our failures at least enough to give us *hope*. We understand from an instinct deep inside, that moving forward with renewed resolve will help us to achieve the things we have pledged for our New Year. Resolutions are a sign of our hope, without which we could never achieve our goals.

Even though we sometimes fail to reach the goals set forth in our resolutions. We are buoyed by our sense of possibilities, and goals become more focused thanks to the time and effort we devote to them at the end of each year. Famous men and women have made some astute observances in regard to New Year's Eve and the wisdom of promising to make life better.

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Mark Twain said in his special brand of wry wit: ***“New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.”***

Hehehehe.

He also offered this pithy comment:

*“Yesterday, everybody smoked his last cigar, took his last drink and swore his last oath. Today, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient shortcomings considerably shorter than ever.”*

Does it really have to be that way? Of course not! Just make your resolutions “sticky” and you’ll not be thinking like that!

Benjamin Franklin in his infinite wisdom said, ***“Resolve to perform what you ought; perform without fail what you resolve.”***

Ben Franklin was right – we must have the follow through. Making our New Year resolutions is only half the battle. Therefore, if you make resolutions that you KNOW you can stick to with ease – you’ll be able to keep up with them all year long.

Instead of just a month or two.

Oscar Wilde, perhaps sensing the eternal optimism of resolution-making wrote, “Good resolutions are simply checks that men draw on a bank where they have no account,” but Helen Keller, optimist extraordinaire, gave us all a vote of confidence when she said, ***“We can do anything we want to if we stick to it long enough.”***

Will this be the fresh new start you’ve been looking for? Are you prepared for a brand new beginning? Do you have the resolve to see permanent changes happen for you in this New Year of 2009?

Can you actually **envision** your next coming spring, summer, autumn, and winter? Will you be able to reflect back on the success of your New Year’s resolutions?

Well, in another circling of the sun, and within another calendar year, we will all see too clearly if we are making the same resolutions yet again. Will we be able to look back with a sense of satisfaction over our awesome accomplishments?

## "Who's the Boss?"

***OR - 10 ways to start taking control of your time management, goal setting, and record tracking.***

At first glance, it would seem that positive thinking and creating New Year's Resolutions have nothing to do with one another.

Yet many of us who start off with some wonderful resolutions develop *negative thinking patterns* because we become frustrated by our difficult challenges and frequent feelings of being too overwhelmed.

This negative outlook then makes it even harder for us to manage our challenges and move forward.

Practicing positive thinking allows us to focus on our strengths and accomplishments, which increases happiness and motivation. This, in turn, allows us to spend more time making progress, and less time feeling *down and stuck*.

The following tips provide practical suggestions that you can use to help you shift into more positive thinking patterns, and **STICK TO** your New Year's Resolutions!

These are ***STICKY Resolutions*** – and should become your every day habits:

### **1. Take Good Care of Yourself**

It's much easier to be positive when you are eating well, getting some form of exercise, and getting enough rest. Take it from us, the "lack of sleep Champions" - We become very irritable in the daytime when we do not get enough sleep.

And we ALWAYS feel better after getting some kind of physical exercise, even if it's just walking through the park.

Not to mention FOOD. We're both on a mission to lose excess weight and eat better foods this year. My (logan) girls love "Doritos" (their favorite snack) – which has absolutely NO nutritional value. I make sure they (and I) get plenty of fresh veggies, proteins, and fruit along with that JUNK.

Eating better will give you more energy, keep you and your family healthier, and give you more vitamins and nutrients. Give up the dang Doritos, and go for the carrots and peanut butter instead! It's really not that hard, it's just a matter of NOT BUYING the junk at the grocery store - and instead buying the best foods that you can.

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If it's not in the house in the first place, nobody can eat it!

We're not telling you anything you don't already know here but it's important enough to say here – you know it's true!

### **2. Remind Yourself of the Things You Are Grateful For**

Stresses and challenges don't seem quite as bad when you are constantly reminding yourself of the things that are GOOD in life. Taking just 60 seconds a day to stop and appreciate the good things will make a huge difference.

Are you healthy and pain free? Do you have a wonderful family? Do you have a roof over your head, and food for your belly? If so – you are WAY ahead of the game, so please take time to remember that. Other people are not so fortunate. Keep that in mind, and make sure to be happy with what you DO have.

### **3. Look for the Proof Instead of Making Assumptions**

A fear of not being liked or accepted sometimes leads us to assume that we know what others are thinking, but our fears are usually not reality.

If you have a fear that a friend or family member's bad mood is due to something you did, or that your co-workers are secretly gossiping about you when you turn your back, speak up and ask them. Don't waste time worrying that you did something wrong unless you have proof that there is something really going on.

If there is no proof, forget about it. Even if there IS proof – deal with it and get on with your life. Nothing is worth the excessive worry about “what other people think.” You'll never be able to please everyone all the time, so give it up!

Too many people cause themselves needless stress and difficulty by “taking things personally” – so unless something is totally DIRECTED AT YOU, and there is no doubt – don't let yourself get wrapped up in it. It's just not worth the time, effort, stress, and trouble.

### **4. Refrain From Using Absolutes**

Have you ever told a partner “You're ALWAYS late!” or complained to a friend “You NEVER call me!”? This also applies to your kids too – “You NEVER get off the phone,” or you “ALWAYS do that!”

Thinking and speaking in absolutes like 'always' and 'never' makes the situation seem worse than it is, and programs your brain into believing that certain people

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are incapable of delivering. Never mind the effect it has on others around you, like your kids.

Do they really need to hear that they ALWAYS do something wrong?

Of course not. So give it a break, and do your best to change your attitude, your tone, and your WORDS!

### **5. Detach From Negative Thoughts**

If you notice yourself having a negative thought, detach from it, witness it, and don't follow it. Negative thoughts are the number one killer in anything you do as far as we care.

If you think negatively about your business, you are going to make less money. If you think negatively about your kids, you're going to have more problems with them, and their attitudes – which incidentally will match exactly what you think.

If you think negatively about your spouse, family members and friends – guess what? You'll get more of it. AND – if you think negatively about YOURSELF... well – then you will have a hard road my friend.

Begin *right now* to start replacing those negatives with positives. Don't think "oh, nobody likes me" think "wow – I have a really great friend that I haven't talked to in a while – think I'll call!"

This is the biggest, hardest thing for many people to overcome – but once you get used to it... it becomes quite easy. First you might need to break the "I'm not worthy" feelings – and start looking for things about yourself that you really LIKE. Build yourself up in YOUR OWN eyes, because nobody else can do that for you.

### **6. Squash the "ANTs"**

In a book called "Change Your Brain, Change Your Life," Dr. Daniel Amen talks about "ANTs" - Automatic Negative Thoughts. These are the bad thoughts that are usually reactionary, like "Those people are laughing, they must be talking about me," or "The boss wants to see me? It must be bad!" When you notice these thoughts, realize that they are nothing more than ANTs and squash them!

This goes right along with #5 above – Negative thoughts. You HAVE to catch yourself doing this stuff, and believe us, we know... it can be very hard to do. Just do your best to keep catching every negative thought you can, and replace that thought with something you are grateful for, or something that is *positive*.

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### **7. Practice Lovin', Touchin' & Squeezin'**

You don't have to be an expert to know the benefits of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant pick-me-up!

One research study on this subject had a waitress touch some of her customers on the arm as she handed them their checks. She received higher tips from these customers than from the ones she didn't touch!

We've read how important that touch really is to us human beings. Being deprived of hugs, and loving touch has a very negative effect on small babies who have been orphaned and left in cribs with very little "contact". It is much the same for us adults, believe it or not.

Make it a point to hug your spouse, your kids, your dad, your mom, your other relatives, your pets, and all your friends too! Some of them will probably think your nuts, but you can bet they won't forget it.

### **8. Increase Your Social Activity**

By increasing social activity, you decrease loneliness. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way! This applies to both ONLINE and OFFLINE.

We've dealt with a bit of both ends, and we can tell you – someone doesn't have to be in the same country to totally bring you down. Or lift you up!

### **9. Volunteer for an Organization, or Help Another Person**

We do a lot of this both online and off. If you have known us for any length of time, you might know that we spread free work around, give cash donations, and do what we can to help others. It's not always visible, but it's something we both feel very strongly about.

Everyone feels good after helping. You can volunteer your time, your money, or your resources. The more positive energy you put out into the world, the more you will receive in return. It always works, it never fails, and you'll begin to receive help from places you would never connect to a \$25 buck donation you made a month ago.

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### **10. Combat Mental Rumination!**

***Mental Rumination*** is basically contemplation or reflection, which may become persistent and recurrent worrying or brooding.

If you find yourself ruminating, a great way to stop that is to interrupt the pattern, then force yourself to do something completely different.

Rumination is like "hyper-focus" and it's not exactly productive. It's not rational or solution-oriented, it's just excessive worry, or stress about something you have no control over.

In these cases, try changing your physical environment. Go for a walk or sit outside. Pet your cat, or whatever makes you happy. You could also call a friend, pick up a book, or turn on some good music!

## **Be Happy - Happy as You Want to Be!**

Almost everyone has probably heard the hit single 'Don't Worry, Be Happy' by Bobby McFerrin. That song had a very catchy way of conveying its message of *being happy!* In fact, to some of us the song was so overplayed that it seriously got on our nerves! LOL!

But it was a good song with a terrific message.

Living a happy, resilient and optimistic life is wonderful, and is also good for your health. Being happy actually protects you from the stresses of life. Stress is linked to the top causes of death such as heart disease, cancer and stroke.

One of the better things ever said is:

***'The only thing in life that will always remain the same is change'***, and in our life we have the power to make the necessary changes if we truly want to. Even if we find ourselves in an unbearable situation we can always find solace in the knowledge that this too- WILL change.

Social networking and relationships with others is essential to happiness. Without having other cool people at your side, how much fun is life? Begin NOW to build great relationships with others... and...

### **Please Keep In Mind That People Are Different.**

They are of all colors, all nations, all mentalities, all levels, all ages, some are poor, some are rich.

Many are just HERE.

Accept people for who or what they are, avoid clashes, constant arguments, and let go of all kinds of resentments.

If arguments seem unavoidable please still do your best to make an effort to understand the situation, and you might just get along quite well with the very same people you never thought you could get along with.

Sometimes folks will have a real bad day, they take it out on anyone in their path... and you would never know that unless you give them time to redeem themselves.

Happiness is actually found in everyone. Sometimes you might have to dig around to find it – but everyone generally has some form of happiness.

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Find it. Remind the person of it. Promote it.

Because increasing another person's happiness is a way to make life more wonderful and also healthier for the rest of us.

To be happy is relatively easy, just **decide** to be a happy person!

Easier said than done, right? Well, actually – it's not that difficult. All you have to do is make the decision each day that it's going to be a beautiful day.

Each time you catch yourself being negative, or having negative thoughts – you DECIDE to have a BETTER thought. Or a more POSITIVE thought. I know it can be hard at first, been there – BUT – just do your best. You'll be surprised at how quickly you can overcome, and how easy it gets to enjoy the simple things in life.

Even Abraham Lincoln observed that most people - most of the time -can **choose** how happy or stressed, how relaxed or troubled, how bright or dull their outlook to be. The choice is simple really, people tend to get "hung up" on choosing. One the choice is made, everything else tends to fall right into place.

***Remember that being grateful is a great attitude.***

We really do have so much to be thankful for. Think about things like this:

**Thank your taxi driver** for bringing you home safely.

**Thank your cook** for the wonderful dinner. (Even if it was cooked by your kids and tasted really horrible!)

**Thank that guy who cleans your windows.** If you're lucky enough to watch someone do that from 17 stories up in your office building like some... *Would YOU want THAT job?*

**Thank your mailman** for bringing you your snail mail!

**Thank the trash man** who just emptied all your trash bins.

**Thank your spouse** for being the great person they are and supporting your crazy dreams.

**Thank your kids** for putting a load of laundry in the dryer.

**Thank the policeman** for making your area safe.

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**Thank God** for being alive.

There are many other things to be thankful for too, like your health – food on the table. A place to live. A car to drive. Even GAS in the car. See what I mean?

Refrain from watching the morning or nightly news. News is stressful. Get less of it. Some people just can't start their day without their daily dose of news. Try and think about it, 99% of the news we hear or read is bad news. Starting the day with bad news does not seem to be a sensible thing to do.

**Manage your time.**

Time is invaluable and too important to waste. Time management can be viewed as a list of rules that involves scheduling, setting goals, planning, creating lists of things to do and prioritizing. These are the core basics of time management that should be understood to develop an efficient personal time management skill. These basic skills can be fine tuned further to include the finer points of each skill that can give you that extra reserve to create the results you desire.

**Laugh and laugh heartily everyday.** Heard a good joke? Tell your friends or family about it. As they also say – *“Laughter is the best medicine”*.

Express your feelings, affections, friendship and passion to people around you. They will most likely reciprocate your actions. Try not to keep pent up anger or frustrations, this is bad for your health. Instead find ways of expressing them in a way that will not cause more injury or hurt to anyone.

**Be a hard worker.** Working hard brings tremendous personal satisfaction. It gives a feeling of being competent in finishing our tasks. Accomplishments are necessary for all of us, they give us a sense of value. Work on things that you feel worthy of your time.

**Learn something new every day.** Learning is a joyful exercise, and also makes us expand and broaden our horizons. It helps your mind, keeps your brain mentally exercised, and will give you more opportunities in the future.

**Run, jog, walk and do other things that your body was made for.** Feel alive. Get a little outside exercise as much as you can, especially if you sit at a desk for hours at time like we do.

These are simple things you can do everyday to be happy.

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And always remember the quote from Abraham Lincoln, he says that, *"Most people are about as happy as they make up their minds to be."*

## **Life is About Choices and the Decisions We Make**

Life is like a road. There are long and short roads; smooth and rocky roads; crooked and straight roads.

In our lifetime many roads will come our way as we journey through our lives. There are roads that lead to a life of single blessedness, marriage, and religious vocation. There are also roads that lead to fame and fortune on one hand, or isolation and poverty on the other. There are roads to happiness as there are roads to sadness, roads towards victory and jubilation, and roads leading to defeat and disappointment.

Just like any road, there are corners, detours, and crossroads in life (even traffic jams!). Perhaps the most perplexing road that you would encounter is a crossroad. With four roads to choose from and with limited knowledge on where they would go, which road will you take? Where is the guarantee that we will choose the right road?

Would you take just any road, or stay planted where you are: in front of a crossroad?

***There are no guarantees.***

You do not really know where a road will lead you until you take it. This is one of the most important things you need to realize about life. Nobody said that choosing to do the right thing all the time would always lead you to happiness.

Loving someone with all your heart does not guarantee that it will be returned. Gaining fame and fortune does not guarantee happiness. Accepting a good word from an influential superior to cut your trip short up the career ladder is not always bad, especially if you are highly qualified and competent.

There are too many possible outcomes, which you really cannot control. The only thing you have power over is the decisions that you will make, and how you will act and react to different situations.

***Wrong decisions are always at hindsight.***

Had you known that you were making a wrong decision, would you have gone along with it? Probably not, because why would you choose a certain path when you knew it would get you lost?

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Why make a certain decision if you knew from the very beginning that it is not the right one. It is only after you have made a decision and reflected on it that you realize its soundness. If the consequences or outcomes are good for you, then you have decided correctly. Otherwise, your decision was wrong.

*Take the risk: decide.*

Since life offers no guarantee and you will never know that your decision is wrong until you have made it, then you might as well take the risk and decide.

It is definitely better than keeping yourself in limbo. Although it is true that one wrong turn can get you lost, it could also be that such a turn brings an opportunity for an adventure, or more open roads. It is all a matter of perspective.

You have the choice between being a lost traveler or an accidental tourist of life. But take caution that you do not make decisions haphazardly. Taking risks is not about being careless and stupid. Here are some pointers that could help you choose the best option in the face of life's crossroads:

### ***1. Get as many information as you can about your situation.***

It's difficult to find confidence to make a good decision when you know so little about what you are faced with. Just like any news reporter, ask the 5 W's: what, who, when, where, and why.

What is the situation? Who are the people involved? When did this happen? Where is this leading? Why are you in this situation?

These are some of the possible questions to ask to know more about your situation. This is important. Oftentimes, the reason for indecision is the lack of information about a situation.

### ***2. Identify and create options.***

What options do you have? Sometimes the options are few, but sometimes they are numerous.

What do you do when you think that the situation offers no options? This is the time to create your own options. Make your creative mind work. From the most simplistic to the most complicated, entertain all ideas. Do not shoot anything down when an idea comes to your head. Sometimes the most outrageous idea could prove to be the right one in the end. You can ask a friend to help you identify options and even make more options if you encounter some difficulty, but make sure that you make the decision yourself in the end.

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### ***3. Weigh the pros and cons of every option.***

Assess each option by looking at the advantages and disadvantages it offers you. In this way, you get more insights about the consequences of each option.

### ***4. Trust yourself and make that decision.***

Now that you have assessed your options, it is now time to trust yourself.

Remember that there are no guarantees and wrong decisions are always at hindsight. So choose... decide... *believe* that you are choosing the best option at this point in time.

When you have made a decision, be ready to face its consequences: good and bad.

It may take you to a place of promise or to a land of problems. But the important thing is that you have chosen to live your life instead of remaining a bystander or a passive audience to your own life. Whether it is the right decision or not, only time can tell. But do not regret it whatever the outcome. Instead, learn from it and remember that you always have the chance to make better decisions in the future.

This is *your* life – **LIVE IT!**

## **Setting Your Goals - Easier Said, Easily Done**

The basics of setting a goal is an open secret known by top-caliber athletes, successful businessmen and businesswomen and all types of achievers in all the different fields - Including Internet Marketing.

The basics of setting goals gives you short-term and long-term motivation and focus. They help you set your focus on the acquisition of required knowledge. Goal setting will also help you to organize your resources and your time so that you can get the best out of your life.

Setting clearly defined short term and long term goals will enable you to measure your progress and achieve personal satisfaction once you have successfully met your goals. Charting your progress will also enable you to actually see the stages of completion leading to the actual realization of your goals.

This eliminates the feeling of a long and pointless grind towards achieving your goal. Your self-confidence and level of competence will also improve as you will be more aware of your capabilities as you complete or achieve your goals.

The basics of goal settings will involve deciding what you really want to do with your personal life and what short term and long term goals you need to achieve it. Then you have to break down goals into the smaller and manageable targets that you must complete to achieve your lifetime targets. Once you have your list created, **waste no time** in tackling your goals.

A good way to have a manageable list is to have a daily and weekly set of goals. By doing this you will be always in the position of going towards your life plan goals. Everyday will give you the opportunity to fulfill a certain goal giving you the feeling of accomplishment.

### **Here are some pointers that should be taken into consideration in setting goals and achieving them:**

Attitude plays a very big role in setting and achieving your goals. You must ask yourself if any part of you or your mind - is holding you back from completing your most simplest of goals?

If there is any part of your behavior that is being a hindrance or puts your plans into disarray, you will need to rid yourself of them. If you do have problems in these areas then the immediate thing to do is to address the problem. Solutions may include a visit to a doctor or psychiatrist to control your emotions. You may

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even have a health problem that is manifesting issues, that you wouldn't connect at first.

Remember that great outcomes are made by great time management practice. Failing in anything is often attributed to bad time management. (Boy, don't we know that!)

Certain goals require a lot from an individual which often makes that goal the entire life of the individual (like that internet marketing project you've been working on for the last year or so). Plan how far you want to go with your goals, and how much time you want with your family. Do your best to schedule a nice balance between both.

Your family should never be left out of your plans. If you are just starting out, and don't yet have a family of your own... then you have to decide if you want to be a parent, and if you would like to be married. You also have to know if you really would be a good parent and how well you relate right now with extended family members.

Education is also key in achieving your goals. If your goals require you to have a certain kind of degree or require specialization or skills to be developed, make plans in getting the appropriate education. Knowledge really is power!

Personal financial situations also play a major role in achieving your goals. Have a realistic goal on how much you really want to earn.

You also must be able to create plans or stages by which you will be able to reach your earning potential. Even if you're slow like us, as long as you never give up – you'll get there eventually.

The truth is that both of us have gotten as far as we have simply because we were both just too darn *stubborn to give up!*

Physically gifted individuals may be able to achieve sports related goals like being in the National Basketball Association or National Football League. Determining your physical capabilities should be one of your priorities. Physical limitations could however be conquered with proper planning.

As the saying goes - 'All work and no play makes Jack a dull boy', or something to that effect. This is by all means true down to the last letter. Giving yourself a little pleasure, along with all of your hard work - should be included into your plans.

## **MAKE 2009 ROCK!**

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To start achieving your lifetime goals, set a quarter of a century plan, then break it down to 5 year plans then break it down again to 1 year plans, then 6 month plans then monthly plans, then weekly, then daily.

Then create a things-to-do list for the day.

***Always review your plans and prepare for contingencies.***

The basics of goal settings will not be too difficult once you get used to them. Even a one year plan is better than NOTHING!

### **Make Your Goals Attainable**

It's such an easy thing to do. We sit down each year and dash off a wish list of all the ways we want our lives to change. We step hopefully into each New Year that comes around, eager to improve our lives for the better.

And yet, some weeks down the road we find ourselves derailed from our well-intentioned tracks. We give up on our goals, terribly disappointed, only to make the same list next year and suffer the same disappointment yet again. How can we make effective changes in our lives? How can we make that New Year, that new leaf, count for something?

First of all, we must *think through* what it is we hope to accomplish. Do we know exactly what it is we want, or do we make resolutions that are just too vague to be implemented?

Rather than resolve to be "happier this year" make a list of the specific, positive changes you can make that will bring you happiness. Use the information in this report to help you out.

Decide instead to take that origami class you have been interested in for so long, or resolve to brush up your resume and make a schedule for pounding the pavement.

In the same vein, don't decide you will simply handle money matters differently this year – decide on specific ways to do this, for instance:

I resolve to reconcile my bank statement every month. I resolve to stop using my credit card until it is paid in full. I resolve to follow the budget I have prepared. List specifics and mark them off as you accomplish them.

Look at your list once more before you get started. Are any of the resolutions on your list things that rely on the actions or feelings of others?

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The only person you can rely on to make changes is yourself. Depending on the whims of others will bring disappointment since we cannot guarantee their actions. Look to the ways you can change yourself and discover ways you can cope with the actions of others.

These are **your** resolutions, not someone else's. Only resolve what is in your power to change.

Take stock of what you want to achieve. How doable is each resolution?

If the changes you want to make are extreme ones, they don't necessarily have to be unreachable. Consider making step-by-step resolutions on a smaller scale so that you have a roadmap for making your dreams come true.

This year resolve to get out of debt by making a budget and paying off that debt. Next year, resolve to put a certain amount of money into savings every payday. The year after, you can resolve to find a new house to buy!

Foremost, ***believe in your resolutions*** and make a commitment to seeing them to completion. Make your first resolution this year to draw up sensible and achievable ones. Resolve to make this year different!

We hope you have enjoyed this short report on making your New Year a great one!

Please do make yourself some "sticky resolutions" that you can achieve this year while you're at it. We've already got most of ours in place.

**Here's to a great 2009, a Happy, Healthy and Prosperous New Year!**

Warmly,



*and*



"Captain" Logan Andrew

THAT Public Domain Diva

**Editors and Contributors**, "Pirates of the Public Domain Magazine"

<http://www.PiratesofthePublicDomain.com>

## MAKE 2009 ROCK!

Simple Tips For Making This Your Best Year Ever - Earn More, Accomplish More, Stop Worrying, and Start Living!

### Are You Doing Your Very Best?

In your efforts to build a successful online business, you are going to have to face challenges, catapult over obstacles, and surely you will have to face some criticism.

This is reality. We all have our barriers to smash through, some more than others. It's how you face these challenges and what's going on in your head that will make all the difference between success and failure.

The thoughts that you allow to bounce around in your brain are critical to your success or failure more than any other single factor in your life.

Do you allow yourself to have negative, self-defeating, thoughts or do you stay focused on positive thoughts of abundance, success, and prosperity?

Just remember that you can do anything you put your mind to as long as you:

- 1) Know exactly **WHAT** you want
- 2) Know exactly **WHY** you want it
- 3) **BELIEVE** with all your heart that you can achieve it
- 4) Have absolute **FAITH** that it is coming to you
- 5) Take **MASSIVE ACTION** to move towards it

If you can follow the five steps above and commit to doing your absolute best every single day, you **WILL** achieve your goals - you **CANNOT fail**.

**SOURCE:** [The 5 Steps To Getting Anything You Want](#)

Here's an inspirational video that a friend showed me awhile back that I watch every time I get involved in a difficult project and I start to feel overwhelmed.

If you get to feeling discouraged about your progress just take a few minutes to watch this video, get your head straight, and then get back in the game!

This short 6 minute clip is taken from the Christian movie, "Facing The Giants" (not in the public domain).

Check it out below and let me know what you think!

~ Logan

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P.S. - My wife says that this clip reminds her of what it was like giving birth to our daughters! My hat's off to you ladies!

To play video, just click on the image below...

Enjoy!



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