



New Year Resolutions

January 2009

Dear Jacqueline,

Thank you for another wonderful year at HarmonyWorks! My Resolution this year is to offer you, my client, more time availability and also, HarmonyWorks for the Soul as well as the body.

I hope one of your resolutions will be to take part in regularly scheduled self care. Budgeting time and money for bodywork at consistent intervals is an investment in your good health. Consider massage appointments a necessary piece of your health and wellness plan.

I offer weekly, biweekly and monthly DISCOUNTS to clients who are serious about investing in their health with massage. The benefits are priceless and endless. Email me for more information on discounts and benefits at icqangel@yahoo.com or harmonyworks@massagetherapy.com.

Sincerely,

Jacqueline Deschamps, Nationally Certified Therapeutic Massage Therapist and Bodyworker.

Making Resolutions Last

Make an appointment with yourself to spend time on your resolutions for the new year. Take your time in contemplation, and once you have a general idea of your resolutions, write them down, and **HERE IS THE KEY**, write them down *as if they have already happened*. For example, "I am happy that I have joined a gym and work out three times a week".

Use *positive* terms rather than negative. For example, on a resolution for lateness, you would write something like, "I arrive on time" rather than, "I am not late."

Once you write a goal down, you have started to manifest an event from your future into the here and now. Its been proven, the very act of writing things down helps to get them lodged into your long-term, not short-term, memory.

You can have strategies or a plan in place how you achieved the goal. If you have more than one goal, number them. Post the steps near your bedside at night and place a little box to check off when you have reached each goal. You will feel a sense of accomplishment and will be excited to move onto the next!

I have written goals every year for the past thirty years. I write them in a journal and review them at the end of the year when I get ready to write my goals for the next year. I am amazed at the end of the year, when I see that 98% of them are met! (The other two percent is another story).

If you would like more information or help on writing your goals, please feel free to email me at harmonyworks@massagetherapy.com.

Jacqueline Deschamps, HarmonyWorks for the Soul.

In This Issue

[Article Title](#)

[Featured Article](#)

Featured Articles

- * [Making Resolutions Last and](#)
- * [The Law of Purpose in Life](#)

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THE LAW OF DHARMA OR PURPOSE IN LIFE

Everyone has a purpose in life, a unique gift or talent. When we use this gift to help others, we experience the exultation of our own spirit which is the ultimate of goals. Even if we use them in our jobs and get paid for them, we are *still helping others*.

"When I express my unique talents and use them in service to humanity, I lose track of time and create abundance in my own life as well as in the lives of others."
(Depok Chopra).



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