

## New Year's Resolutions

The New Year is the time for resolutions for our goals for the coming year. Unfortunately, these resolutions are often the same as the year before or even for many past years. The reason for our not achieving our goals is that there are blocks to being in alignment with those goals.

Use the following Ask & Receive statements to accomplish your resolutions this year.

### *Ask & Receive Protocol*

There is a part of my being that already knows \_\_\_\_\_.  
And that part of my being is willing to inform the rest of me now.  
It is doing so now with grace and ease.  
My mind, body, and spirit are receiving this information.  
The information transfer is now complete.

Choose your resolution that you most want to happen. Insert the following statements at the end of the first sentence of the above protocol.

- How to heal and release this feeling of doubt so I can accomplish this goal
- It is possible for me to heal and release this doubt that I can accomplish this goal
- How to accomplish my goals
- It is possible for me to accomplish my goal
- How to be willing to do what I have to do to accomplish my goal
- I can have fun and enjoyment even when I accomplish my goal
- It is safe for me to accomplish my goal
- That I deserve to accomplish my goal
- I am loyal to my friends and family even when I accomplish my goal
- How to be willing to change my identity into someone who accomplishes my goal
- That this time will be different

### *Felt Sense of Ask & Receive*

Notice if there is any resistance, tightening, tingling, sensations, thoughts, or images that you see or feel when you say the following statements.

**My body knows how to accomplish my goal.**

- How to heal and release this sensation, all that it represents, and all of its roots

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Continue this process for as long you need.