

## **Marshfield News Herald Article - January, 2006**

### **Powering Resolutions with Feng Shui by Eileen Kelz**

It's the third week in January and if you are like most people your New Year's resolutions have been declared a lost cause. The situation is not hopeless! You can use some feng shui principles to help power up those resolutions and keep them alive.

I love this time of year with the promise of endless possibilities and the opportunity to look back and see what has occurred. The process of setting my intentions for the year is a sacred ritual. I choose quiet time to sit by the fireplace and think about what is important for me to bring in to my life. My intentions range from work goals to relationships to health and spiritual. I make it fun writing all of this down in a beautiful book with my favorite colored gel pens.

That book is placed by my bed or on my desk as a constant reminder of what is most important to me. Does this mean I'm 100% successful? No, but I do have a fairly good track record. My internal effort bolstered by the physical reminder equals success.

Here are some tips that I've learned throughout the years.

Write your goals and intentions down. There is something about committing those resolutions to paper and placing them in the open that draws the energy to your efforts.

Look around your home and check to see if the symbolism of your space supports your goals. If you resolve that you will practice yoga daily, don't set yourself up in a cluttered basement. Set up your equipment in a pleasant space. Create a small personal altar with a candle inspirational items that remind you of why yoga is important to you. Creating the physical space will amplify your efforts.

If you resolve to be more financially responsible create your space to support you. Set up a system that will make it easy to know when bills are due. Dedicate a pleasant and organized space to do this task. If you need help, hire a professional organizer.

Break down your goals in to smaller steps. If you decided this is the year to tackle your clutter, make a plan. Once you get a small space done it feels so good you will be inspired to move on to the next.

Forget about perfection. Perfectionism feeds procrastination because we become intimidated by fear of doing it wrong. For instance, I have wanted to paint my living room for 5 years. I keep getting hooked on "what if it isn't the perfect color?" I have to keep remembering that it doesn't matter. If I don't like it I can always paint again.

Get a coach or support from friends. I am lucky to be in a Success Team, a group of 5 women who help each other achieve our goals. I have a photo of my team on my office desk as a constant energy reminder that I am being supported.