



What's
happening in
2011 in
your life?

The energy this year has already started with a great deal of optimism. This is much more progressive than 2010. The foundation phase has finished, it is now the time to be clear on what it is you want to change, rather than live in 'hope' of your life to progress differently.



Heidi Sawyer reflects

Take time to plan what you want for 2011. If you're not sure how to, here are a few ideas for you:

Decide on Your Key Areas

What's important to you right now?

- Your health?
- Your wealth?
- Your happiness?

Pick out the key area that will help trigger all the other areas to fall into place. In my experience of giving readings and direction to people through psychic consultations, health is the surprise key area to trigger all else into place.

Your Health – what to decide on

Decide your health goals. If you want to adjust your weight or body image decide first on the following:

Your Body – What size do you want it to be? What would make you happy? Make this realistic rather than optimistic. I have seen over the last twelve months women transform their self image not through obsessing over their weight, but how they want to feel about themselves.

What would make you feel proud looking in the mirror? If that's weight – how many dress sizes smaller would make you feel better? Would you like to lose weight so you can feel better or to look better? Does it affect your self-image enough to effect relationships? If the answer is yes then your priority should be to adjust your weight to the point where you feel more confident to be yourself. Therefore, naturally you will feel more comfortable about attracting a partner.



So what is the size you would like to be?

When you think about that question does it give you an 'up' or 'down' feeling inside? An 'up' feeling in the solar plexus region is a positive response. This means you are happy at more than a conscious level to engage with creating that self image. A 'down' feeling suggests you're not confident you can achieve what you have set in your mind. If you get a 'down' feeling when you ask yourself the size you would like to be, then your 2011 priority needs to be the subject of relationships. It is likely you are using an aspect of 'weight' as a way to hide from relationships.

Your Happiness – Creating Successful Relationships

It is my firm belief through years of experience, the key to successful relationships is first a love affair with the self. If

you're cringing at this option then your 2011 key goal needs to include relationships.

If you're single ask in your mind: What type of person do you want to meet? Someone with self-esteem who looks after their wellbeing? A person of integrity who knows what they want from life? Someone you can trust and doesn't play any emotional games? A person with confidence?



I have seen over the years the best relationships emerge out of those who are willing to work on themselves and become the person they want to meet. They then find the right person. If you're already in a relationship and it's not working to the level you would like it to, then ask yourself the same questions.

- Is the person you are currently with, the person who reflects the qualities you would like in a person?
- What do you need to change about yourself to reflect the person you want to meet?

If you ask yourself these two questions, often the person you are currently with (if they are right for you / a soul mate) will ‘magically’ transform without any interference or words said. People, who continue to compromise their integrity, become disillusioned and give up. They say they don’t want a relationship, but scratch the surface, the

answer is they do.

Those who develop a love for themselves know within a very short period of time whether a relationship is going to work, or if it is something to let go of. This isn’t a painful option for these people it comes from a deep love for themselves and the wellbeing of others.

If you want a relationship, or better relationships, then make 2011 the year you become the person you want to meet.

If you struggle with confidence – what

would make you more confident? What changes could you make that would help build your inner world? What do you need to build the courage to do? What do you want to have done in your life, before the day you leave the physical realm? What is your one goal for 2011 that’s going to help you achieve that?



Your Wealth – The Key to Building Your Confidence

Wealth is not money; it is a state of mind. That state of mind happens to attract money but it isn't the physical aspect of coins in your pocket or notes in your purse. Your amount of debt and ability to pay it reflects your current self-esteem and confidence. Unconsciously we make decisions to affirm when we're 'worth it' and when we're unworthy.



If in the last few years you've found yourself making poor choices, 2011 is THE year to change that. It is the most supportive energy in decades.

The support is something you can't touch, it is something you feel, which exists deep within your core. BUT you have to ignite that feeling. As soon as you do, you'll find many of your financial challenges will start to correct themselves. I have seen

this 'magic' work too many times for it to be incorrect.

If you've got debts that are making you anxious or unhappy, make 2011 your year to correct it. If your

thoughts drift towards the fact you've already made as many changes as possible, to reduce your outgoings, then consider an adjustment to your sub-conscious world. This could start to make a serious dent in your debts, or generally improve not only your financial wealth, but your spiritual one too.

How you can successfully put your goals and targets in place

Once you have decided upon the most important aspect for you to concentrate on for 2011, think about the following:

- What are your daily habits?
- What are the time lines you want to put into place? When will things happen?
- What are the strategies and tactics you're going to use in order to make your plans a reality?

It's time now to adjust the 'fast food' mentality of wanting it yesterday. In order to successfully achieve your plans and goals for 2011, you must first give yourself a bit of time. Think to realistic timelines, of how to get out of the 'fast' and into the steady. It's the little things that start to build your confidence. Give yourself the opportunity along the way to celebrate the little wins, in order to make room for the big one.

The Importance of Your Treats

In order to really get yourself going and to keep yourself motivated, it is important to give yourself some rewards en route. These rewards do not have to be extravagant, and should certainly not be an excuse for poor choices.

When choosing a reward, for a step made or a celebration en route, choose something that's going to feel special to you. It is important to 'romance' yourself, in order to feel worthy of someone else taking the trouble to do that for you in the future. If you've made a significant step in the right direction towards your main goal, then reward yourself with a treat you wouldn't normally give yourself.



One I strongly suggest especially for women; instead of rummaging in the reduced bucket of flopping flowers that have seen better days, buy yourself a small bouquet of the flowers you really want. Make

the choice based on what you want, rather than what's the most practical. Put the ones back that are going to last the longest and go for the pretty ones you prefer.

If you have the courage to do this here and there, you are beginning to learn how to accept rather than always over giving. The

Universe can then begin to respond appropriately – it can start to ‘give’ in the unexpected with you appreciating, rather than rejecting.

What will make or break 2011

Accountability into action will make or break this year for you. Choose who is going to hold you accountable for your actions. Accountability is a group, person, family

member, or mastermind group who will help you stay on track. These are people or a person who has faith in you, who is there to cheer you on and help you get up when you fall over. They are there to do what you need in order to help you maintain your pace and grow to

the level you want to. This person may even be part of your internal world. Accessing this person or group of people, whether internal or actual is the key to your success.



New Year New You

– with Heidi Sawyer



It's time to get life straightened out, to purge old habits once and for all and to embrace 2011 the YEAR OF GOOD FORTUNE.

This workshop event will consist of your plans for 2011 and making them happen. Powerful healing techniques will be used to move any emotional blockages, to clear the path for a prosperous year ahead.

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