

# STYLUS

## *Scratching Beneath the Surface*

stylus *n.* an instrument of metal, bone, or the like,  
used by the ancients for writing

### **PROMISES, PROMISES! Resolutions that *Stick***

by Nina Durfee

Do your resolutions become empty promises . . . year after year?

Are you ready to break the mold in 2009?

I've asked several people what their goals or resolutions are for 2009, and I'm being met with a disturbing response: *"I'm not making any resolutions this year because it never pans out anyway."* If this is true for you, perhaps it's time to look at the **WAY** you craft your resolutions. What's missing?

Before you beat yourself up for lack of integrity with your own self-promises, take a look at the process of commitment and communication. They say communication is the key to success, and this is doubly true for self-communication. Achievement begins with clear expression of what you want. But that's not all.

**Why you want it is even more important than what you want.** Two factors help us articulate the *why*.

1. **Feelings.** Our basic reason for wanting *anything* is that it will make us feel good. If you can name the feelings you want to experience when you've achieved your goal, it will spark the desire that motivates action towards achievement. Here's a short list to choose from – feel free to add your own.

**Do you want to feel:** appealing, bold, brave, buoyant, calm, carefree, competent, creative, eager, elated, energized, excited, festive, free, frisky, fulfilled, impulsive, independent, inspired, joyful, lighthearted, loving, loyal, optimistic, peaceful, playful, rejuvenated, relaxed, relief, secure, seductive, spirited, vibrant, witty, wise, worthy?  
What else?

2. **Core Values.** A second consideration for deciding what we want is what *core*

*value* it honors. If we speak and act based on what we think others expect of us, or on some idea of what "should" be the case, we open ourselves to inadequacy, inferiority and disappointment. When our core values drive our thoughts, words and actions, we experience greater satisfaction and fulfillment.

What are your core values? Here's a short list to choose from – feel free to add your own.

**Do you value:** accomplishment, accountability, adventure, balance, beauty, communication, creativity, ease, energy, expansion, flexibility, freedom, growth, harmony, honesty, humor, independence, integrity, joy, love, orderliness, peace, recognition, security, serenity, space, spirituality, spontaneity, trust, truth, wisdom, zest? What else?

Once you've nailed down your reasons for wanting what you want, success is close at hand.

### 5 Programs to Achieve What You Want in 2009

1. **Workshop: Promises, Promises! Resolutions that *Stick*.**  
A 6-hour workshop to break the mold of empty self-promises in 2009.
2. **Emerald:** Peaceful Energy Meditation. A tool and technique to release stress and experience peace of mind.
3. **Ruby:** 8-week coaching program engaging 7 practical steps to get what you want. 8 sessions.
4. **Sapphire:** Combined **Emerald** and **Ruby**. 10 sessions.
5. **Diamond:** Deeper, expanded **Ruby** program + **Emerald**, to make the 7-step process second nature. 15 sessions.

For information or to register for any of these programs:

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What action will move you forward today?