

Aspire Consulting, Ltd.

Aspire... Higher



January 2016
Happy New Year

Inside This Issue

- Start the New Year With the Right Frame of Mind
- In Their Own Words
- Did You Know?



Start Off the New Year With the Right Frame of Mind

Much less gets accomplished when you are in a negative mindset than when you are in a positive one. Start this year adding specific affirmations to your goals.

Current trends in neuroscience offer evidence that we can consciously improve our health and well-being by simply changing our thoughts. Discoveries in neuroplasticity have demonstrated that the physical reality of our brain has been formed from our past experiences and can change based on new input. Wiring can change, and the chemicals released can change. The way we react and behave changes, and our results change.

Affirmations are one way of putting positive thoughts into your brain.

Write affirmations that are linked to your goals for the New Year. They should be:

1. Positive
2. In the first person


ASPIRE

Discover potential. Get results.

Aspire Consulting, Ltd.

Aspire Consulting

Aspire believes that individuals and organizations have the capacity to discover and use their unlimited potential to create and sustain success. We assist companies in developing their employees to leverage their strengths and in turn drive measureable long term results.

What our customers are saying...

We always start with a no cost consultation. To find out about how the Aspire Advantage can help you, [let's talk.](#)

Aspire Consulting, Ltd.
email: info@aspireadvantage.com
phone: 845-803-0438
web: www.aspireadvantage.com

Did You Know?

Tie your affirmations to your goals

Research shows that there are five major benefits to committed goal pursuit.

1. **Meaning and Purpose:** Sub-goals give us something to work for and look forward to every day, even when our big goal seems far away.
2. **Confidence:** Each time we accomplish a sub-goal, we become more confident - and more motivated.

- 3. In the present tense
- 4. What you know to be true when you are performing at your best
- 5. Repeated on a routine basis, verbally, in writing and visually

Sample affirmations could be:

- 1. I am a capable and competent communicator
- 2. I am healthy and fit
- 3. I am always on time and always complete my work on time
- 4. I am the top selling sales person in my company

Write your own and see for yourself the power positive thoughts have to rewire your brain and change the results you get.

[More Info on Self Leadership](#)



In their own words...

"Positive anything is better than negative nothing." - Elbert Hubbard

"In order to carry a positive action we must develop here a positive position." Dalai Lama

"Coming together is a beginning; keeping together is progress; working together is success." - Henry Ford

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- 3. Commitment: Having a daily responsibility to a sub-goal ensures that we stay engaged with our big goal.
- 4. Flexibility: Changing sub-goals helps us rethink our plan and be more successful over time.
- 5. Social Connection: Having sub-goals helps us involve friends and family with our big goal - which increases both our well-being and our chances of success.

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