

Allow Abundance

Release Resistance, Expand Your Consciousness, and Open to the Abundance You Deserve



Seven Law of Attraction New Year Resolutions That Will Change Your Life

At the beginning of each New Year, millions of people set goals for the coming year. They vow to quit smoking, start new careers, lose weight, and more.

Unfortunately, traditional “New Year Resolutions” like these are rarely effective as a means of goal-setting. Most of the people who set New Year Resolutions will give up by the end of January.

Why do New Year Resolutions so often fail?

There are a couple of problems with traditional New Year Resolutions. First, they rely on “motivation” to get you to take consistent action. Unfortunately, most people don’t know how to **stay** motivated. Within a few weeks they usually lose their motivation and stop taking action, which limits their success.

Secondly, New Year Resolutions don’t help you address the **REAL** sources of your problems, which are limiting beliefs, bad habits, and a negative attitude.

When you consider how the Law of Attraction works, it’s not hard to see why traditional New Year Resolutions fail. The whole process contradicts the principles of the Law of Attraction.

The Law of Attraction is activated by your dominant thoughts and feelings. Whatever you focus on and FEEL most often is what will be replicated in your life.

So, if you've got some strong limiting beliefs and negative thought habits that conflict with your New Year Resolution, but you try to force yourself to take massive action anyway, you will likely end up feeling burned out and frustrated, which only attracts more situations that make you feel that way!

Working in cooperation with the Law of Attraction to achieve your goals is so much easier and so much more enjoyable! Rather than trying to force positive change through action alone, you actually **CREATE** your success with the power of your thoughts.

Rather than trying to get and stay motivated, you feel naturally **INSPIRED** by your goals, and that natural inspiration keeps you moving forward effortlessly. Rather than forcing yourself to complete difficult, challenging action steps, you allow the universe to **LEAD** you to the most efficient action steps.

That seems much more effective than the way traditional New Year Resolutions work, right? Here's a simple 3 step process for using the Law of Attraction to achieve specific New Year Resolutions:

1) Visualize the outcome you want.

Each and every day, spend 15 minutes imagining the outcome you want. Do you want to weigh 20 pounds less than you do right now? Do you want to earn a certain amount of money or have a specific kind of job? Visualize it! But don't just "see" it mentally; try to FEEL what it will feel like to have that outcome. Feel your body being slender and fit; feel your income being large enough to easily cover expenses, and so on.

2) Believe it's already yours.

Doubt and disbelief play a major role in the failure of traditional goals. When you doubt you can achieve something, or you don't believe that something is possible for you, you end up sending out an "intention" that this is your reality. The universe won't argue with your intentions; it will

just deliver what you ask for. Turn this around and use it to your advantage by affirming that the outcome you desire is already yours. You've intended that you will achieve it, and you are practicing feeling it each day, now start **believing** that it will be done. Even if you can't see "how" you will achieve it, just keep believing and affirming that the universe will find a way.

3) Turn it over to the universe.

After you have visualized and built up your belief each day, focus on letting go of your goal and turning it over to the universe. This is important because worrying and obsessing about how you will achieve the goal will contradict the good energy and intentions you created when visualizing and building up your belief. To keep that good energy going, you need to start trusting the universe to help you achieve your goals.

When you do this, you will be led to the best action steps to take to achieve your goal. And best of all, these action steps will be **FUN and EASY!** Not difficult and unpleasant like the action steps that go along with most traditional New Year Resolutions.

Following these three steps can help you achieve any goal, any New Year Resolution, in record time. But you don't even have to be that specific if you don't want to be.

Remember that the Law of Attraction is activated by your **mind-set and attitude**. Even if you never set a specific goal for the rest of your life, having a great attitude would constantly draw great things into your life: better health, more money, meaningful work, healthy relationships, happiness, abundance, fun, excitement – all great things would automatically be drawn to you.

So, how do you create this great attitude and mind-set that would draw more goodness into your life? By using the **7 Law of Attraction New Year Resolutions** I'm going to share next. These 7 daily "goals" will help you renew your thoughts, boost your positive feelings, and expand your beliefs so that you naturally come into alignment with everything good you want.

7 Law of Attraction New Year Resolutions That Will Change Your Life:

Resolution #1 – Accept Where You Are Right Now

If you want to use the Law of Attraction to create better circumstances, you must let go of your dissatisfaction first. Why? Because a focus on unhappiness and dissatisfaction can only create more circumstances that make you unhappy.

When you focus on accepting and loving where you are now, you dissolve your inner resistance and allow much better circumstances to come forth. Each and every day, spend a few minutes focusing on the positive aspects of your current circumstances. Even if you have to focus on little things that are going right, that is much more productive than complaining and resisting.

Resolution #2 – Focus in the Direction You WANT to Go

Your thoughts literally pave the way for the creation of your future reality. Keeping that in mind, can you see how destructive complaining and arguing are? Whatever you focus on, you will create more of it!

Make it your daily goal to focus your attention **ONLY** on things that you want to create more of. Before you argue with anyone, or gossip about someone, or complain about anything, ask yourself, “Do I really want to create this kind of negativity in my life?” If the answer is no, choose something better to focus on.

Resolution #3 – Practice Feeling the Outcome You Want

When it comes to activating the Law of Attraction, feeling is everything! Thoughts, beliefs, and expectations are all important too, but feeling is the fuel that propels your creations into being.

If you want to create more abundance, focus on feeling abundant as often as you can. If you want to create more love, focus on feeling loved. If you want to create more success, focus on feeling successful!

Practice feeling whatever outcome you want to experience, each and every day. It may take a little time to tune into the feeling of the outcome you want, but in time you will be able to generate that feeling instantly just by focusing on it. And when you reach that stage, the physical manifestation will not be far behind.

Resolution #4 – Practice Limitless Thinking

How often do you limit yourself by assuming that certain things are out of your reach? “I wish I could earn more money, but I’m not qualified for a job that would pay more.” “I wish I could spend more time with my family, but I have to work a lot of hours to pay the bills.” “I could never be successful in business.”

Even though these limitations seem to be undeniably true, they are only perceptions. They are **EXPECTATIONS** that have become true because you have reinforced your belief in them for years.

The good news is that you can start to believe in something else, and it can become true for you just as easily as your old beliefs did.

Start practicing “limitless thinking” every day. If you catch yourself accepting limitations as if they are your truth, turn them around by affirming that anything is possible. “I can increase my income easily if I stay open to opportunities.” “Other people earn more money and work fewer hours; I can too.” “I can become successful at anything I want to do.”

You don’t have to know **HOW** to achieve these things; you only have to believe they are possible.

Resolution #5 – Feel Grateful for at Least 15 Minutes a Day

Gratitude is one of the most transformational mind-sets you can adopt each day, simply because it brings you into alignment with all of the wonderful things you want to bring into your life.

Gratitude aligns you with abundance, success, ease and flow, love, peace, good health, happiness . . . with everything good.

Best of all, you don't have to be constantly grateful to reap the rewards; you just have to spend a few minutes a day focusing on things you feel grateful for, and allowing the feeling of gratitude to flow through you.

Like I said earlier, the feeling is the most important thing. Thoughts are powerful; thoughts with strong feeling behind them are **infinitely more powerful**.

Each and every day, devote 15 minutes to feeling grateful. Feel grateful for the blessings you already have, the blessings you are looking forward to receiving, the people you meet, the opportunities that come your way, and your life in general.

Resolution #6 - Be Genuinely Happy for the Success of Others

One of the things that often hold people back from achieving their own success is being resentful or bitter about the success of others.

When you say derogatory things about other people, you communicate your distaste for certain characteristics to the universe, and the universe will hold those qualities back from you.

If you look upon rich, confident, or successful people with disdain, the universe gets the message that you think being rich, confident and successful is wrong or bad, so those things will not be accessible to you!

One of the best ways to boost your own success and wealth is to find things about rich, successful people that you ADMIRE.

If you see people who do a lot of good in the world with their wealth, applaud them for it! If you see a person who has the kind of success you want for yourself, silently thank them for serving as an example of what you can achieve too.

It doesn't matter if those people also have qualities you don't admire – you don't have to focus on those at all. Focus on the aspects or qualities that you do admire, and you will draw more of those things into your life.

Resolution #7 - Let the Universe Lead You

Last but not least, taking action is an important part of creating a successful life, but NOT the “forced” action that most goals require. Instead, make it a habit to stay open to inspired guidance each day.

Ask the universe to show you the best way to achieve each of your goals, and then take the actions that feel right to you. Tune into your intuition and let it lead you, step by step, to the fulfillment of everything you want to create in your life.

Remember, when you EXPECT to be guided and helped by the universe, you will be. Most of us do the opposite – we expect everything to be difficult and grueling, and the universe just gives us what we’re expecting!

These 7 Law of Attraction New Year Resolutions can change your life if you commit to them each day. Some of them may take a little practice to get comfortable with them, but over time you’ll find them much easier to follow. The key is practice, practice, practice!

Accept where you are, focus in the direction you want to go, feel the outcome you want, practice limitless thinking, be grateful, be happy for the success of others, and allow the universe to lead you to the fulfillment of your desires.

Easy, right? Or at least simple, if not always “easy”. ☺

Give it your best shot and you’ll soon become a goal-achieving machine – but without the struggle, strain, and frustration that comes along with traditional New Year Resolutions.

Happy New Year! For the coming New Year and beyond, I’m wishing you immense abundance, love, and joy!

www.allowabundancecourse.com

