

Inspiring Advice For 2015 New Year's Resolutions

Angela Jones December 18, 2014



2015 new years resolutions

As a new year is about to unfold, many people are still left wondering what their new year's resolution will be, or even whether to even have one if they know they just won't manage to follow it through for 12 months.

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Making and keeping New Year's resolutions can be a tough one for many of us. A lot of people promise themselves to lose weight, to eat better, to get a new job or overdue pay rise, while some vow to be more charitable, and others just want to live life to the full. The problems only arrive during the next 365 days for being able to stick to a resolution, as by February most people begin to fail. On the other hand, there are the exceptional few who do have the will power to go the whole way.

Best selling Author Andy Shaw says the hardest new year's resolutions are to achieve things that we just aren't prepared to live without. He added... "While it may be hard for many people to uphold their 2015 new year's resolution, sometimes it's just a question of receiving a little inspiration to keep motivated." Andy also said that when changing the habit of doing something from one way to another, it's essential to keep reminding ourselves the reasons why we want to make such changes to increase the likelihood of success.

One of Andy Shaw's previous new year's resolution was to lose weight, who says he eventually worked out how. He added... "I knew dieting would be problematic, so I decided to just cut out eating late in the evening. To remind myself of why I desperately needed to lose weight, I wrote a message to myself, which read... My body will burn fat at night if my stomach's empty, but if my stomach's full, it'll be storing fat at night. An obvious health assumption you may say, but obvious wasn't stopping me from eating late in the evening, but as soon as I began to regularly read my message, I finally managed to begin losing weight."

Mr Shaw says that our subconscious **mind power is quite frankly unbelievable**, and that the human mind is visibly amazing, if we begin to look at all the things we are able to do without any thought whatsoever. He continued... "So as you can see, the secret for success is to be able to access our limitless intelligence in order to live our dream life. " He also had this to say to those people who have tried the same new year's resolution year after year, but who have still not been successful... "It is possible to be successful against all the odds, but it isn't only grabbing whatever you can get out of life.

The real magic is unleashed when we learn to 'go to give,' rather than 'go to get.' Being successful is about changing how we think, and to think like a successful person does. All the required mind thinking changes are explained in the first 5 complimentary chapters of *Creating A Bug Free Mind*, a **[free download available on \[abugfreemind.com\]\(#\)](#)** ."

A Bug Free Mind

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