



## RECONNECTING WITH YOURSELF – by Marney W. DeFoore, LCSW-S

“I was going along just fine when suddenly I realize that I’m way off track. I had such resolve at first to keep my new decisions, but I’ve lost it!” Good news... your new decisions can be salvaged and you can get back on track!

Something was working well in life until you quit doing what you were doing when it was working. We have all had times when we come to the embarrassing realization that we’ve somehow stopped doing something that was really helping us before we stopped doing whatever it was! And now we find ourselves in a mess of one kind or another – probably a familiar one.

Here’s some hope. If it worked before it can likely work again! You can actually find that something important that you were doing and actually opt back in as easily as you opted out. Consider re-reading your notes from Boerne as a starting place.

New decisions can be life-changing or forgettable, and the resolve to succeed is never higher than when the goal is first set. So, you make the distinction by your level of internal commitment to yourself about your new decision. Write your decisions down and put a date on them. “A goal without a date on it is just a fantasy.”

Finally, make a daily “to-do” list based on your goals. Tape the list to your bathroom mirror and read it out loud twice a day. I’ve done this and it works! When you treat goals with this level of importance you increase the likelihood of the success you looked for when you originally made them.

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