



RESOLUTIONS – by Marney W. DeFoore, LCSW-S

We've all made and "broken" resolutions only to re-make them again next year. Do yourself a favor and stop doing what hasn't worked in the past. Instead, this year consider trying something totally different.

Most of you are familiar with our intensive change process. Remember the time you spent addressing that inner part of you that is the little child? The inner-child is the part of you and me that knows what true resolve is – and that kid can't be fooled!

So let's get real. Stop and ask your deep inside self what it is that you want to change about your life. Now instead of saying "I'm going to _____", do something about it.

While there is no real secret to sticking to resolutions, there does seem to be this key. Action! Do something positive and measurable that supports your decision to change and make a habit of doing that EVERY DAY! Habits change attitudes and new feelings follow suit. YOU CAN DO IT!

Marney W. DeFoore, LCSW-S is Licensed and Board Certified in clinical social work and supervision by the Texas State Board of Social Work Examiners.



Marney W. DeFoore, LCSW-S
San Antonio, Texas
Appointment line: (210) 883-7877

© 2016 Marney W. DeFoore, LCSW-S