



January/February 2009

W.O.W.

Way Of Wellness Newsletter

More Goal Setting Tips

SET GOALS WITH DEADLINES. Do you want to organize your home? Your office? Your family? Your time? Jot down exactly what you want to do, and designate a deadline for accomplishing that goal. The deadline should be as specific as possible (i.e.: Feb 10, or July 7, etc.).

MAKE MINI-GOALS. Break your goals down into a small, bite-sized pie. For instance, instead of a large goal, such as organizing your entire house, choose one room at a time. Or, instead of organizing all of your business files, start with one drawer. Smaller pieces are easier to accomplish.

DESIGNATE REWARDS. Always designate an enticing reward for each goal you accomplish. The reward acts as your motivator and helps you achieve your objectives.

USE A CHEERING SECTION. Inform your family and friends of your goals. Ask them for their support. Ask them to ask about your accomplishments, so you stay on track.

LAUGH AT MINOR SETBACKS. Don't expect everything to run perfectly smooth. As with everything, there are bound to be bumps in the road. Don't get discouraged. Ask questions. If it looks like you're not going to accomplish your goal by your deadline, simply reschedule. It's better to get back on track, than to give up.

KEEP A 'CAN DO' ATTITUDE. Attitude is everything. If you think you're going to fail, you will. If you think you're going to succeed, you will. Zig Ziglar, a motivational speaker, always says that to succeed, you must get rid of that 'stinkin' thinkin' and set your mind to achieving your goals.



Make Your Dreams a Reality: Avoid Commonly Missed Goal Setting Steps

We are entering a new year, and setting goals is extremely empowering. You are ready to create. You can see where you want to be. Yet, somehow after that initial session of goal setting, the momentum is gone; or maybe you never really got started. Why do you fail at something you want so much? It isn't so much a matter of failing (although isn't it amazing how quickly you jump into shaming and blaming yourself?), it's more a matter of not following the steps necessary to successfully change your behavior. Here are two often missed steps to that will enable you to reach your

goals more consistently.

Missing Step #1: Say Goodbye to the Old. One of the steps that we often forget as we create resolutions or goals is that we need to honor - and let go of - what we want to change before we are ready to bring in something new. Many goals come about because of something we don't want: we don't want to be sick in our old age, we don't want to be tired anymore, we don't want to have to buy that next size (or 2) in clothes, we don't want to have to take medicine, we don't want to be in debt anymore.

What we **DON'T** want **is** absolutely critical to know; because that makes it easier to know what we **DO** want. However, when we simply drive away from what we don't want, we waste a lot of energy continually looking back. You can only run from something for so long before the pain of the old begins to dull and you lose momentum. In order to turn your energy fully towards what you **DO** want, you need to honor and let go of where you've been.

Missing Step #2: FEEL. Okay, so you have your goals, you've cleared out the old. You are no longer looking back over your shoulder and you're ready to move forward! There's one more important step to jump start moving swiftly **TOWARD** your goals. What you need to do now is make your goal a living, breathing entity.

Most people who are ready to make changes in their life write down their goals. Physically writing down your goals is an important step because you are more committed to meeting a goal that you have written down. Writing something down changes it from an idea or a dream into a real goal; you have a real destination. But, it is a 2-dimensional destination and doesn't help you beyond providing a dot on a map to shoot for. Turning your goals into living, breathing entities helps them pull you toward them instead of you just having to push towards them. If you were taking a road trip from New York City to San Francisco, imagine how much faster and easier the journey would be if in addition to the energy of your car propelling you forward, that the city of San Francisco was drawing your car forward with a huge magnet? Imagine how much more quickly you could reach your goal and how much more motivated you would be if your goal drew you towards it in addition to all of your hard work.

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Goal setting is an important skills for success. Unfortunately how to set, plan and achieve goals doesn't come naturally to most people. Empower yourself and those around you with (Practice Name)'s "Empowerment: A Goal Setting Workshop". Presented to local companies, organizations, clubs and church groups free of charge, this educational program provides insight on the goal setting process and how to create a realistic plan of action! Contact our office today to schedule a workshop date.

New Year...New You

40 to 45% of American adults make one or more resolutions each year. Many of these resolutions are related to health and wellness.

That makes it very likely that you know someone who is struggling with a health challenge or striving to improve their level of wellness in some way.

You can play an important role in helping your family, friends and co-workers achieve their health and wellness resolution, once and for all! Care enough to share chiropractic.

Ask our staff about our special New Year...New You offer.

Good News for You!

We are happy to announce our office is now offering massage therapy! Sunshine Loyd joined our team December 1, 2008. Sunshine is a Certified Massage Therapist and will be offering 15, 30, 60 and 90 minute massages with a choice of Swedish or Deep Tissue .

**Schedule your appointment today!
Call 913-268-8300**

Massage is a vital part of self-care that has positive effects on us as we work, play, and care for others.

The Effects of Love on your Body

Psychological: Your feelings of longing and love affect your mind and the way you think. When you are in love you want to go out there and conquer the world. You long for that person and take actions you normally wouldn't do. Your psychological feelings create passion where rationality doesn't always work.

Metabolic: When you're in love your heart races faster, your blood starts moving and you begin to have clouded judgment. This is in part due to the strong emotions. There is only a slight difference between love and fear. Both of these emotions can create major reactions in your ability to physically handle the situation.

Molecular: Your cells cling together when you are in love and become erratic when you have sadness. This is why when people are in love or in grief they may act odd. For example, a person in love feels powerful while a person with sadness feels weak.

Interpersonal: When you are in love you are naturally nicer to people. You feel good and this in turn helps you to feel for other people. You aren't so rude when you feel good. However, when you are in sadness you shy away from people and don't want them to talk to you. You stay in the shadows and lick your wounds.



10 Tips to Love Your Body

When you think of your body do you think of the pounds you want to lose? The muscles you want to tone? That's not surprising since a recent study found that 80% of women and 45% of men are dissatisfied with their appearance.

Your body is the vehicle to your dreams. Why not cut yourself some slack, give your body a break and during the month of February make a point of loving your body by following these 10 tips!

1. **Indulge on your own terms.** Whether it's fresh veggies from the Farmer's Market, or a pint of Häagen Dazs Vanilla Fudge ice cream, loving your body is also about loving your taste buds every once in a while.
2. **Stretch your mind and body.** Yoga—gentle yoga that encompasses relaxation and a healthy lifestyle, as well as meditative yoga—can bring one to the consciousness of their unique inner being. Yoga can rejuvenate the mind and body and teach us how to care for ourselves.
3. **Read.** It can be a source of entertainment, a way to catch up on current events or an educational tool. Several books have been published on loving your body—get some new ideas!
4. **Throw a private party.** Take a day for yourself and yourself only. Turn off your cell and log out of your instant messenger. Just spend the day looking in the mirror enjoying the wonderful company of you!
5. **Laugh out Loud.** This isn't just an Internet acronym spelled out. It's an action that will do your body some good. Don't be afraid to show the world your smile. It's contagious.
6. **Spend time with your family.** Whether it's a pet or partner, your spouse or a sibling, quality time is a must-have in nurturing relationships which in turn nurture and love your body.
7. **Listen to positive music.** Developing a theme song can do wonders for your body esteem and your overall outlook.
8. **Develop a creative outlet.** Everyone needs a medium to express daily stress and frustrations constructively. Maybe you're a photographer, writer, poet or all three. Maybe you can knit, make shapes out of clay or finger paint. Loving your body is also about loving your mind.
9. **A marvel of engineering.** Create a list of all the things your body lets you do. Isn't it amazing how your body has the innate ability to simultaneously digest what you eat, pump your blood and heal yesterday's paper cut?
10. **Take care.** Just as you would never think of skipping an oil change or replacing the tires on your car, you should never skimp on your body's health maintenance. Ensuring your nerve system is working at 100% efficiency with regular chiropractic adjustments and living a subluxation free-lifestyle is the ultimate expression of love!