

I Declare! 2016 Was a Well-Seasoned Year!

The start of a new year is a perfect time for self-reflection and renewal. It's also the perfect time to send old and unwanted habits packing and embrace new desirable ones. Imagine how different things will be when you disavow any self-sabotaging thoughts and replace them with loving, generous, confidence-building ones?

As you look at each **bold declaration** below, think to yourself how the statement resonates with you. Pause to acknowledge how much you've grown in each of these areas of your business and personal life. Saying each one out loud is a great way to infuse it with added power.

"My values-based business aligns seamlessly with my personal values."

When your core values are congruent with those of your company, the authenticity of your service delivery impacts all whom you and your employees serve. There is no gap between the values you express and the values you live in your daily operations. This alignment creates ease, clarity of purpose and energetic engagement at all levels of your business. Please acknowledge how fully you embrace this aspect of success.

"I inspire, motivate and put faith in my well-chosen employees."

Values-based leadership arises from the authentic alignment of your values-based business. Your leadership perspective creates the atmosphere in which you and your employees may thrive. Believing you have the capacity and talent to build a great team, you are able to select workers who possess the qualities you need most. You delegate wisely, creating great opportunities and personal development for your team. Take a moment to acknowledge how your value system and future vision empower you and your business.

"I live joyfully in the moment, in effortless alignment with my life purpose."

As you declare your heart open to joy, think of the benefits you accrue from a joyful perspective on your life and your work: a personal sense of peace, ease of tackling each task, renewal of energy, clarity of thought, openness to creativity and intuition, depth of purpose and a vibrant sense of aliveness. Removing self-imposed barriers to your joyful nature, all negative beliefs fall away and you are left with the warm glow of knowing who you are, deeply and trustingly. Take a moment to bask in this self-knowledge and feel its rewards. Feel the Joy!

"When confidence wanes, I remember who I am and trust my intuition."

As you look back on all the challenges you've faced and the obstacles you've overcome to get where you are today, you find a strong theme of resilience. When your spirit is shaken, you respond with strength, acceptance and honest introspection. You face your fears, embrace your humility, let go of anticipated outcomes, trust your gut feelings and buckle down to master the skills needed to go forward, with renewed clarity and confidence. Please acknowledge the many lessons you continuously learn from your experiences, building deep reserves of confidence.

"I embrace endless opportunities, soaring in the space of my own potential."

You know how to feel rejuvenated, physically, emotionally and mentally, after a demanding day or week at work; and you recognize the importance of allowing that to happen. It's up to you to create the space you need in your life to relax, reflect and recharge. You recognize that working ON your business is as vital to its success as working IN your business. Take a moment to breathe in the vast opportunities that lie ahead, knowing that when you soar you have the perspective to see them and know where to meet them.

Ahhhh, yes, that's it. You know how. A well-seasoned year is yours to create. It's the "secret sauce" recipe to your success. Now it's your turn to add to this empowering process. What will you DECLARE that will support you in reclaiming your power? I'll be very interested to hear!

Denise Clelan, an accomplished business owner for more than 26 years, is committed to

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