

# Be, Do, Have

Here it is: A new year – a new decade – is upon us.

A new year fosters a fresh start: an excellent opportunity to create new goals and take our lives into our own hands.

Many of us set goals in the wrong direction. We focus on what we are going to GET/HAVE and what we intend to DO.

Since the majority of New Year's Resolutions are health-related, here is a great example:

I am going to get this new piece of exercise equipment (have), and I'm going to work out three days a week (do) so that I can feel better and look better (be).

So the order of our goals is what we HAVE, and then what we will DO; those determine what we BECOME.

I want to flip that mindset on its head – because it is the exact wrong direction and the reason that many don't follow through on their resolutions to begin with.

Instead, let's focus on who we want to BE in 2020 and how we want to feel.

Consider goals such as a loving father, a healthy mother, or a happy person who takes their health into their own hands – whatever it is, let's make a choice in who we are going to BECOME and let that be the driving force for what we DO and HAVE. Focus on the feelings that you wish to manifest as you develop the steps to reach your goal.

One of the best parts about chiropractic care is that it improves the function of whatever is already within us – it doesn't add, and it doesn't take away – it merely enhances the communication between our brain and our body, so we are free to BE whoever it is we want to be.

Happy New Year!

I look forward to walking alongside you and your family on the path to who you are to BE in 2020.



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