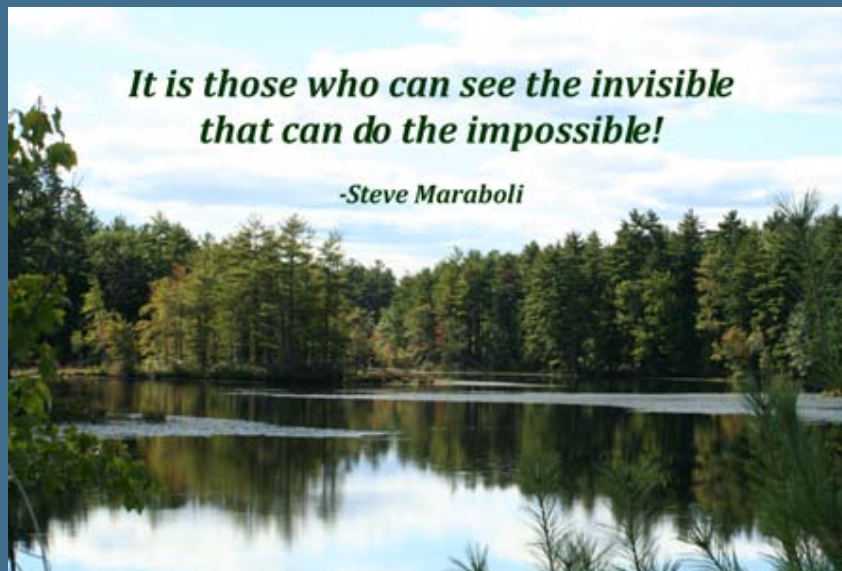




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A BETTER TODAY NEWSLETTER

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Failed resolutions? - Don't be discouraged!

The New Year is just a few weeks old and I have already received many emails about failed resolutions. So many want to lose weight, earn more money, be a better spouse/companion, be more organized, get better grades, etc.

Although the specifics of each email is different, there is a common question, "Why do I fail if It is something I really want?" Well, it fails because wanting is not enough. Although goals are important, having a plan of action is vital to the success of those goals. Having a goal with no plan of action is like wanting to travel to a new destination without having a map.

Do you want to be successful in your resolutions? Remember, if you keep doing what you're doing, you'll keep getting what you're getting. If you want something new in your life, you have to do something new in your life. Here is a simple outline that is highly effective and a great way to start:

Take the simple steps necessary to empower yourself & enhance your life.

1. Take a moment to quiet your mind.
2. Reflect upon your life and your thoughts.
3. Define your intent. What are your goals?
What would you like to change in your life?
4. Write it down! (This is your destination)
5. Have a clear vision of your goals and visualize their realization.
(See yourself achieving your goals)
6. Decide upon actions necessary to achieve your goals.

7. Write it down! (This is your map)
8. Take action. Move towards your goal.
9. Maintain clarity of your vision.
(It's ok if you have a bad day. A wrong turn does not end the journey. If you feel lost, just look at your map and get back on the road. The map will always lead you in the right direction)
10. Enjoy your success! Follow the system and you cannot fail!

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We can all fight the battles of just one day. It is when we add the burdens of two uncontrollable days, yesterday and tomorrow, that we get overwhelmed.

-Steve Maraboli



When You Thought I Wasn't Looking



When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew there is a God I could always talk to and I learned to trust in God.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I felt you kiss me good night and I felt loved and safe.

When you thought I wasn't looking, I saw you take care of our house and

everyone in it and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel well and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking."

*Remember that there is an
abundance of happiness
that can be found in the
smallest of places.*

-Steve Maraboli

This Month's Featured Author

Hope: It's What's For Dinner

by Robyn O'Brien



Hope is the knowledge that change is possible, even when it seems hard to imagine. In a world that very much feels like it has been thrown into a cuisinart, there are so many opportunities to be part of the solution. You bring a unique combination of heart and talent to the world that no one else possesses! While the world tends to favor the status quo and conformity, there is so much fun to be had in the experience of living, growing and finding the courage to live a purpose driven, rewarding life.

It won't be without challenges and growing pains, but it is those very challenges and your ability to overcome them that will give you such a tremendous confidence in your own capabilities to adapt to change and succeed! If you embrace the journey, fulfillment will come in knowing that you are doing what you are here to do. You will learn that every stage of your life prepares you for this work - every accomplishment and every setback, a lesson to be learned, making you complete as you evolve in your role of advocating for your life's work and message.

Sometimes the biggest challenge may be believing in your own ability to overcome challenges and to affect remarkable change - in a world that constantly messages otherwise. It is a challenge to silence the noise and the headlines that are constantly pushing the status quo, reinforcing conformity and the norm, and to hear your heart speak. It therefore requires tremendous discipline, strength, courage and tenacity to silence the cultural "noise" in order that you may hear the message that is inspiring you from within.

And as you listen, weighing the pros and cons of whether or not to embark on your purpose driven mission, ask yourself, "What do I have to lose?" Sure, maybe you'd lose "face". But more importantly, ask yourself, "What do I have to gain?" A sense of purpose, of being, of

fulfillment, of energy... that will inspire your life and the lives of those around you!

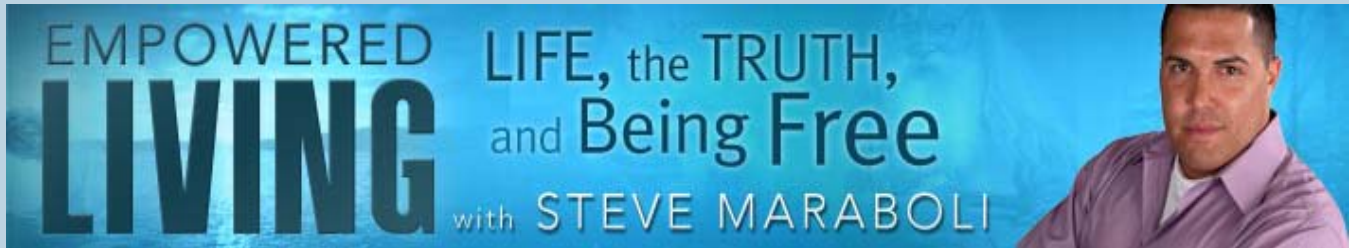
But be aware that those around you may feel threatened by the energy and emotion that you feel towards your life's work, perhaps having not yet found that same energy themselves. They may feel threatened or displaced by your newfound "love affair," as jealous as if you'd betrayed them with a newfound love.

So surround yourself with those that share your passion and embrace them as family. And be grateful for everyone, the naysayers who challenge you and strengthen your resolve and courage, to the support system that nourishes you. Attitude and gratitude can work wonders! And as you write your life's story, it is so important to not make "the perfect" the enemy of "the good". Allow yourself the grace to do all that you can with what you have and embrace the change that the journey brings! And think of the stories that you will one day have to tell of the life you lived!

According to the New York Times, Robyn O'Brien is "food's Erin Brockovich". As the founder of AllergyKids, an organization designed to protect the 1 in 3 American children with autism, allergies, ADHD and asthma, Robyn has appeared on Good Morning America, CBS Evening News with Katie Couric and CNN highlighting the role that chemicals in our food supply are having on our health. Born and raised in a conservative Texas family on supply side economics and the Wall Street Journal, Robyn earned a Fulbright Fellowship, an MBA and served as an equity analyst on a multibillion dollar fund prior to moving to Boulder, Colorado with her husband and four children. Additional articles can be found on her blog, FOOD POLITICS, at www.allergykids.com

I'm not saying it's wrong to plan for the future. I'm warning not to make today a victim of those plans.

-Steve Maraboli



Free yourself from the prison of your conditioned thoughts and destroy barriers that hinder your success. Tune into "Empowered Living: Life, the Truth, and Being Free" with host, speaker, writer, and personal coach, Steve Maraboli.

Steve and his expert guests take you on a quest for truth and highlights philosophies and strategies that help you release your greatest self.

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Make the Most Of Today

Smile at strangers and you just might change a life.

Don't count all your money, count your blessings.

Life is a challenge, dare to take it on.

Don't tell people your heartaches, tell them your dreams.

Offer kisses and hugs - everyone needs them.

Help people in need.

Don't let fear control your life.

Do not rule or be ruled!

Ask why.

Look after your kids more than your money.

Don't let your head over rule your heart - ever!

Learn an historical fact.

If you're sorry - say it.

Cherish your loved ones and let them know.

Shake off your stresses, your worries, your cares.

Meditate - Pray - Reflect.

Never run from the truth. It's always there, it never changes - save your energy.

Don't keep all your feelings sheltered - express them.

Let the glow in your heart reflect in your soul.

Stop believing and start knowing.

Teach and learn.

Search for contentment in each person you meet.

Find freedom.

Do it today!

© Steve Maraboli

*Live life with a purpose, and
live it full out.*

-Steve Maraboli

A Better Today Charities

"We are all on the same team and in this together"

- Steve Maraboli

A Better Today charities are self-funded. We believe in sharing, teamwork, and the greatest display of love; giving. If you would like to help by giving your time or helping with resources, [please contact us](#).

Featured A Better Today Charity

Cancer: Reaching Towards a Cure:

We provide our services for free to select national cancer charities. Charities may choose to have a fundraiser that features a speech or may choose to use coaching packages for auctions or raffles. Through these options, national charities have raised millions of dollars towards cancer research.

For more information about other A Better Today charities, [please click here](#).

A lack of clarity is food for failure.

-Steve Maraboli

It doesn't matter where you're supposed to be, what matters is where you are.

-Steve Maraboli

Harness the power you've been given and you can use anything to propel you.

-Steve Maraboli

Transcend from a dark existence of disempowered living, to the radiant living of empowered knowing.

-Steve Maraboli

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