

Success Newsletter

Special 2009 Holiday Edition

Welcome to the **Balanced Achievement Success Newsletter!**

We hope the brief stories and insight put forth will help you in your success and look forward to being a part of your future endeavors!

The Art of Changing Yourself

Wilfred A. Peterson wrote in “**The Art Of Living**” the following view on the importance of changing yourself to change your life:

“The art of changing yourself requires the substituting of new habits for old. You mold your character and your future by your thoughts and acts. You cannot climb uphill by thinking downhill thoughts. If your world is gloomy and hopeless, it is because you are gloomy and hopeless. You must change your mind to change your world. Make yourself do what needs to be done. Man alone, of all the creatures of earth, is architect of his destiny.”

Since even before the time of William James, (the father of modern psychology), our behaviors have been linked to our thoughts. Frankly, this is old news. So, why do so many people continue to wallow in despair and blame others for their “misfortune”? Unfortunately, it’s very simple in my view. It simply the easy way out to blame others or even outside “circumstances” for where we are, or perhaps more importantly where we are NOT. By accepting responsibility for our actions, AND our REACTIONS, we have to face that our perception of reality *in any situation* is just that: **OUR** perception. So, as suggested by William James, Wilfred Peterson, and countless sages and writers through the millennia, we can only change our lives, (or PERCEPTION), by changing our thoughts.



As we celebrate our respective holidays during this time of year, focusing on Joy, Happiness & Family, I challenge each of us to carry over that Joy, Harmony and sense of community from this point. Look at your thoughts, and adjust them where necessary to make the changes in your life you want to see.

If you don’t know where to start, or would like help along that journey, I encourage you to ask for that help, whether through your clergy, a coach, (*I am always eager to help, as are most coaches!*), or counselor. Whatever method you feel most comfortable with, take that step!

It’s been said that the most important thing to know in your journey is the destination. Truly, the destination doesn’t matter if we don’t know where we are starting! Take a good look at where you are now, and make a plan to THEN identify your destination and map out the future you want!

Have an absolutely wonderful holiday and head in to 2010 ready to enjoy the best your life has to offer!

The Balanced Achievement web page!

- The [Balanced Achievement Thought for the Week](#) is now available in text or audio format!
- The *Quote for the Day* is now available! Start your day with the **Quote for the Day** on the [Balanced Achievement](#) web page! Quotes from a multitude of sources will help spark your creativity and re-center your thought processes!
- **Newsletter Archives** - The [Balanced Achievement Newsletter Archive](#) is now available! The downloadable PDF files are always FREE and you are encouraged to share them with friends and family!
- [The Balanced Achievement Concept Presentation](#)—This **FREE** 20-30 minute presentation using the downloadable support materials will help you see why the Balanced Achievement Facilitation Model is so much more effective than traditional “training”! It’s all about *long-term* development!



To schedule a **FREE, confidential initial meeting, in person, or via phone, call Bob Kenworthy at 512-923-8083 or e-mail inquiries@BalancedAchievement.com**

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Questions or comments? E-mail us at inquiries@balancedachievement.com.