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Developing Self Trust

The New Year is a time for setting goals, making plans, getting into a new routine. Sometimes we write it down, sometimes we sign up for a program and sometimes we just make a declaration to ourselves.

But have you set yourself up for success?

Have you started by making that commitment to your self and your psyche?

Do you trust yourself to follow through and achieve your goals?

So often we have sabotaged our success right from the beginning because we have developed a mistrust with ourself. Have you ever said to yourself "just one more bite" (and then taken two more), "just 10 more minutes of television" (after you said you were going to bed at 10:00), "I will do it tomorrow" (after you made the same statement the last few nights). This habit leads to a lack of self trust with your psyche (or your subconscious) that sabotages your ability to set achievable goals and then reach them.

Can you start by endeavoring to be honest with yourself first?

Can you make a commitment to yourself and stick with it?

This year make a commitment to develop self trust. Become someone who is true to themselves, believes in their word, and ultimately, successful.

Namaste,

Suzette O'Byrne

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