

IT'S TIME TO BE SELFISH!

One common excuse I've heard people say for why they don't set goals or resolutions is because they don't want to be selfish. They feel like they need to devote that time to their family, work or church. I would argue to say that all of the people in those groups WANT you to be selfish in developing yourself. We forget that the people in your life want you to be better! They want the very best version of you! Nobody wants to be average. I haven't met anyone that says "I love being married to an average husband; I have the best average mom; You should come see our pastor, he's so average!" I know that as you're reading this YOU want to be better but when it comes to bettering yourself, this common misconception of "I just don't have the time" comes up. I'm a firm believer wherever you give your thoughts, money and time to is what you value in life. People will serve the thoughts that they value. Do you value being the best mom/dad possible or scrolling through social media? Do you value your health or binging on netflix?

We're preparing to dive into our New Year New You seminar on Jan 30th. If you can relate to anything that you just read then you NEED to be at this seminar! Too many times we say "I'll figure out how to read more next week, I'll start exercising next month, I'll start spending more time visioning my life next year. With the way things are going in this world who knows what next year or even next week will look?" The health, wealth and happiness of this year is 100% dependent on you and nothing or no one else.

At this seminar we will be showing you how to visioncast this year for your life in all different areas. How to elevate your health to new levels. If you're looking to stop hoping for a great year and want to learn how to create one, then YOU MUST BE HERE! Ask one of us how you can register for your tickets!

Be Blessed and Be a Blessing
Drs. Mike and Alanna