

## Personal Note

Did you enjoy your Christmas and New Year? Did it fly by? It did for me! We had a great time with all the kids home and it was fun to hang out and just be together.

But now life is back to normal! If you've set any New Year's resolutions please *throw them away*—resolutions are a waste of time. Set goals/intentions for yourself instead. And, along with setting yearly goals, set monthly goals. That way you can celebrate every month instead of just once a year! Write your goals down (this is key) and post them where you can see them every day. I made a goal board out of pictures and it is to the right of my desk so I look at it every day. What can you do every day to reach your goals?

Do you need to change any behaviors to reach your goals? In [Alan Weiss'](#) January newsletter he gave *11 2008 Techniques for Balance* and I thought that this one was the best:

*You will NOT lose weight, improve health, make new friends, gain new business, repair relationships, or gain new skills without changing your behavior. Forget the books, motivational audio, calendar, walking over hot glass, and positive attitude. You must change your behaviors. What are you doing to assist you in achieving THAT?*

Great question!!

Elizabeth

## Feature Article

### **Fearless Organizing™ - Lesson #3 from a Mom of 5! Banish the Blame Game**

If you have children or have been around children you know what will happen when you ask the question "Who did this?" when you come home, walk into the living room, and you see a broken lamp! Of course the answer is 'she/he did' and lots of fingers start pointing back and forth.

I think that was one of the hardest parts of being a mom—figuring out what to do when something happened and no one would 'fess' up to it.

Things really changed around the house when I taught the kids that when they owned up to what they did right away and came to me first, the consequences were far less severe if there were any

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at all. I really honored truth.

I think there is a national epidemic in this country and it's the blame game. Nothing is anybody's fault. Have you noticed that? Wouldn't it be wonderful if when someone messed up they would say "I messed up and I'd like to fix this. Can you help?" Do you have any idea how much stress and time that would save?

What about you? Are you blaming someone else for what's going on in your life? Have you noticed that when you are blaming nothing changes? That's because you're giving the power of change to another person when you blame and maybe they don't even know there is a problem or if they did know—wouldn't care!

I would love to have you take on the mantra that I took on a few years ago and that is "If it's going to be, it's up to me." This is life-changing. Anytime I feel myself starting to blame I look inside and ask myself "What can I do about this?" And then I DO something! This puts the power of change on me and no one else. I'm responsible for my life and I have the power to change whatever I want.



**Elizabeth Hagen** is a dynamic and inspiring female motivational speaker, the author of *Organize with Confidence* and offers business coaching services to motivate women to stand out and accelerate their success. You can become more focused and have more momentum, more confidence, and more success. Elizabeth's book "Organize with Confidence!" will change your life and her "Speak Now and Forever Get New Clients Home Study Program" will change your business! Visit [www.ElizabethHagen.com](http://www.ElizabethHagen.com) and receive her eBook "10 Fearless Lessons Every Woman Must Know" as her gift to you.