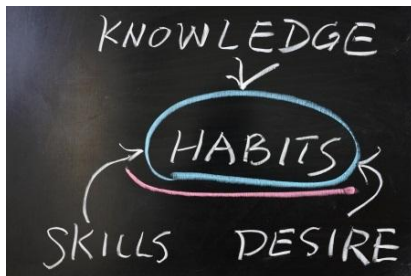




## Create Good Habits



Although Western civilizations celebrate the new year in January, Eastern cultures often mark the new year in February. Either way, the year is young, which means the time is right to break those bad habits and replace them with good ones.


Habits are things we do without conscious thought. Good habits, like exercising daily or wearing our seat belts, is just something many of us do without ever thinking about it. The flip side, however, is that the same applies to bad habits. Many of us don't give a moment's thought to digging into a gallon of chocolate chip ice cream to sooth the stress of a bad day or procrastinating on our expense reports.

So the challenge before us at the start of the new year is to make a concerted effort to identify our bad habits and then make a conscious decision to retrain our minds to correct them. Researchers at the Massachusetts Institute of Technology have demonstrated that it is possible for us to repeat a desired behavior until it becomes automatic. So we can replace our bad habits with good ones.

Do you need a little support in your desire to form new, good habits? Feng Shui teaches us to rethink how we view ourselves and the world in which we operate. It encourages us to view life and the way we live in ways that encourage good health, happiness and prosperity. **Contact me** today and let's start the new year off right!

*Kristi*

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