

New Year's Evolution: Evolve Instead of Resolve!

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1

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About Cheryl Miller....

- Life before wellness....
- M.S. Exercise Physiology & Community Health
- Life Coach
- Mayor of CherylMillerVille.com
- Manager of Award-Winning employee wellness program for 80,000 members
- Official Wellness Guide for SelfGrowth.com (1 Million visitors a month)

2

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Agenda for this call...

- I'm going to teach you my personal 5-step process to choose a New Year's Theme that will inspire and guide you throughout 2012, not just until you forget about it!
- I'm going to show you how you can succeed with your goals, and succeed with confidence and a workable plan.
- I'll share a few of my personal strategies to keep your theme top of mind.
- And I'll show you how to use your theme to evolve in 2012 . . . And every year thereafter.
- Ultimate goal is to increase your confidence, inspire you to take action, trust yourself, end feelings of overwhelm and confusion around your hopes and desires, and to feel good about yourself.
- I will show you how to take your goal all the way in 2012.

3

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Positive Wellness

- We are responsible for our lives
 - No guilt or shame
 - Gentle with self, self-love and acceptance
 - Not a wellness cop
 - We can change our story
- All we need to do is get up every time we fall
- There is an answer . . . find it by looking within
- Must take the road less traveled, the off road path, the unconventional, personal way
- Wellness is a path of personal development
- We seek pleasure and avoid pain – wellness must be about pleasure.
- It is possible to live a healthy, happy life . . . in this lifetime

4

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New Year's Evolution: Evolve Instead of Resolve!

- Resolutions Don't Work!
- They are often based on bad feelings or beliefs we have about ourselves
 - The "should" factor
 - The "ugh" factor
- They are usually about one small part of our life
- We "forget" that we made a resolution
- We rinse and repeat because we haven't learned a better way . . . until now!

5

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How I Got the Idea to Have an Inspiring Theme Each Year...My Light Bulb Experience

- I struggled with resolutions too – just like everyone else.
- It's hard for me to see something that doesn't exist.
- Sometimes, it's easier to focus on what is vs what I want
- Health goals are rife with emotion....so I borrowed a solution from another area of my life that's humming
 - I've always had a two-word guiding image for my home – Beauty and Efficiency (Harmonious Home)
- A vision (theme) should work for my New Year's goals too! So I started the journey to explore themes as a wellness tool.

6

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Why have a New Year's theme?

- Theme parks have a theme, special parties have themes, cruises use themes. Why?
- Because themes are exciting and they inspire us to join in the fun. They bring out our playful, creative sides.
- A theme is like a clarion call – it attracts our vision and energizes us. It pulls us forward.
- Themes help us **evolve** which is so much more fun than resolving.
 - Powerful word
 - Growing out and up
 - Permanent...until the next evolution . . . no turning back!
 - When we evolve, we change our story – we become a new being

7

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More About Themes

- Themes are a nonthreatening way to look at growth opportunities.
- I've coached people on this topic for past 7 or 8 years—it works!
- Themes are memorable.
- Everyone can have a powerful theme that helps them evolve in 2012—children, families, business owners, and you!
- And you can have a plan for keeping your theme uppermost in your mind—so you achieve your goals!

8

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Examples of Themes

- My Heart's Desire
- Finish What You Start
- Bloom Where You're Planted
- Waking Up, Powering Up
- Unleash the Magic in Your Life
- Younger Next Year
- Healthy & Happy
- I Am Open
- Healthy, Wealthy & Wise
- Life is Sweet
- Lightness of Being
- Outside the box
- It's My Turn
- Simple, Green Living
- A Life of My Own
- Life is *For* Me
- I Am Grateful
- Open the Gate

9

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My 5-Step NYE Process

1. Look back on the previous year and do the "turnaround."
2. Make a list of words you're attracted to (slogans, catchphrases, mantras, jingles).
3. Try some themes out – do they make your heart sing? Keep tweaking until you "know" it's right.
4. What new self-image (new story) does your theme point to? This is the evolution.
5. Put a system in place to help you take action and track your progress during 2012.

10

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Step 1: What was 2011 like?

- What do I want more of
- What do I want less of
- What bugged me
- What inspired me
- What intrigued me
- What was fun and engaging
- How did I *feel* in 2011

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...The Turnaround

What was 2011 Like?	Turnaround for 2012
Family stress	Family love & support
Conflicts with co-workers	Camaraderie/peace at work
Spent too much \$\$	Wise spending & investing
Health challenges/losses	Healing & comfort
Unfinished projects	Finished projects
Worked long hours	Balance work and play
Poor sleep, weight gain	Healthy habits & routines
Life on pause	Living my life fully
Unknown territory, lost	Finding my way
No plans	Living on Purpose

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Possible Shifts (begin the Evolution)

Old Story	New Story
Sick	Well, self-care
Failure	Success
Stressed	Balanced, Relaxed
Pain	Pleasure
Extreme	Moderate
Disorganized	Organized
Worried	Serene, confident, trusting
Charge it	Pay cash
External Solutions	Internal Solutions
Power	Strength
Breathless	Deep breathing
Unfinished projects	Finished projects or aborted

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More Shifts (begin the Evolution)

Old Story	New Story
Keep everything	Choose the best
Clutch, hoard	Release, trust abundance
Do it later	Do it now
Chaos	Peace and serenity
Confusion	Clarity
Fractured	Whole, Integrated
Tired	Energetic
Stuffed	Just right, satisfied
Closed	Open
Hopeless	Hopeful
Overspending	Responsible spending
Victim	Victor, self-empowered
Self-doubt	Confident

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Step 2: Words & Phrases You Love

Flip through a magazine or do a Google search for ideas: slogans, jingles, catchphrases and mantras.

Beauty	Hello Gorgeous!
Fun	Healthy, Wealthy & Wise
Joy	Together we're better
Healthy	On the wings of a prayer
Frugal	Stay Strong, Live Long
Relaxing	Eat the Best, Leave the Rest
Peaceful	Easy does it
Happy	I am Peace
Vitality	How sweet it is

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Step 3: Try themes Out - Tweak until your theme sings!

- My Heart's Desire
- Finish What You Start
- Bloom Where You're Planted
- Waking Up, Powering Up
- Unleash the Magic in Your Life
- Younger Next Year
- Healthy & Happy
- I Am Open
- Healthy, Wealthy & Wise
- Life is Sweet
- Lightness of Being
- Outside the box
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Step 3: Try Themes Out

Who wants to be coached on their theme for 2012?

Step 4: From Theme to Evolution

Theme	Evolution (new story)
Get Up and Get out	I get up and get out.
Decide, do, delegate, dump	I decide, do, delegate, or dump
Finish what you start.	I am a finisher.
Healthy, wealthy, & wise.	I am healthy, wealthy, & wise.
Gratitude becomes me.	I am grateful.
Life is a joy.	I am a joy container.
Younger next year.	I am younger today and tomorrow.
Bloom where you're planted	My circumstances suit me perfectly.
Healthy, Happy Family	We are a healthy, happy family
Still got it	I've still got it!
A year of miracles	I create miracles

Step 5: Implement a system to take action and track your progress.

*No more Failed New Year's Resolutions
Follow the Healthy Habits Roadmap to Success*

New Year's Evolution 30-Day Coaching Intensive Program

- **Option #1: Healthy Habits Workbook (\$19.97)**
- **Option #2: For just \$77 more (\$97 that includes \$100 discount), you get all of this:**
 - **Healthy Habits: Baby Steps to Better Living** (e-workbook--\$19.97 value)
 - Daily bite-sized steps to help you put your 2012 theme in place.
 - It's a turn-key program – the workbook walks you through each action step – every day.
 - Use the Healthy Habits workbook again and again – every time you have a new health or lifestyle goal you want to achieve.
 - **4-week telecourse** (Wednesdays, Feb. 8, 15, 22, 29)
5-6:30pm PT | 6-7:30pm MT | 7-8:30pm CT | 8-9:30 pm ET
 - **mp3 audio recordings of weekly teleclasses** (in case you have to miss one or want to listen again)
 - **2 Bonuses:** (1) Coaching call selecting and phrasing your 2012 theme (Wednesday, Feb. 1, 7:00 – 8:30pm CT) and (2) direct access to Cheryl during the program.

Register here: www.cherylmillerville.com/nye2012

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