



▶ FEELING CREATIVE?  
JOIN IN THE **WRITE2HEAL** WORKSHOP OFFERED  
DEC 30TH AT 6 P.M.  
REGISTER: [REBECCA@INNER-ELEMENT.COM](mailto:REBECCA@INNER-ELEMENT.COM)

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[WWW.WRITE2HEAL.COM](http://WWW.WRITE2HEAL.COM)



▶ SEEKING FULFILLMENT?  
TUNE INTO 94.1 FM EVERY  
SATURDAY AT 3 P.M. FOR THE "LIVE ON PURPOSE"  
RADIO SHOW!

[WWW.LIVEONPURPOSE.ORG](http://WWW.LIVEONPURPOSE.ORG)



▶ IT'S NEVER TOO LATE TO  
GET IN SHAPE! SHAPE UP  
YOUR MIND, BODY AND SPIRIT  
IN **FITNESS BY FAITH**.  
COURSE IS OFFERED  
DEC. 20TH AT 10 A.M.

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# Inner Element *empowered*

CREATING FITNESS FROM THE INSIDE OUT.  
SHARING TOOLS SO OTHERS CAN **LIVE ON PURPOSE!**



## Making Changes...

### Making Changes, A New Approach to New Year's Resolutions

The key to making big changes is to start by making little changes. We often get stuck when we overwhelm ourselves with the idea that something HUGE needs to change. And feeling overwhelmed, we tend to not take action. Instead we just wish, wait, and hope. We may even become stuck in the same routine, accustomed to its familiarity and our comfort-zone.

The secret to making change is that you can change small things that are unrelated to the area that overwhelms you. You see, any change leads to more change. Just do something different. Drive a different route to work. Eat at a new restaurant. Order tea in place of coffee. This works because it gets you unstuck and into a willingness to change. The momentum gets you going, and before you know it, you're able to change bigger things. Workout with a friend, try a new fitness class, begin to write that book, organize your office, or cut back on the sugar in your menu plan.

This technique works. Most of us need major courage to tackle a big project or goal. Instead, begin small. The idea is to re-focus before the New Year arrives. Start smaller changes today and by the New Year, you will be ready and courageous enough to begin transforming a bigger area in your life. Visit: [www.rebeccaevanswrites.com](http://www.rebeccaevanswrites.com)



### Surviving the Holidays—Empowering Tips & Tidbits

- Eat a small meal before attending Holiday parties or gatherings to help **prevent overindulgence** of high calorie items.
- **Create a PLAN B Self-Care program** during the season. This is the minimum in fitness, health care, self care and maintenance that you can accomplish during a busy (or traveling) season. Once you're through with the demands of the holiday season, return to your original routine.
- Be selective on the events you say YES to—make a list of upcoming events and key items you need to complete over the holidays. **Leave off events that you normally do not feel obliged to attend.** If you must show up, make your appearance and inform the host that you cannot stay for long.
- Pre-arrange with family and friends this year that you are going to share gifts of time, love or limited budgets. Invite friends and family over for a Christmas movie or inviting Tea and Hot Cocoa Social night. Create coupons, offering your gifts or service to others. **Focus, especially this season, on staying within your budget and not using credit to pay for the holidays.**
- If you're around dramatic family or friends over the season, practice the **art of detachment.** Become an observer rather than a participant. You can even be a great listener, allowing others to unload and ease the tension, yet still remain detached.

For FREE EMPOWERING tools, visit: [www.inner-element.com](http://www.inner-element.com)

## YES I CAN! *Tips from Kristyn*

Yes I Can! is dedicated to empowering people toward their own true potential and goals. Our book series strives to educate by seeking out those who can teach and inspire us the most. Our books are based on real people in our lives, their stories of courage and our hope to create awareness regarding differences between each of us.

We believe that with an open mind and an open heart, all things can be accomplished. Yes I Can! Tips from Kristyn is a fully illustrated, full-color, hardback children's book, ages PreK through 1st grade.

Visit our site [www.attitudematters.org](http://www.attitudematters.org)