

"Don't Be a Turkey!"

By Dr. Cindy Brown, "Your Business & Relationship Master This Mindset Coach and Strategist"

Don't be a turkey this month or next! Be kind to yourself as you reflect and inventory your life and accomplishments this past year. Positive feedback helps us move forward!

- 1.) Write down all that you accomplished and celebrate what you have completed or surmounted. Remember if it was an issue you resolved or a challenge you overcame include these too. Celebrate ALL you did!
- 2.) Write down things you wish you accomplished and gently figure out why they were not accomplished. This is an opportunity to learn and grow and plan differently for completion next year.
- 3.) For tips on writing and setting goals for 2009 [click here](#) to see my FR*E articles on this process.
- 4.) For VIP coaching to assure you accomplish more of what you want in 2009 [click here](#)

Remember: In order to be the person you have never been, In order to have the **Life and Relationships you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!****

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WANT TO USE THIS TIP IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this complete blurb with it: Behavior and Relationship Specialist, *Master This Mindset™* Coach Dr. Cindy Brown, author of *The Cinderella System™* publishes a information-packed monthly online newsletter with 1000's of subscribers. If you're ready to jump-start your life and relationships professionally, or personally, **get your FR*E Master This Mindset Starter Kit™ at: <http://www.MasterThisMindsetGift.com> and your FR*E Special Report & Audio Class now at www.SuccessfulRelationshipsNow.com**