

Have you been wanting to:

- * READ MORE
- * FEEL LESS OVERWHELMED
- * LIVE LIFE TO THE FULLEST
- * DECLUTTER & GET ORGANIZED
- * LEARN A NEW SKILL OR HOBBY
- * EXERCISE MORE
- * DEVELOP A DEEPER SPIRITUALITY
- * LOSE WEIGHT
- * SAVE MORE MONEY / SPEND LESS MONEY
- * TRAVEL MORE

Focus on **ONE** or **TWO** of these goals as New Year Resolutions, and join Norm's Workshop!

New Year Resolution Workshop

with **NORM RICHEY**
MSW & Certified Life Coach



One study revealed that after a year **only 8%** of people were successful in achieving their resolutions **while 73%** experienced little to no success. **Significantly increase** your chances of successfully achieving your Resolutions by attending Norm's Workshop. You will learn:

- * How to write SMART Resolutions (Goals) that increase the probability of successful achievement.
- * How to write small actions steps that lead to success which increases motivation and positive self-regard.
- * 2 simple techniques that will significantly increase follow through on action steps.
- * *The Transtheoretical Theory of Change, by James Prochaska.*

The 1.5 hour class will meet once a month in January, February, and March. Then again in June, September and November. Participants will be asked to partner with another member in the group for support and accountability.

Email Norm at normanrichey@gmail.com to register and receive Zoom Link info.