



Good Will Report

Will Chen's Monthly Newsletter
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Happy New Year, 2009!

All of a sudden, 2008 has come and gone, and we have hung 2009 calendars on the wall. I am not much for extravagant celebrations, so I spent the night of December 31st at home with my mother and a very dear friend of mine who is away from home.

We spent a low-key evening having hot pot, a traditional Chinese food, which involves a boiling pot of soup stock and cooking at the table. The hot pot signifies family and together-ness in the Chinese culture, and it is one of my favourite Chinese dishes. We had sparkling wine to celebrate the passing of the old and beginning of the new, then played on the Nintendo Wii console for the rest of the night.

To many of us, a new year symbolizes a new start. It is a chance to let go of what we no longer want, and put a new habit in place. I believe it is great to let go of the old -- whatever that has already taken place is gone and exists only in our memory. When we let go, we are able to allow the new experiences to be vibrant and exciting. For my dear readers, I encourage you to make this a continuing practice; and if it helps, start with this new year!



New Year Resolutions?

It was about 10 years ago when my friends came over to my place to celebrate new years that I heard of the term, "new year resolution." My friends made great plans to either start doing this or stop doing that, and I really didn't understand what they were doing. So I resolved to have world peace.

Today I still do not make resolutions. I know a few of my teachers actually discourage making resolutions, since they generally do not last through January. I don't know why that is, because I know people don't take their resolutions lightly. Some believe it is the lack of accountability, and maybe it is that some are so used to resolutions not lasting that they resigned to it. Here are some of my tips to really make it work for you:



1. Set the intention. It doesn't need to be at the beginning of the year that we set new intentions. Set the resolution as an intention, something you REALLY want, and allow it to take place.
2. Stick to it! It takes three to four weeks of continuous practice to create a new habit; so if your intention has to do with creating a habit, you must stick to it everyday for at least 21 days. If it helps, have a friend do it with you -- intentions are much more powerful when created together!
3. Visualize. Since this is something you really want, spend some time to visualize the result that you DO want. Create a mental picture of yourself achieving what you want, then step into your body, see what you see, hear what you hear and feel what you feel, and really be a part of that experience. This is most powerful when done before and after sleep, twice a day.
4. Don't give up! Even if things are not going well, let go of the bad day and continue into the new day as if you are on the first day. After all, this is something you want. Is it? Start a new day and continue on with the intention.

2009 is going to be a great year and you will achieve whatever it is you want easily and effortlessly!

And the Name of the Key is Willingness

I have been spending a lot of time in the classroom learning NLP, and while I cannot explain it, NLP is changing me, bit by bit. I notice this the most when I play the role of a life coach with some of my dearest friends, in how I am asking all the right questions, brilliantly, and bringing them the results that they seek.

I recently had a great experience in coaching a buddy of mine, and he allowed me to share some of what we talked about.

What he is experiencing -- and it is close to heart for many of us -- is not feeling "good enough." At the eve of his graduation from university, he is faced with a slow economy, and a market where jobs can be less than abundant. He fears that he will not qualify for jobs, or even if he does, it will be "luck" and he will be fired from the job after beginning the employment.

We had a very long chat. Being a logical person, he looks outside for validation, for results to show that he is doing great (or less than great). When the results are poor, he feels great despair; when so much despair is created, even good results cannot bring him back ("Oh, I just got lucky this time!").

Ironically, he lent me a great book by Cheri Huber called "[The Key: And the Name of the Key is Willingness](#)" which went into this in great details. When we believe that we *lack* something (not good enough), we *want* and believe that the wanting will bring satisfaction. Yet, the wanting really just brings more wanting. In other words, I create an image of the perfect me, and how things work perfectly; when I fall short of perfect, I feel disappointed and as if I am not good enough. As she puts it, the ways you think you are, not the way you really are, are the bars on your own personal prison. When I accept things as they are, accept myself as I am, I realize everything is perfect as it is, at this moment. When I accept where I am, I am capable of ANYTHING!

After our discussion, I had a chance to practice what I learned in NLP and put him into a deep trance. I told him a bunch of wonderful things about him and he got a great 10-hour sleep that night. :)

Before we part, I'd like to share another quote from the same book by Cheri Huber. Enjoy this great start to 2009!

It is easier to want what you get than to get what you want." - Cheri Huber

