



### **Get Better Understanding**

#### **New Year's Intentions**

Every year about this time, people talk about their resolutions for the upcoming year. How long do they last? Seems like the running joke is by Jan. 2 all the resolutions have been broken.

Are you as busy as I am and just think about thinking to come up with some resolutions? Hey, don't have to worry about breaking them now, huh?

Well, I do want 2008 to be different. I want to do more than react to all the things that are required of me, at home, on the job and in my relationships. So if I want different, I really need to do different.

So this year instead of thinking about thinking of resolutions, I've done something different. I've gotten a one page 1 year calendar for 2008. I've marked off holidays, classes and projects I already know I have. I've thought about what I want and set a time for it. I've asked the kids for input and I've set a time for those things as well.

I know that 2008 is going to be different as I've done something different. Not a big thing but something that I know I can do.

How about you? What would you like to see in your life happen in 2008? What would your kids like? Send your intentions to [laura@primaryparenting.com](mailto:laura@primaryparenting.com) and I'll post them on the website.

#### **Never Ending To-Do list**

Is your to-do list longer than your arm? Does it seem you rush and rush and the list never gets smaller? In fact, it just gets longer? Is there any way to contain and maintain all the things needing to be done?

I am trying something new. I've gotten a little notebook, one that can fit in my purse. I've dated the pages and can't put more than 14 things on each page. As I think of something that needs to

be done, I put it on a page. When that page gets full, I go to another page. If I don't get something done today, I move it to another page and mark it off today.

I also put a star by the 4 most important things to get done for that day.

What a difference this has made. First of all, I am not overloading myself. I have time for some fun for me and the kids and I get to have everything marked off each day.

If your to-do list has gotten out of control, try this for a month. After a month, determine if this method is working for you. If so, great, keep up the good work. If not, make some adjustments.

### **Something for the New Year**

Starting in '08, I will be adding tele-seminars to the website. I will be interviewing single parents. If you know someone you'd like me to interview, please pass the name along. Also with the tele-seminars, I will be creating a tele-support group. I'll be sending out requests for ideas in the next couple of months. I would love your feedback so email me at [info@laurariestraining.com](mailto:info@laurariestraining.com)

### **Join Me At The Next Parenting On Purpose Workshop**

Do you want to become a better parent? Do you seek to find ways to make life better for you and your children? Do you want time for yourself and not feel guilty? Parenting On Purpose Workshops are designed to give you the tools and skills to create the life you desire for you and your family.

Come to one of our workshops, times and locations vary. Contact [info@laurariestraining.com](mailto:info@laurariestraining.com). Make sure to include 'workshop sign-up' in the subject line.

Be sure to ask about the special bonus for signing up through the e-zine.

### **Check out my Blog!**

Go to [Successtelevision.com](http://Successtelevision.com)

### **Do You Know Someone Who Would Benefit From Receiving Their Own Copy Of This Ezine?**

If you enjoy reading this Ezine on a monthly basis please feel free to pass it on to your family and friends so that they can subscribe to receive their own copy by contacting [info@laurariestraining.com](mailto:info@laurariestraining.com)