

Resolution Revolution:

Lose the Pounds, Make the Dollars and Find the Time!

Pounds, dollars and minutes are on the minds of millions this time of year. No matter what you are trying to lose or gain, make 2009 your last year for New Year's Resolutions.

92% of all resolutions are broken because people set short term goals, don't put action steps in place to follow through or they don't find out the real reason why they want to achieve that goal. That real reason is what keeps the 8% of resolution achievers going every year! If you find that one thing that means the most to you, you will never have to make another resolution again.

WHERE TO BEGIN:

1. **Find your own, personal motivation** – Losing 20 pounds before vacation is a great goal but its short term. Once vacation comes and goes, the weight creeps right back on. The reason is lack of a truly meaningful, personal motivator, or Powerful Why®. Your Powerful Why® is the one thing that will help you reach and keep your goals for life.... Any of any kind, every single goal. For many it is self worth, "I want to feel good about myself." but that reason is rarely delved into and the motivation that comes with it is never captured. Another problem is that most people don't believe they can meet their goals because they have tried every avenue that's out there only to hit dead end after dead end. Belief is the most powerful personal motivator. Your Powerful Why will help you become independent and continue to stay motivated.
2. **Find an expert** – Identifying your own, personal motivation is not always an easy task and you may need a little help from someone who knows how to pull it out of you. This is where an expert will change your life. For Example, Donna Krech is a motivation maven. She has helped millions of people lose millions of pounds, make millions of dollars and find hours of extra time to spend with those they love... and has been doing so under the radar for years. She has founded multiple successful companies that specialize in motivation for business, life and bodies and her acclaimed Never Ending Motivation program is available to the public for a free trial for the next 21-days at www.neverendingmotivation.com.

With the help and encouragement of an expert like Krech, you will be able to make a plan and follow through on your goals. 2009 will be the year you make those dollars, find those minutes and lose those pounds.

Congratulations! You are already on your way to ending the resolution cycle forever as you log onto to www.neverendingmotivation.com.

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