

10 Proven Ways to Survive and Thrive in 2009!

(These though are applicable anytime, any occasion, any year.) – by Anolia O. Facun 1/01/09

1. WRITE down your GOALS, DREAMS, WISHES for 2009. Prioritize. You have nothing to lose.
2. Make sure to follow that with an ACTION PLAN. Outline what you will need to do to accomplish them. This becomes your roadmap or blueprint. Many people miss to do this part that's why they don't accomplish their wishes.
3. IMPLEMENT and FOLLOW THROUGH. It's best to break down your plan of action into months, then later into weeks and days. Be determined to DO IT! Don't let anything or anybody discourage you.
4. FOCUS only on the POSITIVE and PRODUCTIVE THOUGHTS and FEELINGS. It's healthy for you! Learn to reject and delete negative, unproductive thoughts and feelings as these are like unhealthy cancer cells when you allow them to run into your system.
5. In the same way, do your best to only SAY or USE GOOD, POSITIVE, UPLIFTING WORDS to yourself and others. They may only be words but they are powerful declaration of what you wish to happen. Remove in your vocabulary the negative and unproductive words.
6. INVESTING in your PERSONAL DEVELOPMENT and HEALTHIER LIFESTYLE is the best investment you can make. Spend some time, effort, and some financial resource when necessary to get a good RETURN. It PAYS OFF!
7. BELIEVE and KEEP BELIEVING. Your DECISION and DETERMINATION to do whatever it will take to reach your dreams and goals will get you there. This formula has been proven to work!
8. Continue or learn to PRAY (simply talking to), and be able to establish a meaningful relationship with GOD who truly loves you and just want the best for you. He can be your best friend and source of help and comfort whenever needed (24hrs/7days a week).
9. Discover that special joy and reward of GIVING, CARING and SHARING to Others. Random act of kindness is always welcome and do wonders to both the giver and the receiver.
10. KEEP SMILING, LAUGHING and LOVING no matter what. The BEST is yet to come! It will when you believe it will. Yes, YOU CAN when you say YOU CAN!

Have a Happy, Healthy and Abundant New Year!!!

P.S.

Don't miss this great accompanying/complimentary article on her website:
["37 Ways to Make a Difference to Yourself and Others"](#)

If these are helpful, it will not hurt to PASS ON these FREE articles to the people around you...

Together WE Can Make A Difference!!!

This article is contributed by Anolia "Leah" Orfrecio-Facun, bestselling author of **[Yes! The Secrets Work!](#)** She is a former registered nurse, public educator, entrepreneur, community health advocate and volunteer, and avid traveler. **Yes! The Secrets Work!** is available at [Amazon.com](#) and bookstores near you. Or go to her website: www.yesthesecretswork.com

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Yes! The Secrets Work! is available at Amazon.com and bookstores near you. Or go to her website:
www.yesthesecretswork.com