

MINDTAMERS

Monthly Newsletter

JANUARY/FEBRUARY 2009

Resolutions: Reality Check

Three steps make the difference.



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January is a month when individuals resolve to change and do a better job with respect to some facet of their life. Today I want to challenge you to take one step further in this process than will most of the well-intentioned resolution makers. Let's cover three basic steps that will truly make a difference if you want to make lasting changes in your results.

To begin, you must understand what is responsible for your results. What comes to mind when you ask yourself, "What is the primary factor responsible for my results?"

Write down the first answer that comes to mind. If you wrote down anything similar to "what I do is responsible for my results" or "if only (fill in the blank with any external circumstance) my results would be different" then you need to alter your basic understanding of how we achieve the results we attain in our lives. This question is answered in almost every keynote, seminar, coaching program or consultation provided by the professionals at MindTamers.

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FREE CD

MTP: Think and Grow Rich Wed. 7 o'clock- Start date 12/05/07

The Field Wed. 7 o'clock- Start date 03/05/08

MTP: Think and Grow Rich Tues. 7 o'clock- Start date 04/01/08

MTP: Think and Grow Rich HEAL- Start date 07/07/08

MTP: Think and Grow Rich Mon. 12 noon- Start date 07/14/08

MTP: You Were Born Rich TF 7 o'clock- Start date 08/01/08

MindTamers Win Heal- Start date 09/10/08

MTP: Think and Grow Rich Mon. 7 o'clock- Start date 09/15/08

Did you participate in one of the programs listed left?

-and/or-

Know three people who would be interested in MindTamers?



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Secondly, you must spend enough time getting a clear picture of the results you desire firmly implanted in your subconscious mind. Most individuals underestimate the amount of finesse, self-discipline and repetition this step requires. If you write goals and then never seem to follow through or if you are so busy with daily life that you cannot even envision the specifics of what you truly desire, then take a good hard look at the image you are holding. Are you sabotaging your own endeavors? .

Lastly, you must commit to giving your best in any endeavor you pursue. How does one continually maintain the energy to give the best? One makes a habit of only engaging in activities that are aligned with one's life purpose and by establishing habits that renew one's connection with the energy available throughout the universe. When you immerse yourself in this flow stream, you cannot help but prosper and be continually renewed. Our new membership options provide one avenue to get you started in this direction.

Give these three points a little thought as you begin the ritual of carrying out your New year's resolutions. Use the unlimited power of your intellectual faculties to sharpen your image of your future. Create the 2009 you are dreaming about.

Cheers,
Dr. Lori L. Barr
Founder, MindTamers



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Dress for Success

MindTamers Remodel Your Image Seminar was held on Monday, January 19, 2009 in Austin, TX. This three hour interactive workshop blended the talents of image consultant Margie Burciaga and LifeSuccess consultant Lori Barr, M. D. so that participants left empowered to spread their personal message through effective non-verbal means.

First impressions matter. In the first thirty seconds a person is evaluated with regard to desirability, socioeconomic status, and educational level. Throughout the morning nods of understanding could be seen around the room, especially when Dr. Barr stimulated the audience with teachings about the subconscious mind. "If there is something you want to change and you want the change to last, you must change your mind. Insert a new memory and reinforce it until your subconscious mind gets the message that you are the new memory." We all would like to feel powerful in the workplace and yet sometimes a negative memory is so strong we allow our desirable image to retreat.

Margie, wearing a fitted black pencil skirt and white silk blouse inspired the group to brand oneself. "Create packaging and consistency," Margie emphasized. In today's fast paced business world you can't afford to be the one ignorant of the power of the first impression. Communicate power and remember, "A successful image attracts more success to YOU." stated Ms. Burciaga.

Dr. Lori Barr and Margie Burciaga are available for corporate trainings and organizational seminars.

Dr. Lori Barr at info@mindtamers.com or by phone 512. 852.4357

Margie Burciaga marjorie_burciaga@yahoo.com or by phone 512.345.3058



NEW MINDTAMERS MONTHLY MEMBERSHIPS

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MindTamers Monthly Memberships

Four types of memberships available for individuals who wish to continue on their journey of personal growth beyond the step of becoming a mindtamer.

MindTamers Razor's Edge

Small group intense mentoring for those individuals with goals so big that they excite and scare you simultaneously. Call (512) 852-4357 or email lori@mindtamers.com

NOW Available 2009 Booklists

Lori's 2009 Booklist
Three Magic Words
by U.S. Andersen

Lee's 2009 Booklist
In the Minds Eye
by Arnold Lazarus

Richard's 2009 Booklist
You², by Price Pritchett

**For a complete list
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