



What will happen for you and your family in 2013?

I recently heard the quote (and his book with the same title) by Dr. Wayne Dyer, “You’ll see it when you believe it.” Didn’t he mean, “I’ll believe it when I see it??” Absolutely not! Dr. Dyer is a new name to me, though I don’t know why, looking at his work, the length of time he has been in the field and his remarkable contributions. I hope you will check him out yourself at his blog, <http://www.drwaynedyer.com/blog/>.

On this eve of the New Year, many of us are evaluating the past year and setting goals for the New Year. Yet, how do we transform our good intentions into goals attained? Moreover, how do we impart this skill to our children? *Believing is the Key*. Once we believe it, we will see the path to it and the good intention will be turned into a reality.

Are you living based on your perceived limits?

“Sure, I want to have family movie nights, but the family just won’t cooperate.”

“I can never afford to shop for organic food.”

“I am just not strong enough to face that issue.”

“Alcoholism is in my genes.”

“I’m *codependent*.”

“My husband will never change.”

“Johnny has ADHD.”

“My daughter’s classmates are just bullies.”

Dr. Blaslotto, at the University of Chicago, conducted a study with basketball players. Look it over yourself here,

http://curtrosengren.typepad.com/occupationaladventure/2004/10/another_visuali.html

but the short of it was, the players who simply laid down and visualized free throws preformed better than those who put in extra practice time and those who were told to essentially forget about basketball. **The “winners” were the ones who could *SEE* themself achieving the free throw!**

If you want to be a winner, and you want your child to be a winner, you have to do what a winner does! You have to believe that you **WILL** do it! Johnny **WILL** pay attention and you **WILL** feed your family well and you **WILL** face your fears.

Others **WILL** support you. If you are surrounded by limits and people who think by limits, find new people to surround yourself with. Seek the help of a coach, or a therapist, or a pastor, or a personal trainer. **YOU WILL DO IT THIS YEAR**, and I want the success stories to flow in this very blog! Cape Cod Mommies **RULES!**

Wishing you all a safe and happy new year!

Stay tuned for upcoming blog posts about ***family safety*** in the New Year.

Tracy Lamperti, LMHC, BCETS

www.tracylamperti.com