



## A Big Thank You

I would like to thank everyone for their support and enthusiasm during the past year. The “Kick Start” and “NLP Module Two” programs were fantastic and thanks to all who participated in these and the other programs. Next year we are planning new opportunities for personal development, more information on this very soon.

## Merry Christmas

and I wish you all a happy and successful

## New Year

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*“All we are saying is give peace a chance.” - - John Lennon*

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**Hello again,** Season’s greetings to all my readers, the past year has been extremely busy for New Life Programming, the success of the programs sponsored by Swindon and the increased demand for personal coaching has give me a few challenges, as I review the past year I am very happy with all that has been achieved.

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### News & Developments

This coming January Swindon College will be sponsoring the Kick Start Program once again, this program was very popular so book up soon if you are interested, the NLP Module Two program will also be running with the College again this did book up very quickly so if you would like to join us on this program be sure to contact the college ASAP.

Kick Start: Start date: 18/01/2005 call free phone 0800 7302250 and book course code PGG78N Cost £37.00 [Click here](#) for more info on this program. NLP Module Two: Start date 19/01/2005, call free phone 0800 7312250 and book course code: PGG93N Cost £47.00

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*“Do or do not, there is no try.” - - Yoda*

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## Learning Zone

### What Will Your New Years Resolutions Be?

Picture this, its new years day, you are slowly getting over new years eve and you get asked the question, “what new years resolutions have you got planed?” with minimal conviction you say things like, going join the gym, going to get fit, give up smoking, change your job etc ....

It is interesting that so many people set goals for the New Year but so little actually happens.

Why?

In NLP terms I would say because these goals are not “well formed”. The structure of successful and achievable goals is not a secret, it is in fact regularly published and taught in personal development seminars.

Think like a **PRO** and achieve New Year Success!

Goals need to be **Positive**, ask yourself what will this goal do for me?

Can you give a REAL positive reason for committing to this project?, if not then how realistic is this goal and what are your chances of success?

Another key success factor is **Resources**, what “stuff” will you need to realise success? If you do not have the resources to accomplish your goal then your first goal must be to get the resources needed to complete your larger goal.

Don't forget key success factor is **Ownership**; you need to have ownership of your goals, if you do not then how motivated will you be to keep going when the going gets tough and keep your hand on the steering wheel.

Just applying this simple model will transform your new years resolutions from wish lists to real life success stories.

Taken from the [Kick Start](#) coaching program.

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**“For years I said, 'I hope things will change and get better.' Then I learned that the only way things were going to get better for me is when I changed and I got better.” - - Tony Nutley**

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## Some Words Of Inspiration

### Santa's Secret

On Christmas Eve, a young boy with light in his eyes, looked deep into Santa's eyes, to Santa's surprise. He said as he nestled on Santa's broad knee, "I want your secret

Santa, please tell it to me."

He leaned up and whispered in Santa's good ear, "How do you do it, year after year?" "I want to know how, as you travel about, giving gifts here and there, why you never run out? How is it, dear Santa, that in your pack of toys, you have plenty for all of the world's girls and boys? From rooftop to rooftop, to homes large & small, from nation to nation, reaching them all?"

And Santa smiled kindly and said to the boy, "Don't ask me hard questions. Don't you want a toy?"

But the child shook his head, and Santa could see that he needed an answer. "Now listen to me," he told the small boy with the light in his eyes, My secret will make you both sad and wise. The truth is that my sack is magic. Inside it holds millions of toys for my Christmas Eve ride. And although I do visit each girl and each boy I don't always leave them a gaily-wrapped toy.

Some homes are hungry, some homes are sad. Some homes are desperate, some homes are bad. Some homes are broken, and children there grieve. Those homes I visit, but what can I leave? My sleigh is filled with the happiest stuff, but for homes where despair lives, toys aren't enough. So I tiptoe in, kiss each girl and boy, and pray with them that they'll be given the joy of the spirit of Christmas, the spirit that lives in the heart of each child who gets not, but who gives.

When God hears me and answers my prayer, Next year when I visit, this I find there homes filled with peace, with giving and love and boys and girls gifted with light from above. It's a very hard task, my dear little brother, to give toys to some, and prayers to others. But the prayers are the best gifts, the best gifts indeed, for God has a way of meeting each need.

That's part of the answer. The rest, my dear youth, is that my sack is magic, And that is the truth. In my sack I carry on Christmas Eve day more love than a Santa could ever give away. The sack never empties of love, or of joys 'Cause inside it are prayers, and not just toys. The more that I give, the fuller it seems, because giving is my way of fulfilling childhood dreams.

And do you know something? You've got a sack, too. It's as magic as mine, and it's inside of you. It never gets empty; it's full from the start. It's the centre of love. And it's called your heart. So if on this Christmas you want to help me, don't be so concerned with your gifts 'neath your tree. Open that sack, Open your heart and share your joy, your friendship, your wealth, your care."

The light in the small boy's eyes was glowing. "Thanks for the secret, Santa, I've got to be going."

"Wait, little boy," said Santa "don't go. Will you share? Will you help? Will you use what you know?"

And just for a moment the small boy stood still, touching his heart, he whispered, "Yes Santa, I will."

Radha Sharma Makhecha

More next time . . . .

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**“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”**

*- - Mark Twain*

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I wish you happiness and ongoing success.

Kind regards

Tony Nutley MANLP MTLTAp GQHP  
**Trainer & Life Coach**

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