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A sampling of what's online:

Public forums

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- Scottsdale City Council welcomes newly elected
- Permanent housing may end cycle of homelessness
- Arizona workplace-safety efforts focus on construction
- Inert bomb device found at north Scottsdale bank

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How to better empower your New Year's resolution for 2013

By Nassim Sana

Special to the Independent

Since we are now in the new year, I thought I would share some ways that we all can have result-oriented resolutions for 2013.

How many times in our lives do we make a resolution or a promise to ourselves and say "I'll start next month" or "I don't have enough time to commit to it?"

Somehow that perfect day never arrives.

We create numerous and endless reasons for not taking action. So, the question is raised, "Why do we do conduct our lives in this manner?"

As humans, if we don't see results fast enough or have it happen the way we want it to we tend to give up.

We have been programmed from childhood to think from the world of survival and not from the world of possibilities. In that world, we tend to run our lives with many stories.

These stories are generated from our past. Therefore we don't allow ourselves to be present- or future-oriented. The past continues to seep into the present and future.

CORRECTIONS

The *Scottsdale Independent* strives for accuracy and is pledged to bring errors that have appeared in our newspaper to the attention of our readers.

In addition, we offer a "right of reply" to the people about whom we write. Readers who disagree with the content of a news story or the way it was handled or edited are welcome

GUEST Commentary

Nassim Sana



So let's explore this further.

In my experience, I have come to find out that we tend to operate more as "human doings" rather than "human beings."

We take stories that are familiar to us from our past and give them meaning. For example, something happens in our lives then we tell ourselves we are lazy, or we're not smart enough.

So, if the negative thought is operating in the forefront of our lives, then how can we live as human beings and create new possibilities for ourselves?

We always have a choice: Door No. 1 (past) or door No. 2 (present).

My first suggestion is to find out what do you say to yourselves, or what stops you from creating what you want. What are those persistent negative thoughts that inter-

rupt your life? to respond with a letter to the editor or guest commentary and all such letters will be given priority over other submissions.

We invite readers to call our newsroom at 623-445-2777 to report an error. Readers may also e-mail their comments to nscottsdale-news@newszap.com.

rupt your life?

Next, explore how negative thoughts continue to affect the various aspects of your lives. You might be surprised to find out that they affect the aspects of your lives that you have been working on changing.

Now take that negative thought and out of that create a new possibility; for example your possibility can be I'm unstoppable, bold or empowered. Then get in the present with that possibility make a commitment to have integrity with your new possibility. Begin to be that possibility in all aspects of your lives.

Whatever you are creating, step into that with that commitment. Finally, whenever you do hear the negative thought in the back of your mind, politely thank it and let it know you are choosing not to listen to it.

Just put that thought aside, and remember to be who you want to be, and not what your past has dictated you to be. Happy New Year everyone, take the journey to create new possibilities.

Editor's note: Ms. Sana is a certified life coach holds a master's degree counseling.



At Your Service

How to Reach Us

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To submit News

Submission: The Independent welcomes submissions from its readers. Items can be emailed to nscottsdalenews@newszap.com or posted online.

Old Articles: Previously published articles are available at arizona.newszap.com; click on "Archives."

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Online: Readers can place their advertisements to appear online or in one of 10 weekly print publications by visiting arizona.newszap.com and clicking on "Classifieds." Ads appear online for free (400 words, four photos for four weeks). There is a nominal charge to have your ad appear in the newspaper. The deadline to have your ad appear in the newspaper is noon Friday prior to publication.

Email: inclassads@newszap.com
Telephone: (623) 445-2700
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Billing department: azbilling@newszap.com

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- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own intelligent decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To disclose our own conflicts of interest or potential conflicts to our readers.
- To correct our errors and to give each correction the prominence it deserves.
- To provide a right to reply to those we write about.
- To treat people with courtesy, respect and compassion.

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