



# 2011 NEW YEAR'S RESOLUTION!

**CREATE ONE YOU CAN LIVE WITH AND ACHIEVE! LEARN THE REAL SECRET!**

Want to bring peace, joy, love, abundance into your life in 2011?!

Then join us January 1, 2011 and kick the year off right and learn the SECRET to SUCCESS!

A **New Year's resolution** is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day. *This workshop will be an extremely powerful combination of time-tested multi cultural shamanic practices and proven modern day sciences perfected by today's Masters.*

Let us help you make a New Year's Resolution that is not only meaningful, but one that will actually manifest!

**Start the New Year right. Saturday, January 1, 2011; 1 pm - 5 pm. Workshop to be held at Rhode Island Fitness and Martial Arts, 345 Waterman Ave, Smithfield, RI 02917 401-349-5899**

Workshop will include: The importance of ceremony and ritual, how to create realistic and attainable goals, Releasing Ceremony to release 2010, Proper goal setting for 2011, Manifestation ceremony for 2011.

Instructed by Rick Wilmott, a 20 year successful business owner, and shamanic practitioner and Chris Bashaw, successful business owner and shamanic practitioner.

Cost: \$50.00 per individual if pre-paid by Dec 29, 2010. \$75.00 per person after 12/29/2010. **Call Chris Bashaw to Register at 603-418-4382**

You know of "The Secret",  
**but do you know what it's missing?**

## Popular Resolutions

Popular goals include resolutions to:

Improve health: lose weight, exercise more, eat better, drink less alcohol, quit smoking

Improve finances: get out of debt, save money

Improve career: get a better job, make more money

Improve education: improve grades, get a better education, learn something new (such as a foreign language or a musical instrument)

Improve self: become more organized, reduce stress, be less grumpy, manage time, be more independent

Take a trip or vacation

Volunteer to help others

Part of  
the  
**URBAN  
SHAMAN  
series**

## Success rate

Recent research shows that while 52% of participants in a resolution study were confident of success with their goals, only 12% actually achieved their goals. Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set, such as, a pound a week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends

**LET'S CHANGE THOSE STATISTICS AND  
MAKE YOUR RESOLUTION 100%  
SUCCESSFUL! WE CAN HELP YOU!!**