

Breakthrough Connections

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WELCOME!!

WELCOME TO BREAKTHROUGH CONNECTIONS NEW YEAR EDITION!!



Welcome to 2018!! I trust that your new year will be filled with much success, good health, peace, happiness, consistency, and stability. This is chapter 1 of 12...new year, new month, fresh new start, new breakthroughs, new goals, new opportunities, and new blessings awaits you.

JANUARY AWARENESS:

Mental Wellness Month	Cervical Health Awareness Month
National Mentoring Month	National Blood Donor Month
Birth Defects Prevention Month	1/15-1/19: No Name Calling Week
1/15: Martian Luther King, Jr. Day	1/11: National Human Trafficking Awareness Day

2018 GOAL SETTING: YOU GOT THIS:

By: Nykia E. Johnson, LLPC

2018 is finally here!! And, you know what that mean; “New Year, New Me”, and the pressure to create goals/resolutions to accomplish in 2018. But, unfortunately only about 8% of people accomplish their new year goals/resolutions. Through research I found that there’s four easy steps to achieving all your dreams in 2018, and in life in general.

What are your 2018 goals? Starting your own business, losing weight, getting that promotion, starting a family, or buying a home? Have you ever heard of the law of attraction? Did you know that your new year goals/resolutions are achievable and guaranteed with just four easy steps?

1. Step 1: Visualize it

- a. Ask yourself, what is it that I want? Then, see yourself right now in your minds eye with it. Image yourself with it. As humans we are always spending so much time thinking about what we don’t have, complaining, and being negative. Every time you think of a thought your brain sends out a physical vibration attracting similar things to you. Positivity attracts positivity and negativity attracts negativity! If you think, visualize, and see only the things that you want in your mind, then they most become a reality. So, everyday (several times a day) close your eyes and visualize what you want to happen in your life as if it was happening right now.

2. Step 2: Believe it

- a. Have you woken up one morning and say to yourself, “today is just not my day” or “today is going to be a long stressful day”, and that exactly what happened. This happens because the universe responds to your beliefs. Whatever it is that you want could absolutely happen if you (really) believe it to be possible. To achieve the life, you truly want, you must disconnect from the idea that life is set up for you to fail. You must step outside of your comfort zone, and believe that the impossible is possible. Believe that God created your life to be great!! Just try believing that things are always working in your favor. Isn’t believing that good things will come to you better for your spiritual and mental health than expecting trouble to come?

3. Step 3: Feel it

- a. This is the most important step! Not only do you have to visualize and believe what you want, you must feel it. Feel it with all your heart!! You must feel how it would feel as if you already had it. Allow yourself to feel these excited butterflies in the pit of stomach as you would if you had what you’ve always wanted. The universe

response off your vibrations, your energy, your emotions, your faith, and your thoughts. It doesn't matter how much you think about becoming millionaire if you still feel broke. If you walk around with a woe its me attitude, you're going to feel down. How about you just trying to be happy! Tell yourself everyday that, your life is amazing, and everything is happening in your favor.

4. Step 4: Receive it
 - a. Lastly, you must be open and allow the cards to fall in your favor. Don't worry yourself about how its going to happen. Your job is to never stress yourself over the how, just know that your creator already has it worked out for you. All you need to do is visualize what you want, believe it will happen, feel it (as if you already have it), and be open to receive it! And, its yours! You may not be the creator of the universe, but you are the creator of your reality so make it amazing.

LETTING GO:

By: Nykia E. Johnson, LLPC

Many of us are living a dead life and calling it living. As, you reflect on 2017 and walk into 2018 you need to learn the art of letting go. It's time for you to let go of all that is holding you back from God's calling on your life. To move forward in life, you must let go of damaging relationships (with family, friends, & significant others), the spirit of laziness, fear, and your comfort zone. You must also make peace and forgive those who have hurt/wronged you. In 2018 you need to focus on doing things different, because old habits don't give you new results. How do you forget and move forward from things that are ingrained in you?

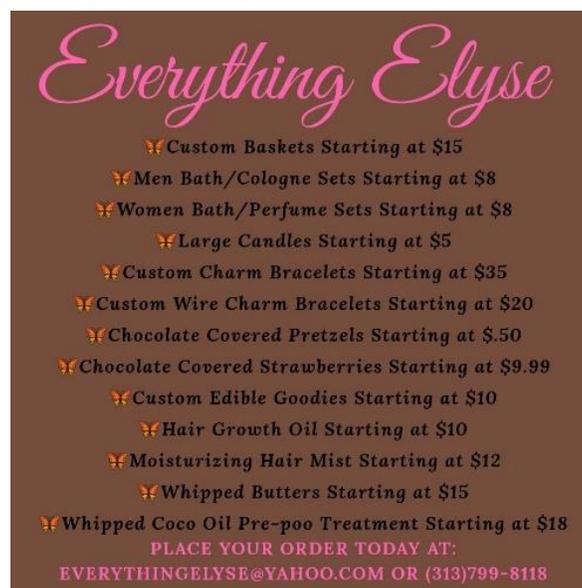
1. Learn to move away from things that kept you captive
2. Meditate on the word day and night
 - a. You must replace an old habit with a new habit
3. Do something different
 - a. Do and go places that are unfamiliar to you
4. Renew your faith
 - a. Change your mindset and focus on what really matter

BUSINESS BITS & LOCAL EVENTS:

- ❖ Breakthrough Counseling, LLC is accepting new clients:
 - We offer outpatient therapeutic services & Breakthrough Coaching.
 - We now offer online therapy/coaching sessions.



- ❖ Everything Elyse's items & prices:
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 - Let us take care of all your gift giving needs this year. Place your order today at everythingelyse@yahoo.com or (313)799-8118.
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 - Naturally You by Elyse





Contact Us:

Breakthrough Counseling, LLC

26847 Grand River Ave, Suite 20

Redford, Michigan 48240

(313)535-1019 {Office & Fax}

ContactUs@breakthroughcounselingllc.com

AskMissJ@breakthroughcounselingllc.com

www.BreakthroughCounselingLLC.com



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Ask Miss. J:

By: Miss. J

Dear Miss J,

A new year goal of mine is to work on myself. Being more confident is the first thing I need to work on. What are some tips for improving self-confidence?

~Bree

Dear Bree,

Thank you for asking your question. That's good that you're taking the time to work on yourself. Here's a few tips for improving your self-confidence: 1) Don't compare yourself to other people 2) Focus on what you can do, not what you can't do 3) Write down 1 small goal each day or each week that you can accomplish 4) Keep track of your accomplishments in a journal 5) Think positively. I hope these tips are helpful!

Miss. J