

Dee Mail

Dear Ladies,

Here is my first Dee Mail of the year. I want to pass along some “tricks of the trade” I learned down through the years. Hope you like these short communiqués I shall periodically send you.



The New Year is here and we need to set our goals for 2010. I like to use the **Four Day Rule**. The **Four Day Rule** is merely, “I can do this for four days.” Then on the fifth day I say, “I can do this for four more days.” By slicing the time period into four-day segments, my goal seems less daunting and very doable. It’s a psychological maneuver that tricks your mind into developing a good habit without grueling effort.

Example: For me, cutting back on carbs for two weeks sounds like a great a sacrifice. But reducing calories from my diet for four days? I can do that! If I did it once, I can do it again. Before I know it, two weeks have elapsed and I’ve shed a few pounds. Discipline paid me a nice dividend.

Whether your New Year resolution is to read the Bible through or begin a new hobby, ask the Lord to help you stick to your plan. He feels really good when His daughters come to Him for strength and wisdom. So aim high—our God will help you! You can tackle any goal four days at a time.

Lovingly,

Delores Fields

Scripture: “Whoever loves discipline loves knowledge” (Proverbs 12:1).

Prayer: “Lord, thank you for being our Helper. Bless these young women with successful pursuit of personal goals. Be their heavenly Partner as they reach ever higher to attain the objectives you placed in their hearts. Let them never give up. Keep them encouraged as they trust your unswerving faithfulness.”

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