



**CREATE
YOUR
ULTIMATE
YEAR**

Is your life a 10? Do you want it to be? Then you need to begin to...

Create Your Ultimate Year in Portland

(CYUY-PDX)

October 18, 2007: Session #2

Topic: "Habits for Results"

"The chains of habits are too weak to be felt until they are too strong to be broken." ~Samuel Johnson (English Poet, Critic and Writer, 1709-1784)

The Ambridge Event Center

300 N.E. Multnomah Street, Portland, OR

Thursday, October 18th

8:00AM-Noon

Please pre-register for parking and materials

Your first session is 100% Risk-Free!

Learn more & Register online by clicking "Portland"

www.CYUY.com

Get more Information & Register Online
for the next Month Session!

www.CYUY.com

CYUY-PDX Calendar

7:30am Check-In & Networking

8:00am - 12:00pm Session

September 20, 2007: Creating the Plan

October 18, 2007: Habits for Results

November 15, 2007: Energy & Life Management

December - Holiday Teleseminar

January 17, 2008: Communication

February 21, 2008: Relationship Results

March 20, 2008: Profitable People Skills &
Fabulous Business Finesse

April 24, 2008: Presentation Skills

May 15, 2008: Limitless Leadership

June 19, 2008: Prosperity Consciousness

July 17, 2008: Vision, Future Focus & Legacy

August 21, 2008: Celebration Event

Good habits, bad habits, the habit of not defining habits and simply allowing life to sweep you along – we've all got them, love them, hate them and mostly don't think about them.

This seminar is powerful, insightful and can change your life by:

- Recognizing the habits that you have that hurt your life
- Developing the habits that you want to enhance your life
- Keeping a habit tracking system that is easy and effective
- Learning the secrets of successful achievers and how to incorporate them
- Creating triggers to help you with awareness and focus

You create your year by creating your month, week, day and moments – are you creating what you want?

Come join the elite and powerful people of Create Your Ultimate Year who are doing the work that makes life worthwhile – making themselves more valuable. It's the best investment a person can make.

"Because of CYUY, I am getting to know and understand myself better." ~Barbara Rossoll, Sales & Marketing Manager,
NewHomesDirectory.com

"CYUY refocuses my energy every month to accomplish more."
~Ron Vallandingham, Director New Homes, Heritage Escrow

Note: This is a year long process that can be started at any time and produces results through commitment and consistency.

More information can be found on-line at **www.CYUY.com** and click on Portland, Oregon.