



June 2012

From the Desk of
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Dear Friends,

As June approaches and thoughts of summer vacations and tranquil days fill our thoughts I'd like to share a few insights with you that I have gathered and used over the years to help me maintain a positive and productive mind-set.

You can live the life you want. As they say, "What the mind can conceive we can achieve." So remember these few things:

1. Accountability is not self-blame!
2. You can't control the external, so control the internal!
3. Repeat it until you get it!
4. Change happens from the inside out!
5. Invest in your mentality!
6. Take the risk, it's worth it!
7. Mistakes are what make new discoveries possible!
8. Don't stay on a sinking ship!
9. Claim responsibility for the positive and negative energy for it's all good!

And you don't want to forget the *who, what, why, when, where, and how*:

Who: can help me, teach me, support me, celebrate with me?

What: do I want, is the goal, is the outcome, are the obstacles, must I give up or change, must I do to help myself now?

Why: do I want this, do I have a passion for this, does this give me pleasure?

When: will I start, will I reach my goal?

Where: will it take me, am I now in relation of where I want to go, do I find my resources?

How: can I accomplish this, create this, achieve this, do I learn the steps to get me there?

And remember to give yourself a boost from time to time. These suggestions will work wonders if you work them. Here are seven boosters to a more abundant life:

1. Focus on your purpose and goals.
2. Know that you deserve what you really want.
3. Be true to yourself.
4. See the possibilities.
5. Continuously build your support base of people and resources.
6. Believe that you are the creative director of your life.
7. Just do it!

And don't forget to develop a credo for yourself. Here is a sample of one I have used:

I realize that life is fair, regardless of what happens; I accept things as the way they are before I can change; I know whenever I solve a problem, another problem will take its place; I understand that all problems are just possible opportunities in disguise; I focus on the solution, not the problem; I look for guidance from my divine self; I push, pull, or move to the side, but I keep moving forward; I am willing to make mistakes and take risks for the greater good in my life; I am a person of action and will do what I set out to do; I keep my promises to myself and others; I will never give up looking for a better way of doing things.

As I live my credo I keep in mind that: I must be (in alignment with my Divine Self) before I can do, (change the impossible to possible) what I must do (take action) before I can have (the possible).