

July 5th – 2010 “I can overcome any challenge on my journey to victory”

On my journey to victory, I can overcome any challenge that is set before me like a mountain standing in my way. Armed with courage I push myself to climb as far as it takes to get to the other side. I press on because victory awaits me at the top, but only if I persevere.

Determination is what makes me an invincible force throughout the journey.

Regardless of what I see around me, above me, or even below me, I am determined to finish what I have started because it is my promise to myself.

I put on the gloves of persistence in order to firmly grip the side of the mountain so I can stay the course. One step at a time, I press on in my walk no matter what tries to get in my way. Even when inclement weather slows my pace, I continue to press on. ***Life is not about how fast I travel, but about enjoying the journey to my destiny.***

I am strong and courageous enough to confront challenges head on. My passion drives me forward in spite of challenges. ***I am confident that my abilities are greater than whatever trials I my face.*** I know that I can overcome challenges with grace and poise when I walk with self-assurance.

Today, I choose not to simply face challenges, but to embrace them as opportunities to soar. I am climbing higher than ever before, certain that I will reach the top where I will give a shout of victory.

Self-Reflection Questions:

1. What is the force that drives me?

2. How can challenges make me stronger?

3. Why must I push myself to persevere?

July 12th – 2010 “I celebrate my abilities to take risks and dare to take a different direction”

I celebrate my abilities to take risks and dare to take a different direction. I am a fearless risk-taker. The road less traveled calls out to me. I am enticed to tread new ground and go where few have gone before

I swim against the current, away from the crowds. I travel like a courageous fish. Others are unable to convince me of fitting into a cookie-cutter mold. *My heart desires more than an average life; therefore I must take on more than the average risk.*

I enjoy being a little rebellious. The best discoveries were made by people who were brave enough to go against the flow. Although I love feeling safe, a desire for security cannot handcuff me. I arise from the seat of contentment and welcome risks.

Even when there is a path traced out before me, I dare to take a different direction. I respect life, but I don't take it too seriously. **Life is a gift that I enjoy to the fullest.** To me, there is no fun in attempting only the things that have a guarantee of success. I live to try the unknown and difficult. I am defiant of limitations and boundaries.

Taking risks is as exhilarating to me as parachuting out of an airplane. I get a rush from knowing that I am about to face off with danger. My heart pounds in my chest when I venture out on a limb. I am not shy about questioning norms.

I celebrate who I am because I am proud. **I was created for greatness** and the only way to achieve it is to step in the direction of the unknown.

Self-Reflection Questions:

1. Have I given in to norms for fear of the unknown?

2. What price am I willing to pay in order to fly higher than the rest?

3. What is my attitude toward risks?

6 ways to act in spite of fear!

1. Feel the fear and do it anyway!
2. Investigate the real fear
3. Is it logical or illogical
4. Fear is always the anticipation of some uncomfortable event, feeling, occurrence in the future...not NOW
5. Ask yourself “ Am I A OK right this second?”keep moving forward and keep asking yourself this question

Lifework: Think of a dream or goal that you wish to accomplish. List 10 reasons why you want to accomplish this dream or goal. As you go through this process you may hear some “**yea,but’s**” pop into your mind – these are the fears that are stopping you. Investigate those fears, reminding yourself that NOW is the perfect time to take action....Feel the Fear and DO It ANYWAY!

Ex. I want to complete a marathon by Dec 2010.

Why

- 1.It’s fun
- 2.It’s a great accomplishment
- 3.I’ll be in great shape
- 4.I’ll lose weight
- 5.I’ve always wanted too
- 6.I want to do this
- 7.I’ll make new friends during training
8. I’ll feel heart healthy!
- 9.Very few have run a marathon before
- 10.It illustrates commitment

What came up?

I can’t...why? Because I’d fail...why? Because I’ve failed in the past...why? Because I wasn’t committed..why? Because I wasn’t strong enough...why? Because I don’t want people to view me as a failure.....This is the real fear- the fear of “looking like a fool”.

This is illogical so I can understand that I’ll never know what someone is thinking about me. I can always do my best and feel wonderful that MY best is good enough for ME!

July 19th – 2010 “Nothing can stir my interior freedom”

When fear and self-doubt approach me, I block them out of my mind with positive thoughts. Peace surrounds my mind like a safety barricade, allowing only pleasant thoughts to come in.

Like a soldier, ***I have fought in the battle of the mind and won peace for my soul.*** I have peace deep within my heart, which remains intact even in the face of trials. My mind is empowered when I choose to focus my attention on positive memories instead of giving in to fear.

I am still because I know that I have a calling, a hope, and a future that I have yet to see. ***I am certain that there is a plan for my life that is bigger than any obstacle I may face.***

I have confidence in my abilities and in my knowledge because I have been created for a great purpose. ***Loving and accepting the person that I am helps me feel free to believe in myself.*** Accepting others just the way they are gives me the freedom to be myself.

My friends and family help me to be steadfast by believing in me and showing me their support. Nothing can stir my interior freedom because I know that I am not alone. I have a loving support group that surrounds me and keeps me safe.

Today, I choose tranquility starting within my soul and stretching out to all those around me.

Self-Reflection Questions:

1. What kinds of thoughts am I allowing in my mind?

2. Do I accept others as they are?

3. How can I protect my mind from negative thoughts?

8 powerful affirmations!

I am loved!

Everyday is a gift that I treasure

I believe

This is a rich Universe and there is plenty for all of us

I am rich in consciousness

I am whole in myself

The universe always provides

I am open to receive the blessings of this abundant universe

Lifework: The Wonderful You (use the remainder of this paper to complete the following sentences)

1. I'm really good at _____.
2. When I'm at a really relaxed state, I _____.
3. My favorite words are _____, _____, and _____.
4. Today is a gift. Being able to be alive is something I really _____.
5. I really love _____.
6. When I'm doing _____, it's really easy because I'm really good at it.
7. A perfect evening would look like this:

July 26th – 2010 “My courage is bold enough to cross any river”

When life seems like a never-ending stream of work and responsibilities, I board the boat of tranquility and enjoy the ride. Even when navigating through rough waters, with courage as my sail, I am able to get across any obstacle.

Fear is absent from my journey because my bold spirit is stronger than the force of worry. **Peace is the anchor that holds my life in place.** I am organized and I have a plan of action, which keeps me calm when faced with a storm.

I cross the storms in front of me free from hesitation because I am secure in my ability to navigate through storms with ease. I have the necessary tools to keep my life afloat. My skills, accompanied by a strong support group, keep me above water.

The knowledge that I am not alone propels me to take even more risks. **I am certain that my steps are ordered by my Creator and I will not be forsaken.** My family and my friends are also there for me no matter what happens along the way.

Even when others refuse to get in the water, I dare to take risks because I believe the end result is worth it. **The new adventures that I will enjoy by diving in will far outweigh the regrets I would have if I didn't take the risk.**

Today, I am taking chances and stepping in the water with confidence. I sail though the storms of this day with courage and boldness, convinced that my vessel will safely reach the other side.

Self-Reflection Questions:

1. What anchors are present in my life?

2. Who is supporting me through my journey?

3. What chances can I take today?

6 ways to boost your confidence/courage!

1. Use your past accomplishments to remind yourself that you are more than you could ever imagine!
2. Use past mistakes as evidence that you've overcome and are living a victorious life
3. Change things up a bit...do something different today
4. Dream big and discuss your big dreams with other big dreamers!
5. Do something you've always wanted to do...something just beyond your comfort zone!
6. Make a list of your personal strengths and talents...See how wonderful you already are!

Lifework: Your personal Formula

Everyone has a personal "formula" or "recipe" for life. Think of it as What has happened(past)/What's happening now(present)/Ultimate Life Purpose

Example: If you desire to be financially free and you've made mistakes in the past, see them as merely a part of the formula or recipe...starting with the end or desired result in mind you have:

$$\begin{array}{|c|} \hline \text{Growing up with poor} \\ \text{parents and terrible} \\ \text{money management} \\ \text{habits.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Having to pay bills at an} \\ \text{early age, learning about} \\ \text{money, money} \\ \hline \end{array} = \text{Val's Financial Freedom (millionaire entrepreneur)}$$

Begin to look at your past, not as good or bad, but as a necessary ingredient for success. The fact that it already happened (hence it's the past) the only power it has over you is the power that you give it.

When you change the way you look at things, the things you look at change

August 2nd – 2010 “I transform my actions by transforming my mind”

I have authority over my thoughts. I carefully choose which thoughts can stay and which must leave my mind. Constantly, I filter my mind because my thoughts soon become my actions.

I seek the positive qualities in other people because I believe good can be found in everyone. When I meet someone new, I am able to find common interests and I confidently speak to others free from fear.

When I remove fear from my mind, I am free to take risks. Freedom of the mind allows me to experience life in a new dimension. When fear tries to paralyze me, *I pause*. This allows me to feel the calming effects of inner peace. ***Thoughts of past successes flow through my mind like a river, which reminds me of the potential stored within me.***

If I find myself indulging in self-pity, I immediately reject those thoughts and launch into action. Counting my blessings is the best way to focus on what is good in my life.

Instead of complaining about the tasks I must complete, I choose to be thankful for my ability to complete them. When I change my point of view and look at my responsibilities as blessings, I enjoy myself.

Today, I chose to think positively in order to act productively. I understand that my thoughts have the power to help move me forward. In everything I do, I seek to think positively because a healthy mind leads to a satisfying life.

1. How can I change my point of view?

2. What situation in my life can I see a blessing instead of a chore?

3. Do I seek the good in others?

7 Ways to Find the Good in all experiences!

1. Look for it!
2. Focus on it!
3. Always do your best and expect the best from others
4. Speak from an inner place of kindness
5. Focus on positive thoughts
6. Understand the principle that we are all connected!
7. Don't make assumptions!

Lifework: Play the remember when game

Take a moment and remember something that is bugging you. Either something that someone did or said to you or something that you did or said. Now, make a list of 10 good things as a result of this event.

What's bugging me? _____

10 good things about this or as a result of this:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

August 9th - "Tranquility and inner solitude rejuvenates my soul"

I take time to myself to retreat from the noise of life and find a quiet place where I can find tranquility and inner solitude. Daily, I make it a point to turn off distractions and focus on what is going on inside my heart and mind. When I reflect upon my life, I am able to improve who I am.

Inner peace is reflected outwardly through my actions. My countenance reveals that which is hidden deep inside of me. ***When I am at peace within my soul, I am able to accomplish more than I ever imagined.***

I live every day of my life with a tranquil spirit; free from stress. The small annoyances of daily life are incapable of stealing my peace because I focus on the bigger picture. When I take things lightly and guard myself from worry, I preserve my health. My heart and soul are healthy when I let go of the negative quickly and only hold onto the positive things.

Tranquility refreshes my soul like the streams of a fountain washing away all anxiety and fear. I am bold and confident in my future when I quiet all the other voices around me and listen to the voice that speaks of my destiny.

There comes a point where I must stop trying to make sense of everything and simply rely on faith. Inner solitude is that place which rescues me from the pit of the mundane.

Today, I choose to drown out the noise all around me and focus on the voice calling my name. I am turning away from distractions and enjoying quiet time within myself.

Self-Reflection Questions:

1. Am I tuning in to the right voice?

2. How can I turnoff the noise around me and find tranquility?

3. What are my actions saying about the state of my inner being?

8 ways to feel tranquility daily!

1. Take a deep breath, repeat
2. Smile
3. Think of something funny...laugh till it hurts
4. Feel the sun on your skin, feel the wind blowing on your face
5. Close your eyes and play the imagination game
6. Surround yourself with beautiful things
7. Take a drive on the coast
8. Visit the beach and simply relax while listening to the waves crash the shore

Lifework: Tranquility Vision Board

Create your own tranquility vision board – This is a board that has things that create in you a place of comfort, peace and tranquility. Light blue is a color that is associated with tranquility. Place your Tranquility Vision Board in a place that could benefit from a little peace.



August 16th – 2010 “The cool winds of change embrace me and gently push me into a new direction”

The cool winds of change embrace me and gently push me into a new direction. Just like the breeze on a hot day, change is refreshing. It breaks the stillness of complacency and reminds me to get going. I welcome change into my life and look forward to the new adventures it brings.

As I grow and learn, I change and incorporate the new knowledge into my life. How I react to something today may not be the same way I might have yesterday, because in that day I had new experiences and learned new things. These changes are food because they reflect my new knowledge.

Change sometimes brings me the desire and incentive to break bad habits and for good ones. Because I am open to change in my life, I can take advantage of them for self-improvement. In my career, change moves me forward to seek new goals and new opportunities.

Change brings new relationships and love into my life. All the people I know, love and cherish arrived in my life due to changes, both within me and outside of me. Every new person I meet brings welcome changes in their own unique way.

Change also makes it possible for me to live the life of my dreams. Unless I want every detail of my life to remain as it is – to never move an inch forward to greater fulfillment – I know I must embrace change in my life.

Change is good! I release any tendency to resist it and let go of fears that may hold me back from accepting it. Today, I choose to welcome change with open arms and anticipate with joy what may come.

Self-Reflection Questions:

1. Do I tend to resist change?

2. How have recent changes enhanced my life?

3. What can I look forward to because of upcoming changes?

5 ways to embrace change!

1. Learn to get comfortable with being uncomfortable!
 2. Equate being uncomfortable with growth
 3. Shed your old things....make way for the new
 4. Take things in stride
 5. Recognize that change is happening every moment of your life
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Lifework: Change is an everyday occurrence in your life. Think back to 3 time periods in your life and record some key information – answering the following

1. How did you spend the bulk of your day?
2. What were your favorite activities?
3. With whom did you spend most of your time?

Period 1: birth to age 16

Period 2: age 16-21

Period 3: age 21-30

What changes will you embrace for the next period of your life?

August 23rd – 2010 “Life is a marathon. I am training to be a steady, strong, passionate and committed endurance runner”

I know I can go the distance because I train constantly. My workouts include daily positive self-talk, affirmations, and meditation. With these, I can be successful for the long haul.

Keeping my self-talk positive gives me an optimistic attitude. It levels out drastic ups and downs of life and helps me maintain focus on my goals. Even when I meet challenges that try to slow me down, I remain strong and keep moving forward.

I may need to step off my path for a bit, but my positive self-talk gets me back on track in record time.

When I make a mistake, I avoid beating myself up about it. After all, everyone makes mistakes! I learn what I can from it and continue my trek.

Like positive self-talk, affirmations help keep me on track. They affirm the qualities I wish to strengthen, help break bad habits, and aid me in making wise choices. I say them aloud every morning, night, and whenever I am tempted with an unwise choice.

Affirmations allow a positive flow of thought to urge me forward, like a wind at my back.

Meditation lets me visualize my destination and the rejuvenating stops along the way. Seeing and feeling the emotions of my dreams through meditation keeps them real. Meditation fuels my passion and commitment so I will never lose sight of where I am meant to be.

Today, I plan to consciously train myself for the long haul and renew my strength, passion, and commitment for the life I desire.

Self-Reflection Questions:

1. Do I let challenges stop me in my tracks?

2. Am I truly committed and passionate about achieving my goals?

3. What do I feel would be most effective to train myself for the long haul?

August 30th – 2010 “In the game of Twister, those who are more flexible win and I choose to be a winner”

Life is like a game of Twister. The more flexible I am, the better I can overcome challenges and succeed!

By being flexible, I can be productive without being overworked. If I wish to break away from tasks on my to-do list to pursue an opportunity, I can! The extra time I allot in my schedule allows me to be flexible at will.

When I am working hard toward my goal and a challenge arises, being flexible enables me to take a step back and seek effective solutions. I can find a way to solve my problems, side step it, or choose a new path.

At times, choosing a new path gets me to my goal even sooner than my original one! This is precisely why I choose to be flexible with my plans.

Being adaptable also helps me in my relationships. Every relationship requires some give and take. When I am flexible, I help my relationships thrive.

Flexibility can even reduce my stress. It helps me get along better with others, thus averting many stressful situations. Rather than increasing my stress by worrying about something, I can be flexible, take new action, and focus on moving forward in any situation.

Today, I strive to be flexible like the tree that bends in the wind but is still there, as majestic as always, after the storm.

Self-Reflection Questions:

1. How can I make my schedule more flexible?

2. How can I be more flexible in my relationships?

3. Can I discover a solution to a current challenge by being more flexible?

10 Ways to “relax” and go with the flow

1. Laugh out loud!
 2. Take a walk
 3. Pray
 4. Choose to
 5. Hot tea and quiet soothing music
 6. Power nap
 7. Talk with a dear friend
 8. Review a travel magazine and let your imagination soar
 9. Explore your artistic side
 10. Re-Watch your favorite comedy
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Lifework: Do something fun today!

Rent a funny movie, gather someone special or if you are single make it a night with friends. Nothing fancy, just a good time....time to relax, laugh, share and feel good!



Sept 6th – 2010 “Imperfections is the spice of life that helps me create a better recipe for my relationships and myself”

Imperfection provides variety. When I think of perfection, I think of how boring life would be if everyone were perfect. Everyone would look and act exactly the same! Yes, imperfection is my choice and I welcome it.

Just as spices enhance a meal, my life is enhanced by imperfections. Different spices make for different flavors, and each person in my life brings me a unique variety of imperfections that shape our relationship.

For example, we can complement each other with our different selection of strengths and weaknesses. My unique strengths help to bolster their weaknesses when they need it. In the same way, I can improve my weaknesses when I allow their strength to help build up my own.

I am grateful for my imperfections because it allows my love and relationships to bloom. Those who love me do not love me because I am perfect, but because of who I am, faults and all.

My imperfections make me one of a kind. Their unique combination all go to make up the wonderful person I am, inside and out.

Even though I choose to make myself better with self-improvement, I do not strive for perfection. I am simply changing my recipe around to a different mixture – more of one thing and less of another. These changes still allow me to be me!

Today, I embrace my imperfections as the spices that make me what I am and feel gratitude for the different spices in all my relationships.

Self-Reflection Questions:

1. How do I feel about my imperfections and those of my loved ones?

2. Do I strive for perfection?

3. Do I expect perfection from others in my life?

6 Ways to “Stop the perfectionist excuse”

1. Give yourself permission to learn from missteps
2. See missteps as opportunities not failures
3. Be kind to yourself
4. Laugh at yourself
5. Stop judging yourself with harsh eyes
6. Ask yourself if you would talk to your best friend the way you talk to yourself

Lifework: Overcoming perfectionism through visualization

One of the best ways to eliminate perfectionism is to replace it with something else. Patience and a light-hearted approach are great replacements. So **think of yourself swimming in a pool full of patience.**

See yourself in this pool of patience daily to ease the stress of trying to be perfect.



Sept 13th – 2010 “I welcome change in my career, attitude, behavior, and lifestyle”

Change is a good thing and I let go of any tendency to resist it. Change is a catalyst that can bring me many benefits in all areas of my life.

Changes in my career can result in good fortune. Is my goal to remain static in my career, staying right where I am for the rest of my life? Or is it to move forward to bigger and better things? Change is the only thing that will advance me in my profession.

Attitude changes can go a long way toward helping me achieve my goals. The more positive my mindset, the more good that seem to happen! Strengthening my confidence and self-esteem propels me forward while helping me to overcome challenges with ease.

By having a strong discipline, I find it easier to make wise choices to develop a new way of life. I give myself permission to break bad habits and replace them with good ones. To these types of changes, I say, “Bring it on!”

My lifestyle also improves as I change and grow. Changes help me become more fulfilled. Each change brings new knowledge and experiences, which paves the way for some exciting new opportunities!

Even changes that seem frightening at first can bring great joy when I face my fear of change. Sometimes, when I look back, I wonder how I ever did what I did!

Today, I choose to invite change into my life and take advantage of all the benefits it can bring.

Self-Reflection Questions:

1. Do I have a tendency to resist change?

2. How can I help myself feel more comfortable with changes?

3. Can I move forward with a change right now that will benefit me?

Sept. 20th – 2010 “Happiness does not exist in yesterday’s memories or tomorrows hope; it exists now”

I cherish the pleasant memories of days gone by, but I refrain from living in the past. Likewise, I let go of any tendency to try to put off my life until a better day. Tomorrow may never come!

Today is what I have and I gather happiness from every moment of it.

When the day dawns, I am happy to have the chance to live another great day in my life. I look out the window and notice how beautiful the dew is as it reflects the sunlight. I hear the birds singing in lovely harmony as they, too, rejoice in the new day.

I relish the pleasant aroma of my morning coffee and enjoy the warmth of the sun when I go out the door to meet whatever adventure life brings me today. When every day starts this well, how could anything diminish its pleasure?

My day is a parade of wondrous moments and I joyfully receive the pleasure of every single one of them.

My partner, children, flowers, puppies, kittens, butterflies, dessert, sunshine, rain, lunch, and thousands of other good things all bring happiness for their fleeting moments in my life every day.

Even challenges most often bring me something good when I take the time to find the silver lining. I ask myself, "How can this help me?" Then I happily take action to move forward, armed with the new knowledge gained from the challenge.

Yes, happiness happens, and it happens in the here and now.

Today, I strive to allow happiness into my life as I live my parade of wondrous moments.

Self-Reflection Questions:

1. What special little moments happened to me today?

2. Did I allow the happiness of the moment to fulfill me?

3. How can I remind myself to take pleasure in each moment?

7 ways to "Recognize Happiness Now"

1. Begin a daily regimen of thinking of 10 things you are grateful for
 2. Stop saying, if only....
 3. Start smiling more every day
 4. Discover what activities bring you the most joy
 5. Incorporate joyous activities into your daily routine
 6. Don't wait for "some day"...it doesn't exist!
 7. Forgive yourself, now.
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Lifework: I'm happy now!

Over the next 3 days list 7 reasons why you are happy now (or 7 things that bring your joy).

That's 10 per day,

Day 1:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Day 2:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Day 3:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
-

Sept 27th – 2010 “Change is a blessing that I am learning to enjoy”

I am grateful for the gift of change. Without change, I would never be able to grow, learn new things, accomplish my goals, or look forward to anything different than what I’ve got. Even though I may resist change at times, I am learning to enjoy its possibilities.

Even when change is forced upon me and brings challenges, it opens new doors of opportunity. I now realize that a change that seems devastating can actually propel me into a better life!

Where would I be today if I had not lost that job, causing me to seek a better, more fulfilling path in life? How could I have the husband I enjoy now if I had not left my old boyfriend behind?

Change is one of the blessings that come with the power of choice. I can choose to leave things the way they are, or change them to something better.

I can choose to waste my life fighting inevitable changes or take advantage of them and enjoy life. When life hands me lemons, I choose to make lemonade!

Change allows me to learn and grow. As I strive to achieve my goals, I embrace the changes in my life that bring me ever closer to success. With each change, I become more knowledgeable, stronger, and more confident that I can handle whatever life may bring.

I know that today brings its share of changes. I choose to welcome them all and allow myself to enjoy all opportunities that come my way.

Self-Reflection Questions:

1. What changes am I resisting in my life right now?

2. How can I embrace these changes and use them to improve my life?

3. Is there something I can change to move me closer to my goals?

YOU DECIDE