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Creating The Life You Want

By Judi Singleton

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Creating What You Want Out Of Life

The first step in creating what you want in life is to look truthfully

at where you are now and how you got there. This is not done so you can experience blame or pain but to evaluate where you are and where you want to go.

If you start to blame yourself or get into self pity or I should have's this experience is not valuable. However, since you were doing what you knew to do at that time blame becomes meaningless. So take your Higher Power along on this journey and just sit back and view it like you were viewing a movie or someone else's life. How would you critique the players in this movie? If they were a friend of yours what advice would you give them? Take a good look and know that what you find is just a lesson or if you prefer a challenge to do better next time since now you have more information to make a better decision.

Taking responsibility for where you are now lays no blame it simply gives you information to make future decisions that will create the

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life you want to create in the future.

Many people are drifters in life. They just live day to day and don't think about the future. So if you want different results you must decide what you want and act differently.

What we dwell on grows so if we are just sitting around with a bunch of regrets and troubles and all we do is think about them they grow. But

so do thoughts of creating something new. Our unconscious mind creates the thing we have meditated on. If we are full of fear we will draw the thing we fear to us. So decide where you want to go and start toward that goal and it will happen for you.

It is important to look into your heart and ask yourself is this something I really want or am I just trying to please someone else. If it is not something you really want to do then the subconscious will help you by supplying missed opportunities, you will oversleep, miss a plane, insult a contact. So look into your heart and ask yourself is this really my goal or someone else's goal for me. Why do I want this to happen? Example I want a million dollars is your goal. Ask yourself what this million dollars represents to you. A bigger house, a fancier car, more time at home, vacations. So maybe it is not a million dollars you want maybe it is a new home. Instead of setting a money goal set a goal for what that money represents to you.

Do you get excited when you think about your goal. Can you see yourself doing the goal? Does energy just follow in the form of thoughts when

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you think about this goal?

Your goal must be specific. I remember once I wanted an old fashioned house like the one I grew up in. I found that house in less than thirty days but it was on a busy street so busy I couldn't get out of the driveway to go to work in the morning, my animals weren't safe or my kids, it was noisy. I was not specific enough. I will just take the information that I must be really specific and include all I will have when I have obtained this goal. I will ask myself how will I know when the goal is complete? What will I feel like?

The more clearly you can imagine your goal complete the quicker you will get there. The unconscious is very literal. So involve all your senses. See colors, smells, what will you hear, what will you feel? The more realistic you can make this goal the more you will want it.

Set a date to complete the goal. Your unconscious mind works in infinity so set a date to complete your goal as you might not want to wait until after you died for the goal to complete. You have to be really specific actually set a date in the future like by August 10,2004, I will be in my new house.

Now take that specific goal you set say a new home. You know just how it looks, smells, feels. You know how large it is say three bedrooms and two baths. You know what the rooms look like how many square feet you want for each room. You see the colors of the rooms, the windows, doors, floors. You see hardwood floors or a certain color of carpet.

You see the setting the home is situated in. You see the yard, the parking, the storage, the garage. You see the landscaping. Does your new home have a lot of parking? Is it on a quiet street. Imagine it specifically as you would have it and then take it along the road to the date you have set and manifest it.

Now that you have moved your goal forward to the place where it is manifested look back at what steps you had to take to manifest the goal. What was the first step? What did you have to learn to get to this place where your goal manifested. Start now by taking the first step. "Every Journey begins with the first step."

About the author: Judi Singleton is the publisher of Jassmine's Journal A light In The window Edition. If you would like to subscribe go to <http://www.motherearthpublishing.com>

Your Work and Your Stress

By Catherine Pulsifer

We all want less stress in our lives. Do you think today's workplace is to stressful?

I know at times it may be difficult to accept, but, you and only you can control your stress.

Stress is not only created by how we see a situation, but also how we react to it. We do, in fact, control our own stress. So, if you are feeling "stressed out", you are responsible for creating that feeling.

I am not saying there are no situations which are stressful. What I am saying, however, is that how you choose to react to those situations will determine your own stress levels. These reactions will affect how you behave, how you communicate with those around you, and how you respond to your customers and clients.

When I start to feel stress, I ask myself a question: "how much will this matter in five years?" In the majority of cases, it doesn't matter. It is amazing, how this one, simple question can change your thought processes, and lower your stress levels resulting in less stress.

Another technique I use when my job seems overwhelming is to keep it all in perspective by saying to

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myself: "My job is important but it only forms part of my life – it is not my entire life." So, by thinking this way, I am altering my thoughts from one where my job controls and rules my entire life to one where I realize my job forms only a part of my life's equation.

So the next time you feel your job is causing you stress, ask yourself how am I reacting? You may find that it is not your job creating the stress but you are creating the stress.

We all need some stress in our lives, but less stress is better than more stress!

Catherine Pulsifer is one of the authors of Stress Less Country – a lifestyle change! A journey to a simplified lifestyle – visit the site for a collection of articles, thoughts, quotes, and stories on: simplicity, stress, gardening, recycle & reuse, country crafts, saving money tips, and Atlantic Canada.

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