

Turbulence or Smooth Ride? You Decide.

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By Pat Graham-Block

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Why is it that 2 people can use the same airport, the same airline and even be on the exact same flight, and have 2 totally different stories about their trip?

Is it all about attitude? Well...sort of.

It's about our expectations and is influenced by visualization. We have a vision of what we will be experiencing, whether we are conscious of it or not.

Trainers and Coaches talk about a process of visualizing the end result, as you would desire it to happen. They suggest you use this process when preparing for meetings, sales presentations and other activities, whereby one outcome is preferred over another.

That vision absolutely does affect the outcome. Ask any athlete and they will tell you.

Athletes have used visualizing techniques for years. That is what you observe them doing when you see them standing and focusing on their target, in an almost trance-like state, at the starting line or on the field, just before they hit or throw the ball. These professionals are all envisioning, in advance, what they want the outcome to be.

Can this process of visualization, work for you also in your every day professional and personal life? Let's say you are traveling and would like to experience incredible food, clean rooms ready for your arrival, flights and luggage arriving on time, friendly and efficient service.

Can that really happen? The answer is...It sure can. Wayne Dyer, best-selling author of "The Power of Intention: Learning to Co-Create Your World Your Way" says that it is definitely possible to affect all the experiences in our lives. Try these suggested steps when planning your next trip, for example.

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1. Think how you want to feel before, during and after your trip. (Since the energy you put out reflects on the outcome, this is the best place to start).

Do you want to feel rested? Relaxed? Unhurried? Full of energy? Joyful? Even visualize a sense of accomplishment that the meeting went well and the deal was approved and signed by all parties.

Really imagine the way you want to feel, as if it has already happened.

2. As you are going about making the reservations, packing your luggage and all the other activities leading up to the first day of your departure, continue to keep the vision of all the fun and successful interactions with others you are going to experience.

You can even imagine being a magnet to some of the most amazing people on your trip and see who you attract.

Investing the time to learn and use this process, is key to having great travel experiences.

Will it really work for you? Only if you try it. All I can say is... Check it out. You might like it.

P.S. This may be a new muscle and if at first, you don't succeed...practice, practice, practice. Better yet, just like an athlete, you might even want to get yourself a Coach!

Pat Graham–Block and her husband, Elon Block are avid travelers and share their Alaska resources at

It's The Ride That Counts

By Selena Richardson

Having goals is a good thing. It means that you're willing to take the first step to achieving those goals. When you write down your goals, articulate them on paper, that's the first step to achieving them.

But what about the second step, the third and the fourth and so on? If you persevere and keep focused you will eventually reach the goals that you set for yourself. But when you finally reach that goal, how will you feel about it?

Will it be a sense of accomplishment and pride? Or will it be more of 'yeah I finally got it done' and you're just happy that you've gotten it over with?

The route you take while pursuing your goal determines how you feel about it at the end. It's the ride that counts. Have you been on a road trip where everything that could go wrong did? How did you feel when you finally got to your destination? Pretty worn out, huh? Now what about a good road trip where everything went smoothly? You were probably still tired depending on how long the trip was but you

were a bit happier when you got there.

See, it's how you get there that counts. If you're miserable during the entire trip, you're going to be miserable when you get to where you're going. I've had too many road trips where everyone in the car was cranky during the entire ride and as soon as we got to our last stop, the crankiness only continued on. Sure we were glad to get there but only because we were finally there and able to get out of the car. We were just glad the trip was over and still quite a bit cranky too.

But when the road trip is smooth and fun with no accidents or construction or any mishaps, not only are you happy during the ride but you're ecstatic when you get to your final stop. You're not as tired and worn out as you would have been if it were a bad trip.

It's the same thing with your goals. You're more appreciative of achieving your goals if you have fun with it while you're working on it. So enjoy the ride, have fun and there will be a lot more satisfaction when you reach your goals.

Selena Richardson believes in following your dreams and creating the life you want. To receive more articles like this and a free ebook, subscribe to Creative Possibilities by sending a blank email to

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