



# Imagine Nation® Today!

## Volume 3

If this bi-monthly newsletter has been forwarded to you and you would like to receive it directly, send an email with your name and email address to: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) and request to be added to the list! Additionally, I apologize in advance for any typographical or grammatical errors that may be found. Best efforts were made to avoid such mistakes.

## What's Up?

Happy New Year! I hope 2006 finds you excited to uncover the possibilities that these baby-fresh days hold for you and the realization of your dreams.

For those of us in Arizona, the weather has been wonderful, a true example as to why we moved here in the first place. Bright, crisp, and just comfortably cool enough to have us forgetting about the heat of the summer!

You'll find some upcoming speaking engagements for adults, teens, and even fourth to sixth graders down below! Although I only work with adults, I like the idea of encouraging our tweens and teens to look more seriously at the directions they are choosing to move. If we had all started younger in the pursuit of our dreams, we wouldn't find it so difficult now to dedicate ourselves to them. More speaking and class dates will be added, so check my website frequently.

Haven't heard me speak, yet? Then [click here](#) to visit [createaway.com](http://createaway.com) and have a listen!

You may have set some New Year's resolutions for

yourself and I wish you much success with them. On the other hand, you may be stridently avoiding setting such self-defeating goals since you just know, based on previous experiences, that you will fail in their achievements - who ever actually sticks to these things?

Hello! I'm a goal strategist remember? I'm here to help you with that. Give me a call and let's talk about some one to one coaching so you can start turning those dreams into reality.

<b>Professional Purpose</b>	<b>Personal Ambition</b>	<b>Self-Help Dreams</b>	<b>Goals</b>
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From dreamer to achiever in 6 weeks with the **"Go For The Goal!"** course!

**Thursdays, March 23 – April 27, 2006**

**from 6:30 pm to 8:30 pm or**

**Saturdays, March 25 – April 29, 2006**

**from 9:00 to 11:00 am**

Embassy Suites - Tempe, Room 300

(Rural Road & US-60)

Registration must be received no later than 03/08/06

(no registration will be taken at class)

Isn't it time to finally realize those New Year's resolutions, to turn your dreams into reality, or set and achieve goals that enable you to create a life you deserve?

In this fast-paced program, you will identify your goal succinctly, define it realistically, and build a plan to achieve it successfully! It will even help you *discover* your dream! You will also receive attitude-improving techniques, positive approaches to remove roadblocks, and success-building tips to ensure you achieve the outcome you most desire. This crash course in the proven **Imagine Nation Method of Dream Realization** is time-efficient and effective... and just in time to conquer those New Year resolutions!

**The "Go For The Goal!" Course Includes**

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Here's more good news! Another "Go for the Goal!" class had been added and I'm now offering an evening class! Class size is small so you'll want to sign up **today** to ensure you get a spot.

### **Keep This Resolution!**

It is always great to have the opportunity for a fresh start, or a fresh perspective, which is why so many of us feel compelled to set improvement goals this time of year - more so when every newspaper, magazine and television show is telling you to do just that. Unfortunately, our gung-ho attitudes tend to dwindle by February or so - along with all the hype. If this describes the direction your new goal is taking, here's a simple resolution to set for yourself that will not only be easy to achieve, but will help put the positive back into your perspective for the entire year.

Each day, stop what you are doing for just a moment. Take a deep, relaxing breath and say, literally and aloud, "thank you".

What are you saying thanks for? It doesn't matter. You don't need to add anything else because your imagination, and your subconscious, will. You may not even be aware of what you are thankful for, but you will feel a sense of satisfaction, just for that moment, in the life that you are creating. Give it a try, you'll find it a rewarding resolution and one that is easy to keep.

*I wish you all a dream-filled New Year! I dedicate this to you in the hopes that you will always ... keep your dreams alive!*

### **Perception Deception**

When I was in junior high, I ran for student council. In front of the entire school assembly, I presented my case to win their vote. When I was done, I stepped aside of the podium and announced enticingly, "...and what you *see* is what you *get*!"

What was I thinking!

The line was from a commercial that was popular at the time yet seems very apropos for today. Reality is how you choose to see it and what you see is what you will get.

Unfortunately, that is where deception lies. Since we can *choose* how we see reality, we can choose a defeating one as easily as we can perceive a balanced one. When we choose to look at our lives

with eyes that are bitter, tainted with perceived failures, or covered by a false sense of entitlement our reality will reflect the same. This results in a life that is filled with dissatisfaction, regardless of what we have attained or created. When we choose to look at our lives with eyes that are optimistic, rose-colored by lessons learned, or filled with a sense of purpose our reality will be filled with the same. The results of such an outlook is a life that is filled with satisfaction of who and where we are.

But which is the true reality?

The deception in our perception of our reality is found, not in that which surrounds us, but that which is found within us. Defeating self-dialogue, fed by the warped perceptions of others whose words carry more weight than they should, contaminate our outlook, preventing us from seeing the truth, creating a lie that nurtures a constant cycle of negativity. With such eyes, how can a true reality exist?

My “Quickstep Guide To Realizing Your Dreams” will make a wonderful gift to that special person in your life. Scroll down to learn how you can get a copy!

By the same standard, if what is found within is positive, hopeful, and healthy, cultivated by loving family and friends, is this observation of one’s self deceptive as well? Does such a Pollyanna outlook create a false perception, a non-existent reality that dwells only within one’s mind?

The answer depends on who you listen to, what books you read, what movies you see. For, according to many quantum physicists, reality is all in the mind and completely at the mercy of our perception of time, space, and matter. It only exists, they have determined, because we choose to *believe* it exists. If we didn’t believe, there would be no reality.

## What You See Is What You Get

So, is your life, as you perceive it, a lie? Have you been deceived by what you think you see, to believe your life is something other than what it is? Should you now question what you consider reality? Will I be supplying answers to any of these questions?

The answer, according to the universe, is always yes. Your life, the reality you live, is based on your perception of it and the responsibility you take for it. Which means that what you thought was truth, probably wasn’t. What you thought was lie, probably was.

Now that you are thoroughly confused, let’s simplify: what you see - *is* what you get. It’s *how* you see that makes the difference and the “how” is based on choice and responsibility.

How you *choose* to see your life, how you take responsibility for those choices, is what your life will be, what your reality is. If you take responsibility for your choices, if you choose to learn from poor choices, if you choose to make wiser choices, if you choose to accept that you can change your choices at any time, then your perception of reality will be one created by a confident outlook. If you choose to blame others, if you choose to look at failures, if you choose to repeat bad habits, if you choose to remain stagnate, without power, then your perception of reality will be created by an outlook full of lies, misjudgments, and falsehoods.

There is no “true” reality out there. There is only your perception of the events that take place around you, tainted by positive and negative input and feedback, both of which can be deceptive. Choice and responsibility for those choices is what defines your perception. So, which reality would you want to live, one that is healthy and optimistic, or one that is stagnate and unproductive? Or an equal balance between the two? Asking questions is good; looking for answers is good. So here’s a question for you to ponder: whose reality are you living?



### Upcoming Events Open To The Public

(Email me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) to learn more about these events.)

#### “Creating Your Future” (teens only) FREE

Wednesday, January 11, 2006 at 7:00 pm, Changing Hands Bookstore, Tempe, AZ

Learn the importance of setting goals, appreciating positive choices, and the value of productive communication skills.

#### “Three Steps to Realizing Your Dreams” FREE

(a great follow up to the event at ASU on December 1!)

Thursday, January 12, 2006 at noon, ASU at the Downtown Center, Phoenix, AZ

It takes three components to realize your dreams. If you knew what they were and how to use them, what dream would you pursue today?

#### “Creating A More Positive Future” and “Three Steps To Realizing Your Dreams” FREE

(great as single seminars; double the impact if you attend both!)

Thursdays, January 26 & February 2, 2006 at 6:30 pm, Tempe Public Library, Tempe, AZ

Learn tips for adjusting your attitude to one that is more productive and then learn how to incorporate the three necessary components to realize your dreams.

#### “The Art of Being Magical” Discover the Magic Within and Share It With the World

(4<sup>th</sup> to 6<sup>th</sup> graders only) FREE

Wednesday, February 8, 2006 at 4:00 pm, Chandler Sunset Library, Chandler, AZ

Tweens learn the power they have, found in the choices they make, the actions they take, and the words they use.

#### “Go For The Goal!” \$60 savings if registered by 02/15/06! Pre-registration by 03/08/06 required.

Thursdays, March 23 - April 27, 2006 at 6:30 pm or

Saturdays, March 25 - April 29, 2006 at 9:00 am, Embassy Suites, Boardroom 300, Tempe, AZ

A crash course in the Imagine Nation Method of Dream Realization, in 1/4 the time it takes for 1:1 coaching with a savings of over \$600.

#### Various Topics - FREE Membership

Visit [www.createaway.com](http://www.createaway.com) to hear me speak on a selection of topics, including some of the above. You can even download to your MP3 player!

*Keep me in mind the next time you are looking for a speaker for one of your events!*

### ➤ Words To Realize By:

“As with all discoveries, it is the eyes, and not the object, that changes.” Loser, by Jerry Spinelli

In this story, children not only lose baby teeth and grow adult ones; they lose their old eyes and get new ones. With new eyes come new perceptions. As mighty fifth graders, the children are suddenly more aware of the differences in each other: who is cool, who isn't, who wears trendy clothes, who doesn't. It is then that a child previously accepted as friend is now labeled a loser, as they are no longer accepting of his different way of behaving. Yet this child has not changed, only their way of perceiving him has.

What in your life today do you perceive negatively, that maybe wasn't so bad yesterday? Are you unhappy because of what you don't have, rather than appreciative of what you do?

What made you happy, fulfilled, and contented yesterday hasn't changed, your way of looking at it has. So consider: it is not what you don't have that is making you unhappy, it is that you are unhappy with how you are seeing what you do have! Change the way you look at it and it will change!

### ➤ Read, Listen, Or See:

Call of the Wild by Jack London

Discovering and living your authentic life can be quite the hardship but always the adventure. If you're not sure you agree, just read Buck's story!

### ➤ Time to Share:

*“I really want to achieve this dream but I’m not taking action on it. How do I stop procrastinating and start moving forward?” Mary Ann/Phoenix, AZ*

Earlier I said that asking questions is good. Now is a good time to start asking a few of your own, such as: is this dream truly of value to you or is it someone else’s dream? Does it just sound good, but isn’t true to your nature (many fantasize about being on American Idol, most wouldn’t do it if given the opportunity)? Is the dream worthy of the effort, struggle, and sacrifice you will need to make to achieve it? Ask that last question again and concentrate on the idea of effort, struggle, and sacrifice!

Now ask yourself about the activities that you are indulging in when you feel you should be pursuing your dream. Is what you’re doing a form of productive procrastination (needs to be done, just not now) or is it actually a part of the journey you are making? Why have these activities suddenly taken center stage in your life? What do you gain by avoiding your dream and pursuing your current course of action?

The questions will give you a clearer picture of where you are and where you want to go. There are many factors that compel us to *not* take action: previous goal realization attempts that didn’t succeed to the level desired, the fear of not achieving success at all, the fear of what happens when success is achieved, to name a few. As you begin to question yourself, and second-guess yourself, you will determine the value of your dream and in the process either motivate yourself to take action or relinquish the dream to fantasyland where it may have belonged all along. This is better explained in both my quickstep guide (purchasing information is below) and in the Dream Catcher Handbook that my clients use. The idea is not to let go of the dream, but to better prepare for it when the time is right to make the journey.

If this dream is of value to you, worthy of the journey you will need to make for its realization, then have faith in yourself to achieve it. Your imagination conceived this and it is yours to create and attain at your will.

If you have a question or a specific area of interest you’d like to share, please email it to: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com). I will try to include it in an upcoming issue and will do my best to give you a concise response that will move you forward on your journey.

Check out my website at [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz)!

**Coming In March: Entitlement And Achievement**

## **Taking Care Of Business**

### **Ready to Hit The Road? Start Here!**

The Imagine Nation® Method of Dream Realization is the most effective means to achieve your dreams. As your goal strategy partner, I will work with you to identify your dream, develop it into a concise goal, and then give you the guidance and insights needed to achieve it. This method, along

### **Looking To Travel Alone?**

I’ve created a wonderful tool to utilize if working with a goal strategist isn’t in your immediate future. [The Imagine Nation Quickstep Guide to Realizing Your Dreams](#) is a synopsis of the method that is used with my clients. It won’t replace having a goal strategist as your partner, but it does

with the support and accountability of a professional strategist, will enable you to turn your dreams into reality.

You will also receive a comprehensive handbook (a \$49.00 value) that details my method, allowing you to keep your dream alive between sessions and throughout your journey. It includes several precept/maintaining motivation cards to keep around as handy reminders, Two-Do sheets, and a cheat sheet to help you stay on track during the realization of your goal.

Give me a call today at (480) 940-4562 or email: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) (note underscore between words). Let's schedule the start of your dream realization journey now. Isn't it time to invest in you?

### Interested In Receiving Back Issues of "Imagine Nation Today"?

If you are interested in a previous issue, or know someone who is, just email me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com). Let me know which issue you want and I'll forward it to you immediately.

### Not Interested in Receiving My Emails?

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### DISCLAIMER!

As your goal strategist, you will find me an effective navigator on your journey to dream realization. However, as I am not a psychologist, therapist, or mental-health professional, I will not take on inner demons best treated by trained counselors; nor should any other goal or life coach of any sort. If you have issues that are beyond your ability to control, take them to a licensed professional, then come back to me, and let's work together to realize your dreams!

highlight the tips and insights needed to help you identify and achieve desired outcomes: great for the independent traveler. Included is an overview of the method, areas to take notes, a planner, Two-Do sheets, precept/ motivational cards, and a cheat sheet. At just \$15.95 plus shipping, it's a cost-effective way to jumpstart your journey to dream realization, and it makes a wonderful gift for fellow dreamers! 🎁

**Purchasing Information** - If you are interested in purchasing The Imagine Nation Quickstep Guide to Realizing Your Dreams visit [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz) to purchase by credit card. Or, send a check or money order for \$19.80 per book (shipping included), made payable to Imagine Nation, to: 500 N. Roosevelt Avenue, #133, Chandler, AZ 85226. Specify the number of guides you are ordering (remember that great gift idea!), the "send to" address for each book, and your daytime phone number and email address. Guides will be mailed, upon receipt of payment, by priority mail, with a confirmation of shipping sent to your email address.

Until we meet again... Keep the dream alive!

Nancy Nordstrom

Goal Strategist with Imagine Nation

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