



# Imagine Nation® Today!

## Volume 9

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.

I apologize for the delay in sending this out, for those of you who realize that it is usually delivered on the 15th. Thanks to HP, my computer crashed and it has taken over two weeks to bring it all back online. I'm singing the techie-blues, what can I say!

Now some may think, gee, what an awful way to start out a new year. I believe that the issues I've been experiencing are an opportunity for me to verify the importance of a positive attitude; to validate the belief that if you keep your cool, calm will return; and to be reminded that I am a business owner and this is all part of the package.

I am not defeated by this roadblock, just delayed in getting things done.

My New Year was wonderful, filled with an eclectic assortment of friends and blessed with family. I think the highlight of my evening came just after the hoots and hoorays at midnight. We went out to the middle of a large greenbelt and released balloons that were filled with the wishes for 2007 that were written by my guests. We all stood quietly as the balloons danced to an unheard melody up to the sky. For a moment all was still except for the gently waving of their ribbon tails. As I turned, I saw the faces of children filled with wonder and the faces of adults lit with smiles. Welcome 2007!

I hope that this year brings you wonder and smiles as you witness the magic of your life upon the world around you.

### **A Reminder of Some Specials Just For You:**

First, as I said before, I will waive the initial session fee for new clients who sign up between now and March 31, 2007, a savings of \$90.00! It's time to finally take action on that dream that your imagination has been waiting for you to realize! Remember, gift certificates are available as a show of support for someone you love -- and Valentine's Day is just around the corner!

Second, for those who feel they can journey to dream realization on their own but would like a few helpful tips and insights along the way, I offer \$5.00 off "The Imagine Nation Quickstep Guide to Dream Realization". Buy it today for just \$10.00 (+ \$5.50 s/h if you don't download). Visit [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz)

### Haven't heard me speak, yet?

[Click here](#) and visit [createaway.com](http://createaway.com). Have a listen to a number of my topics on realizing your dreams!

to download your copy or to order one to be shipped to a family member or friend.

Next, and just for kicks (as well as for a limited time), I have written a fiction manuscript entitled, [Ah, The Tick! Discovery of An Authentic Life](#). It is a fun, quick read that will both enlighten and entertain you and remind you of the value of your life. If you are

interested in receiving a copy of this original manuscript, prior to its (possible) publication, click on the "other services" button on the website and request your signed copy. It will be mailed to you for just \$15.50 which includes shipping and handling. It will arrive by priority mail in a small leather portfolio which makes it a wonderful gift for someone whose dreams are important to you.

And don't forget about my "Power Project" booklet for teens. Jumpstart the new semester and help your youth create a future of choice with this wonderful goal-development tool. It's just \$12.50 and is a great way to encourage your teen to follow his/her dreams.

The moment is now for you to discover your place of purpose and be the person you were always meant to be. Let me help you travel to that destination successfully!

*As always, I wish you all the best and dedicate this to you in the hopes that you will... keep your dreams alive!*

## Resolution Solution

So... how many of you are already regretting that commitment you made on December 31? Maybe rethinking your strategy and lowering the bar a bit? Or are you still gung-ho because you know the change is needed and you'll get around to it - soon. You just need time to recover from the holidays?

It may seem odd for a goal strategist to say, but I'm not a big believer in New Year's resolutions. We make them because we are expected to, pressured to, or reflection has shown we should. However, this reflection, distorted by those expectations and that pressure, is false. It's an illusory vision, following the emotional ride of the holidays, that makes our life seem lacking, less, and limited by our imagined non-successes (I don't like the word "failures").

Maybe these resolution making motivators don't apply to you. Maybe you decided, a while back, that you needed to make a change and you choose January 1 as the perfect jumping off point for the change to begin to take place. In such case, New Years was not a motivator, just a convenient date.

I believe that most of us, in regard to the New Year Resolution challenge, are in one of two places. One, you have discovered, truthfully, that you'd like to, *need to* make a change in your life. This is a good thing. You are making a choice to pursue this positive outcome. It is a good place to be.

However, impulse change isn't a good thing, and neither is "required" change - change someone else is asking/telling you to make. If you are in this second place you may have come to realize, through the nagging insistence of someone else, that change must occur. If so, well, it's really unlikely to happen.

Change by choice can occur successfully. Change by any other reason is just a waste of time and effort.

## Solutions to Restore the Soul of Resolution

Pretty harsh words, *it would seem*. But here's the catch and it's a really big one to catch on to. **If you have decided to make a change, even if it is something that you felt was expected of you, or that you were compelled to make due to another's input, guess what? You still *CHOSE* to make that change!**

Whoa... did you get that? YOU made the resolution because **you chose to change**. That puts a different spin on it, doesn't it? You can't hold someone else responsible for your choices. You are where you are RIGHT NOW because YOU are choosing to be here - in this place of pending change. YOU decided to follow through, that you would quit, that you would start, that you would - make a change for the better in your life. The way I see it - your doctor, your spouse, your child, your friend, your parent - none of them FORCED you to make this change. You are the one who said, "okay, I'm ready to do this." Even if you added, "quit nagging me, already!" when you said it.

If you are willing to buy into this idea that, though the change was strongly suggested by someone else, you are the one who chose to make the change, then you are closer to success than you probably ever have been in the past. It's the first step to achieving the resolution: acknowledging that you are making this change because YOU are choosing to do so. Now comes the second part.

Schedule it. Impulsively starting something, without thought or planning is a great start for failing! Schedule the change to take place so that you can prepare for it, plan for it, and be ready and enthused to begin it.

- If you want to stop smoking, set a date and plan accordingly - if you're quitting this weekend, don't buy a carton of cigarettes and plan strategies for dealing with cravings.
- If you are dieting, set a date so that you can determine the best diet for you, supply your home with the appropriate food, and develop strategies to keep you on track.
- If you are making a career change, a relationship change, or a personal improvement a date, a deadline of sorts, allows time to gather the information needed to make that change wisely.

The better prepared you are for the journey the more likely the journey will be traveled successfully, with fewer roadblocks to stall you along the way.

Resolutions can be a good thing, but they can be made any time, any day. If you don't like the one you made December 31, let it go. And when you're ready, make a new one, even if it's on a Friday, the 13<sup>th</sup>!

A dream is the essence of a goal; a goal is the enhancement of a life.

A goal is about making a change for the better!

### ➤ Words To Realize By:

*"If you don't want the crash to reoccur, you'll need to do a complete recovery. That means reformatting."*  
Tech from HP

When I heard this, I immediately thought of various clients I have worked with in the past. So many times, we want to make a change, but we don't want to change the habits that we have. You know, the ones that created the need for the change in the first place!

For change to take place, successfully and for the long term, you must rethink your approach. What has

worked for you in the past probably isn't working for you anymore. It shouldn't. You are older, wiser, more experienced and need an outlook and a strategy that reflects that. The sooner you accept that the old way of thinking and doing needs to go, the sooner a new and better approach can be used. You literally need to reformat your way of thinking and allow proven programs to be installed and applied. When you do, change is just a matter of time.

### ➤ Read, Listen, Or See:

[Whale Rider](#) (on DVD)

I believe I've recommended this before but it goes along with the idea that we don't always see what's right before our eyes when change is in need or already taking place. Not only is it about accepting what previously would seem unacceptable, but it offers more. It's about staying true to what you know, when others are unable to see that which you see so clearly.

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.

### ➤ Time To Share:

*"I feel a need to be more organized. How can I apply organization to my dream?"* Chandler, AZ

With the New Year ushered in and spring just around the corner the need to clean, clear, and nest becomes overwhelming. If you need a professional organizer to help sort through it all, I have one to refer!

In reference to organizing your dream, however, that is a much simpler albeit an evocative task. Create your plan of action. This should outline all the steps required to go from here, where you are now, to there, where you want to be. It's not difficult, but it can be quite revealing. You will discover certain aspects of the journey that you may not be comfortable with or they feel out of place to you. This is a sign that you may be headed in the wrong direction. Don't panic. Build your plan. Pay attention. As you maintain this outline you will begin to develop a more concise goal with a destination that is truly your heart's desire.

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

My website has undergone some dramatic changes. Visit it often to see what's new and feel free to share your thoughts on the look!

**Coming In March: A Much Needed Funeral (or two)!**

There's a funeral in your future, and I'm not talking about the one at the end of a life. Learn how this funeral can help move you to an attitude of success.

**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 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 \$149.00 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?

## 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 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. Also, it is now available to download so you can have your copy today! At just \$15.95 (plus shipping if you don't download) 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're interested in purchasing the guide visit [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz) and click on the Services link today. You can download your copy immediately or have your guide sent to you by priority mail for just \$5.50 extra.

## 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?

To be removed from this mailing, just email me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) and type "remove" in the subject line. Be aware, however, that you will be completely removed from my database unless otherwise noted in your email.

## 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!

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

Nancy Nordstrom

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