



Imagine Nation® Today!

Volume 6

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 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?

Wow! We are already midway through summer! How did that happen so quickly? For many those lazy, hazy days of doing nothing are almost over. My, how time flies!

An apropos cliché considering that this month's topic is about taking action NOW rather than putting things off until... whenever.

Summer, for my children and me, has been busy with swimming, vacation, swimming, play dates, swimming, seeing old friends, and swimming. Additionally, we've also done a lot of swimming - the only way to stay cool when temperatures are bopping between 112 and 115 degrees! It's all been fun family time and you just can't beat that!

As far as Imagine Nation is concerned, the last couple of months have seen more presentations of seminars, workshops, and classes. Look to see me at the Fresh Start Women's Center a few more times this year and at the Tempe Library for two seminars in the fall. Check the calendar on the website for details.

The Power With Purpose program for children and adolescents has added another installment to its line up: a six-week goal realization program entitled "Power

Haven't heard me speak, yet?

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

Project". I'm very excited about this course, currently being presented to the residential clients of Florence Crittenton Services of Arizona. The Power Project reminds teenagers that they have the power to create their world and then gives them the tools and insights they need to identify goals to create

a future of their choosing. If you know of any school or organization that could benefit from such a program, just let me know or share my information with them. Additionally, the Power Project booklet is available for purchase. Please call me directly if you are interested in buying this handy guide for teens.

As always, remember I am here for you when you are ready to achieve what has been lurking in your imagination! I would love to hear of your dreams and goals and hope that the tips and insights you find in these newsletters help you to take action, when action is needed most - now! Feel free to call me at (480) 940-4562 and let's schedule an appointment.

Don't forget about my job postings. I'm looking for a few good interns and/or

assistants to promote my business and present some of my programs. Additionally, your dream may be to help others realize theirs - consider becoming an Imagine Nation Goal Strategist yourself! Call me today to learn more.

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

Moving To Here

If you've heard me speak, or took a moment to read the May issue of "Imagine Nation Today!" you may remember a favorite reminder of mine: every moment is new. Here's another new moment, start again!

Somehow when it comes to our dreams and goals, they tend to stay comfortably settled in our imagination as we contemplate the fantasy of achieving them:

Oprah: "It's my pleasure to welcome not only a dear and beloved friend, but one of the greatest coaches of our time: Nancy Nordstrom!"

Me: "Thanks O! By the way, I enjoyed Stedman's BBQ last night, but that dessert you served, it was just delish!"

(Talk about fantasy!)

If we aren't getting carried away with the fantasy of our dream, we are getting bogged down by the "can'ts" we perceive about them:

"I can't go on 'Oprah', I'd be terrified!"

"I can't meet Oprah, I have nothing to wear!"

"I can't get on 'Oprah', I haven't published my book, yet!"

"I can't fly to Chicago to go on 'Oprah', I have no one to watch my children!"

The fantasy may excite and entertain us, but the "can'ts" remove the possibility of realization. Our dream becomes a couch potato in the living room of our imagination: never leaving home, but not contributing to our lives, either.

How do you move from this lazy dream style to a proactive, Nike-attitude of "just do it"? You take advantage of the here and now.

You already know where "here" is: you are in Fantasy-Can't. Let's change that "here", right now, to one that moves from "can't" to "do".

Job Posting!

Educational Interns: looking for a team of interns to present the Imagine Nation® "Power With Purpose" program to schools and youth centers throughout the state of Arizona. Strong speaking and presentation skills required along with a desire and ability to interact in a positive, confident manner with children of all ages. The ideal candidate will currently be earning a degree where such experience would be helpful. Imagine Nation will work with the selected candidates' schools to ensure their time in this position is applied to their school credentials. This is a commission-based position.

PR Coordinator: will plan and execute a marketing/PR campaign along with other assistant responsibilities. This is a commission-based position requiring at least ten hours a week. The ideal candidate will have, or be earning, an appropriate degree or have equivalent experience to handle the position. Some experience with, or interest in, promoting an individual is a plus. Enthusiasm, desire, and self-motivation will weigh equally with experience on the selection of the ideal intern.

Goal Strategist Certification now available through Imagine Nation! Call today to find out how you can be an Imagine Nation certified goal strategist. Learn how to help others achieve their dreams and goals, beginning with your own!

Rewrite The Moment!

Have you heard my segment at creataway.com (if not, [Click here](#)) about rewriting history simply by changing the way you look at your past? You do this by putting a positive spin on it by *finding* the positive, learning from experiences, discovering hidden achievements. Well, if you can rewrite *history*, you can most definitely rewrite *here!*

Think about it. Just like “now”, “here” is always brand new. Every moment, “here” changes to a new place, a nano-second different from the old place. Change the new “here” to “right now” in two simple steps.

First, right now, *literally*, get a piece of paper or open a blank word processing or spreadsheet document. Make two columns. One is for you to list, yes - right now, all the “can’ts” you are associating with your current dream today. What are the perceived roadblocks you are building around it right now? Put them all down, the very real to the very absurd. If you can tear yourself away from this newsletter (ha!), create that list before you continue reading.

Okay, there’s your “can’t” list. These are the reasons you just can’t pursue your dream today, right now, in your current “here”. Set that list aside, just for a day. Tomorrow morning, when your mind is rested and ready, come back to the list and in the second column write down some sort of solution to each “can’t”. What can you do to turn the “can’t” around? Again, stretch your imagination if you have to; some answers will be very practical, some a bit absurd. That’s okay. The variety in solutions will jump start the process and by the time you are done you will find that not only are you being a bit more creative in your approach, but those creative solutions may actually be doable!

Once you have completed this first exercise, you will have changed the new “here” to one where you can overcome your roadblocks. You now *know* your dream is achievable. What is achievable becomes doable. As in: start doing today!

Mt. Everest!

When this new “here” is recognized as one full of dream realization potential, look at your Can’t-Can list and take action. That’s the second step. There is probably one item, at least one, that you can take action on right now. Make a phone call, search the internet, pull out the check book, send an email. Just one thing and you have started your journey to the achievement of your goal!

**Take
Action
Now!**

We procrastinate from fear. We take action when we feel we have removed the risk. Your list shows that your risks may not be as dicey as you thought. Take one action, no matter how tiny it may be, then take another. Look at it this way, the “hike” to the top of Mt. Everest isn’t climbed in leaps and bound, it’s climbed by putting one foot in front of the other in small, testing steps.

Dream realization is a journey of small, testing steps. Take the new “here” that you just received and turn it into a “now” that you are taking action on!

➤ Words To Realize By:

“All that has come before is naught but the first steps of a new journey.”

There are two main reasons we tend to hesitate to take action. We recall perceived failures of the past or are reminded how we didn't follow through on previous dream realization attempts.

You need to let go of the past or view it with a gentler hindsight. What has come before has brought you to where you are today. Where you are is on the verge of realizing a new (or refurbished) dream. This is a good thing and it is possible that what has come before was required for this new dream to exist now, to be realized now.

Accept that what has come before has brought you to where you are now so that you can create a future where your dreams are realized. In doing so, you will step into your goal achievement journey more joyfully and more ready to see it through to your desired destination.

➤ Read, Listen, Or See:

[The Alchemist](#) by Paulo Coelho

I believe this has been recommended previously but if a belief in destiny or fate interference has prevented you from taking action, it might be a good time to take the suggestion to read this. As the main character learns, "the universe conspires in your favor".

➤ Time To Share:

"I have too many dreams. Where do I begin?" Candy/Phoenix, AZ

If you aren't taking action because you don't know where to start with multiple dreams, the answer is obvious: start at the beginning! Oh, that's right, that's the problem! Here's something to try.

List your dreams and then study the list. You will find that (a) there is a common thread that leads to the realization of one primary goal. Or, (b) there is a specific order to your list to when each dream must be completed.

Just because you made the list, doesn't mean that either of these conclusions may occur to you immediately. You may study it for a considerable time before you realize what you haven't noticed before, especially when it comes to that common thread. At first, it may not be noticeable. This is where your accountability circle can come in handy. They may be able to see more clearly, what is right before your eyes.

When you find your common thread put the list in order (it's there!). Number the dreams by what needs to occur first, second, and so on for that primary goal to be realized. When you have your order, you will have the basic outline to your plan of action. This allows you to have a starting point, all the while knowing your long-range destination.

The timeline possibility may not be obvious at first, either. It may appear as if you need to do everything at once. Reality is, you want to *achieve* everything at once. Give each item a timeline and possible completion date. What dream needs to be accomplished before or after another? As these timelines are up to you, you can adjust them as needed, preventing you from feeling overwhelmed.

It is great to have a dream, and wonderful to have more than one but neither is good if you aren't taking action. Organize your thoughts, add a few tentative timelines, and realize that every new "here" is an opportunity to act. Now's a great time to do so.

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. 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!

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 September: Fate or Fiction

Reading [The Alchemist](#) before September's newsletter might be a good idea. The next "Imagine Nation Today!" puts to rest the idea that fate is conspiring against you to achieve your dream.

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 \$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 (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. 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! 🎁 Also, it is now available to download so you can have your copy today!

Purchasing Information - If you're interested in purchasing the guide visit www.Imagine-Nation.biz and click on the Services link today. You can download your copy immediately and save the shipping fee or have your guide sent to you by priority mail for just \$5.50 extra.

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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!

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

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