



Imagine Nation® Today!

Volume 12

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.

It's July in Arizona - need I say more? While Arizona, and other states in the West and Southwest, are experiencing higher than normal temperatures, another section of the country is dealing with excessive rain and flooding. I witnessed this personally during a recent visit to Tulsa, Oklahoma. Although much cooler than Arizona, it was quite the soggy vacation!

While in Tulsa I appreciated the rainy climate, seeing so little of it here. Yet, we were being envied the dry, heated climate of which I am constantly complaining.

This led me to consider how often we envy what others have, forgetting to appreciate the blessings of our own lives. The fact is that no one has it all exactly the way they fantasize. No one. Fantasies are flawless and life, by its very capricious nature, is flawed. Such flaws and the constant effort to avoid, overcome, or conquer them is what makes life the interesting journey that it is. As they say, it is the journey, not the destination that enlightens, right?

One would think that all this talk of envy would lead me into the topic of this newsletter rather nicely - if envy were the topic. However it's not. It's simply an observation being made when the temp for the day is expected to surpass 111° with no sign of precipitation in sight. And according to a radio Dj in Oklahoma, they are

Calendar Update:

I have agreed to appear at the Fresh Start Women's Center in Phoenix on the following dates. They charge a \$5.00 fee and ask for rsvp's to ensure space requirements. Call them for more information and directions at (602) 261-7143 or visit www.WeHelpWomen.com. All four events take place on a **Wednesday and start at 6:30 pm:**

- The Ideal Woman: July 18
- Empowering Your Thinking: August 22

Additionally, I am introducing a new topic, "Creating Balance" at the Chandler Sunset Library, just east of Rural on Ray Road. This is a free workshop, open to the public, and will be held on **Wednesday, August 29, 2007 at 6:30 pm.** Learn how you can have it all, even when your plate is full!

expecting their 4,085 consecutive day of rain! If only...!

Now for a couple of quick reminders: my completed manuscript, Ah, The Tick! Discovery of An Authentic Life is available for purchase. It is my hope to submit it for publication one day, but until then, you can be one of the first to read it. It is a fun, quick read that will enlighten and entertain and remind you of the value of your life. To purchase your copy, [click here](#) When you reach my website

scroll down to the bottom of the page. Click on the Visa/Mastercard icon next to “To make credit card payments...”, and request your signed copy. It will be priority mailed to you for just \$15.50 which includes shipping and handling.

There is also my “Power Project” booklet for teens, part of my popular “Power with Purpose” program presented in school classrooms. Help your youth create a future of choice with this wonderful goal-development tool. It’s just \$17.50 (includes shipping and handling) and is a great way to encourage your teen to follow his/her dreams. Just follow the directions above to purchase a copy.

While many of us try to remain cool and dry in these days of extreme heat and rain, others are finding it difficult to do so. In the process of envying those with better weather it is easy to get cranky and frustrated. Learn how to deal with such attitudes to ensure your day doesn’t get more extreme than necessary.

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

Difficult Attitudes

A cranky child, a whiney co-worker, an egotistical boss. For these frustrating circumstances to change one thing needs to change first - the attitude. There’s an interesting fact about people you’re labeling as “difficult”, however: they don’t believe they are the one being difficult! They believe it is the OTHER person being challenging. Most people won’t realize - that this article is about them! Therefore, this article is not about how to deal with others who are being difficult - you cannot change them. This is about how to handle your own attitude so as to not incite more frustration.

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!

Problematic attitudes are created when communication is received and perceived negatively. To avoid this, or to correct it after the fact, you must utilize the right attitude.

When we communicate we know what we mean. That’s the problem. Those we are speaking with aren’t always on the same page.

Misperceptions are created when we take personally the thoughts, feelings, and issues of another. When it becomes personal, we become defensive and the fight or flight mechanism is triggered and conflict occurs.

Although we cannot avoid all communicative disasters, we can set an approach from the beginning that encourages a more tandem dialogue. Such a tactic is effective simply because it’s not about changing the attitude or behavior of another. You’ll add clarity and balance to your dialogue if you use: proper perception.

Perception as a Tool

Perception is a powerful tool because *perception is reality*. Changing the way another appears to be behaving, such as a confrontational peer, an egotistical colleague, or a frustrated child is as simple as changing your perception. It does take some practice to do. Here are a few questions to ask yourself that will enable you to bring more focus to a situation and remove the personal attack mentality.

1. Why are you taking on their issues, their anger, their ego, their fear? Let them have

them. Don't accept them as your own; don't let them muddy your reality with their distorted one.

2. Why are you holding onto your own issues, carrying yesterday into your daily behavior? One reason we so readily accept the projected discord of another is because we feel we deserve poor treatment. Letting go of yesterday's negativity, by not allowing it to invade this new moment, can enable you to distance yourself from the projections thoughtlessly tossed your way.
3. If this is not directed at you personally, and it isn't, what is really going on? If you can understand, you can alleviate. When you take words personally, the issue is ignored. Remembering your worth enables you to remain steady and to see the situation for how it truly is.

The downloadable version of "The Imagine Nation Quickstep Guide to Dream Realization" is on sale for just \$10.00! Download it today and save \$5.00 off the regular retail price of \$15.00. Visit www.Imagine-Nation.biz to get your copy.

Although most communication appears personally directed, it's not - it's a projection of one person's convenient perception of reality unto another. Understanding enables not only empathy or support, but retains your sense of self in a constructive, not destructive attitude.

Perception is a very powerful instrument to making your world a more positive place. Changing your perception, completely within your ability to do, will change those around you. Communicating with others will be about the issue, not about them, not about you. It changes the focus from a seemingly difficult person whom you cannot change, to a situation that can be resolved.

Change your perception, the situation changes; reality changes. In doing so, you create a more positive approach to life.

➤ Words To Realize By:

"In order to have faith in his own path, [the warrior] does not need to prove that someone else's path is wrong." Paulo Coelho, from Warrior of the Light - A Manual

Living life to the standards of others: that's an opening for conflict to occur. Sometimes it is another insisting that we are on the wrong path; sometimes we are the ones doing the insisting. Sometimes this insistence comes from a place of love and honorable concern. Sometimes it is put in place by envy that encourages a manipulation of false direction. Either way, conflict is the outcome.

It is hard to allow others to follow their own path; equally, it is hard to follow our own. But we must trust that the path we have set ourselves upon will take us on the desired journey. In such trust, we must allow others to do the same. Guidance, if kind, genuine, and loving can be utilized to ensure a safe and successful journey. But given in any other content not only harms others, but hinders your own journey.

➤ Read, Listen, Or See:

Warrior of the Light - A Manual, Paulo Coelho

Coelho authored The Alchemist, a favorite of mine. This companion book contains short notes on life and

destiny and how to remain on your own path.

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.

➤ Time To Share:

Recently I had a conversation with a friend who was frustrated by her repeated “failures” in life. Her question was simply, what’s the point, why keep trying? It made me realize that no matter how often I say it, I’m not saying it enough - it bears repeating: it is a choice!

Life does not fail you, nor do the steps you take to improve your life fail you. You do not fail life or in the actions you take to improve it. Sometimes things don’t work the way we hope; most times, baggage from the past enables us to quit - ensuring that things don’t work out the way we hope. Regardless of the “why”, it is still a matter of choice.

As I’ve said repeatedly, I’m not a mental health professional. I’m sure there are mental health issues that disable some from making strong, confident choices. Most of us, however, choose not to. We allow past, insufficient outcomes to carry over into today. We allow distorted perceptions, our own and those of others, to guide our footsteps. We allow inferiority - because it is easier. We do not want to be the one to declare proudly our choice only to fail miserably. Yet, what many misunderstand is that we fail, truly fail, when we don’t try. Those who have tried, strongly and confidently, and have not succeeded have gained more than those who fear the attempt.

What has occurred in the past, well, has occurred. It is over. However, when you bring it into today, you make it an active part of your life, tarnishing and overshadowing all other efforts. Let it rest in peace. Allow that today you are not the same person you were yesterday; that you do not have the same baggage for you have left it behind; that you are whole, new, and ready to step forward based on choices you are making to create the world you most desire.

Say proudly that you have created a wonderful life for yourself, past baggage and all. In doing so, you’ll continue to create a better world. If you don’t, you’ll forever be stuck - where you least want to be.

It’s a choice. And yes, it’s that simple.

Check out my website at www.Imagine-Nation.biz

Visit it often to see what’s new and feel free to share your thoughts on the look! Ask a question and it might appear in the next issue of “Imagine Nation Today!”

Coming In September: Another Insightful Newsletter!

You’ll have to wait and see!

Taking Care Of Business

Ready to Hit the Road? Start Here!

Looking To Travel Alone?

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 (note underscore between words). Let's schedule the start of your dream realization journey now. Isn't it time to invest in you?

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 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.

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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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