



# Imagine Nation® Today!

## Volume 5

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?

### **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!

The month of May is an extraordinary time of the year! Although it is only five months into the calendar, it heralds the end. The end of the school year when children spend their days learning, the end of spring with its array

of blossoms, and, here in Arizona, the end of any possibility of cool weather for several months!

Is that looking at the month as only half empty?

Well, then, May is also the beginning. It is the beginning of a new chapter as children are promoted to the next grade and graduates enter the world of adults. It is the beginning of summer, of fun and laughter and playing in the pool. It is the beginning of the family vacation to Disneyland, Grandma's House, or Uncle Chris' ranch.

May might be the end of a season, but it can be the beginning, as well. It can be the first step on your journey to dream realization.

I was given an opportunity recently to realize one of my dreams. I just finished my "Power with Purpose" program with the Mohave County Department of Public Health's Tobacco Use Prevention Program. I conducted 40 presentations to over 2,500 children in grades four through eleven in twelve days! What a fun and educational experience - for me! Never underestimate the insights of a ten year old!

Additionally, I'm currently presenting an ongoing program to girls at Florence Crittenton Services of Arizona. This is another opportunity to help our youth understand the power of words, choices, and goals.

Sometimes adults need to be reminded of these powers. I have an upcoming workshop at the Fresh Start Women's Foundation in Phoenix (May 31, 6:30pm). Check the calendar on my website at [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz) or at the Fresh Start website at [www.WeHelpWomen.com](http://www.WeHelpWomen.com).

## **I'm at your service!**

Just a reminder: I'm here for you. I enjoy my speaking engagements and hope that they help others, in a general sense, to seek out their dreams. However, if you are ready to take that first step, to turn today into a new beginning, then call me at

(480) 940-4562 and let's schedule an appointment. Isn't it time to turn your dreams into reality, now?

Don't forget, for a limited time I've a special deal just for those of you who receive this newsletter. I've reduced the fee for my one-to-one client sessions from \$90.00 to just \$75.00! If you can work with me to find the right scheduling fit, I will work with you on achieving your dream!

And, if you are looking for a way to make some extra income, look to the "job posting". You may just find exactly what you (and I!) are looking for!

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

## **Taking That First Step**

## 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!

Okay! It’s the final weeks of spring; summer is ahead of you, what are you going to do? Sit back and let this new beginning pass you by? Or is it time to start taking action? In fact, some of you may have started taking action back in January, or February, when the New Year’s resolution-hype was big.

However, now you’re finding yourself slowing down and your dream is creeping its way to the back burner of your imagination. Hey! You should have called me so I could have helped you stay on track. It’s not too late. Give me a call now!

**Here’s  
Your  
New  
Moment!**

It really isn’t too late. Whether you started on your dream months ago, or are ready to begin one now, here’s a tip to remember so you can finally take that first step.

**They are all first steps!**

Every moment offers a new beginning.

Think about it. Right now, you are presented with a fresh start, a new beginning, a chance to redo, start over, or begin again! How cool is that! This means if you started your goal months ago and it’s been mislaid along the way, that’s okay. Here’s your new moment. Start again!

And if you’re thinking, “Gee, why didn’t I start that diet before swimsuit season!” or something along those lines, well, “Heeere’s your new moment. Start now!”

Every moment offers a new beginning. And, I really like this one: EVERY FORWARD STEP IS A NEW EXPERIENCE. You just need to take one step forward. Doesn’t have to be a huge step, and I sure didn’t say taking a flying leap! One step, small or ever smaller, and you are on your journey to realization!

Dream realization is a journey of first steps. Each moment offers you an opportunity to take one. And if you didn’t take advantage of the opportunity just presented, guess what, “here’s your new moment. Start now!”

## ➤ Words To Realize By:

*“We do not know as much as we think we do although we tend to believe otherwise.”*

When I speak to kids in my “Power With Purpose” program, I always stress these three words: think, believe, and know. These words are not interchangeable. They are not synonymous with each other to be used randomly in all situations. We truly know few things. We choose to believe more. And, we think less than we should!

The power of words. Try using these three simple words more carefully, with more awareness, and with more *accuracy* and you might be surprised at the outcome of your conversations. More, you might be surprised at your reactions to the “thoughts” of others. Unfortunately, we sometimes “believe” what others say about us and forget what we “know” about ourselves. Such thought processes can be very dream destructive. Trust what you know, and choose to believe, better!

What others say to you is a projection of their thoughts, their feelings, and their issues onto you.

You choose to accept them or not. However, if you rely on what you “know” about yourself, and you “believe” in yourself, it won’t matter what they “think”. When it comes to your dream, believing is the first step to knowing it can happen.

Use the power of your words. They will enable you to turn your dreams into reality.

## ➤ Read, Listen, Or See:

Jonathan Livingston Seagull by Richard Bach

This is my favorite gift to give to high school graduates. Written back in the 70’s, it still has an interesting and thought-provoking message. If you’ve never read it, pick it up and read it today. You easily can, as it’s less than 100 pages if you don’t count the photographs. If you’ve read it before, read it again. You’ll take away something new. Perfect for the new season as it’s a great summer read.

## ➤ Time To Share:

*“What is it you do exactly?”* Naomi/Phoenix, AZ

As a goal strategist, I help others seek and achieve their dreams. Although, this is what I tell people, they usually need more explanation.

First, let me tell you what I’m not. I’m not a life coach. I do not work with clients on abstract issues, for an undefined amount of time, on undefined outcomes. Additionally, as you know, I do not work with clients on mental health issues (nor should a life coach).

As my client, you and I work on a defined goal, with a concise outcome that will be reached within a specific amount of time: usually within 12 to 14 sessions. You don’t have to know what your dream is or have a defined goal in mind to start. Within our 12 sessions, you will discover and clarify what has been held within your imagination for sometime.

As your goal strategist, I give you tools that enable you to make the journey more smoothly and guidance, insight, and input to maintain that journey more consistently. Additionally, as your strategist and mentor, I hold you accountable to your choices, and support and encourage you to constantly take action to realize your dream.

In a world where there are so many demands on our time, such high stress levels, and little opportunity to take care of ourselves, there is one way to help make all the pieces of our life fall more smoothly into place: by seeking our dreams. When we do so, we find that we are more alive, more joyful, and more passionate about our lives. Additionally, in achieving our goals, we show others that they can do the same.

Start your journey to dream realization today by giving me a call at (480) 940-4562. Everyone can use a little Imagine Nation!

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)!

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 July: Tips To Take Action Now!

The lazy days of summer can make our dream a little hazy. Learn how to take action consistently to ensure your goal isn't just a mirage!

## 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](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. 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](http://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!*

Nancy Nordstrom

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