



# Imagine Nation® Today!

## Volume 11

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.

Maybe because May is the month of appreciation for women (Admin Day, Mother's Day), I've realized that there is much to which I should give thanks. One is realizing that being self-employed has its benefits, such as playing solitaire in my pj's while sitting in my hammock on my back patio. With my gardenia and jasmine blooming, where else could I be this morning? Yes, sitting here, checking emails, jotting down manuscript notes, and writing this newsletter makes me more appreciative of my wonderful life.

And speaking of wonderful, here's a wonderful opportunity just for those of you who receive my newsletters. Previously, I've mentioned my completed manuscript, Ah, The

### **Calendar Update:**

I've been procrastinating. This is my excuse as to why the calendar on my website has not been updated.

Although I have limited time, 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. Please call them for more information and directions at (602) 261-7143 or visit [www.WeHelpWomen.com](http://www.WeHelpWomen.com). All four events take place on a Wednesday and start at 6:30 pm:

- The Ideal Woman: May 16 and July 18, 2007
- Empowering Your Thinking: June 20 and August 22, 2007

Visit my website for an overview of these two insightful seminars: [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz).

Tick! Discovery of An Authentic Life. It is a fun, quick read that will enlighten and entertain and remind you of the value of your life. If you are interested in receiving a copy of this original manuscript, click on the "other services" button on my website 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 \$12.50 (plus \$5.50 shipping and handling) and is a great way to encourage your teen to follow his/her dreams.

Originally this month's newsletter was to be about working with difficult people. I've changed my mind. Instead you'll find out why our *approach* at work and at home can,

pretense of being more efficient, in turn making us less grateful for the life we are living. I hope you take this opportunity to discover how a talent you may be exhibiting is inhibiting you from living the life you deserve!

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

## Multitasking

The bane of society is a talent many of us brag about to potential employers. The result: poor performance, stress, and high blood pressure.

It used to be that we spoke of “doing things well”, “giving excellent service”, and “having high standards”. We ended each day with a sense of a job well done due to the dedication we gave it.

Today, much is expected of us all. With pda’s, cell phones, internet, and portable entertainment, more is expected to be done in a shorter amount of time; bringing with it the creation of multitasking.

What makes the conception of multitasking so destructive is that not only has it invaded the corporate world, but it has insinuated itself into the home and school. We don’t just expect adults to multitask effectively; we expect the same of our children. Why do we do this? Because the busier we can make our lives appear, the more important we will feel our lives are.

*Just being alive makes you important.*

*Being proactive and productive in your life makes you effectively important.*

Just being alive makes you important. Being proactive and productive in your life makes you effectively important.

If you give the best of yourself to a task that is all anyone can ask. You cannot give the best of yourself to a multitude of tasks. It is interesting to watch the faces of those who hear me say this. Their first response, possibly the same with you, is a defiant, “yes, I can! I can easily do more than one thing at a time and do it well.”

No you can’t. Ask the person standing there waiting to talk with you while you are text-messaging a client as you look in your out box for a report your boss needs. Ask the boss who is sitting in her office waiting to get that report or the client who is trying to understand your jumbled, acronymatic, text message. (Yes, I just created a new word: acronymatic, the language of acronyms!)

Ask the police officer at the accident scene.

Ask your children when you have fed them burned oatmeal because you are talking to a friend on the phone while filling your dog’s food bowl. Ask the friend who has repeated the same sentence three

times but you can’t hear it because you are crunching on some odd tasting cereal (could it possibly be Purina Dog Chow?).

**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!

Ask your significant other.

You cannot give your best if you are doing more than one thing. Something must suffer from less than your best. In the world of customer service, it is the lowering of standards. We no longer expect excellent service; we don’t even expect good service. We expect adequate service and never think to complain - we are too busy talking

on our cell phones to speak up.

Multitasking has created an adequate society. My question is, when did adequate become good enough?

### Single task

Maybe you don't feel that this is a problem. Maybe you believe you are excellent at multitasking. You don't get stressed when deadlines loom. You don't wring your hands in concern that your efforts might not be good enough (you don't feel excellence is something to attain). You never forget what got done and what didn't. You don't rely on others to remind you of where you need to be or what you need to still do. You feel others will benefit from hearing your cell phone conversations when you are in a restaurant or check out line, and believe you are an expert at text messaging while driving or speaking with others. You aren't constantly "complaining" that you are so busy and have so much to do in an effort to get others to help bail you out. If you believe multitasking is working for you - you need to be paying more attention to the reactions of others *to* you!

No matter how good at multitasking you think you are - you are not. And in continuing to multitask you are creating not only a stressful situation for yourself, but for others as well. You are creating unhealthy habits that will lead to high blood pressure and more. Multitasking does not serve you well. It's that simple.

If you still don't agree with me, put down the phone, turn off the radio/tv, close your office door and read this again. You might understand better when your attention is on what you are reading.

Life *is* short. There *is* much to see and do. It should not be filled with inadequacies and settling for less. But if you are constantly giving less, less is what you get in return. You do not have to agree with me. I do not have to be right on this. Then again, no one needs to know that you have realized that the price for multitasking is too high and not worthy of you. No one needs to know that you have decided to start doing your best and start giving full attention to what is at hand, rather than what can all be done in a moment.

Here's an experiment to try - you will need some sort of an alarm to tell you when your time is up. On day one, take one hour and multitask as you usually do. Set the alarm first then begin multitasking. If you try to set the alarm while multitasking you are bound to forget or set it incorrectly. Now, take on

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](http://www.Imagine-Nation.biz) to get your copy.

four activities and multitask during this hour. For example return phone calls while reading emails in between filing and checking your cell for messages (that obviously need to be returned right then). At the end of the hour - stop. The alarm should have sounded, if you remembered to set it. Take just a moment and consider how you feel and how much got done. That's all you need to do.

On day two, set the alarm again but this time, for just 15 minutes. Now do the same four things you did the day before but do only one task at a time for 15 minutes each. For example, for the first 15 minutes return phone calls. When the alarm sounds, set it again for another 15 minutes and use the time to review your emails. When the alarm sounds, set it for 15 minutes and do some filing. When this alarm rings, set it for the last 15 minutes and read and return text messages.

Now take a moment and consider who you feel and how much got done. Chances are that at the end of the hour on the second day you not only felt more relaxed, you also felt better about your performance on each task. Additionally, more probably got done.

In the end, on the second day, you were less stressed and knew you had done your best.

Remember, your time is not more valuable, you are not more important, and you do not have more to do than the rest of us. The difference, those who single task get more done, have more time, and get to do more things - and we are enjoying more from life because of it.

### ➤ Words To Realize By:

*"To time travel, you need to leave some baggage behind. Nothing too big - just your ego." Fred Alan Wolf, from [The Yoga of Time Travel](#)*

Multitasking was created so that we could make the most of our time which in turn created the 25 hour day and the eight day week. We felt important to say yes, when we should have said not now. We felt needed when we accepted rather than deferred.

With multitasking we rush home from working late at the office to grab our children and run them to piano lessons so they can hopefully finish early enough to get to soccer practice which will end just in time for us to get home and fax the revised proposal to the client while we thaw out some chicken nuggets and frozen peas. Take a breath, please! There is a better way, a more relaxed, enjoyable, this-is-worth-it way. Although Dr. Wolf's quote isn't exactly apropos, I just happen to really like it, sometimes we feel like we need to jump ahead in time in the hopes that all will have gotten done and we'll see that we survived.

Well, it's not about surviving, it's about living. Living now, in the moment so that tomorrow is worth waking up to. Stop the madness, just say no to multitasking!

### ➤ Read, Listen, Or See:

[The Yoga of Time Travel](#), Fred Alan Wolf, Ph.D.

Since I mentioned it above, I thought I would recommend it now. It has nothing to do with multitasking but it does have to do with our perception of time restraints. Can't say I fully understood it, but he is a fascinating person and a witty writer. Heavy summer reading but will add interest to any barbeque conversation you may partake in over the next few months!

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 love my job and I love my family. The truth is, however, that I enjoy being at work more than I do at home. What can I do to change this?" Bullhead City, AZ*

This response may not apply to everyone, but then again, not everyone can say they love their jobs!

Feeling a preference for a job or career over family can create guilt and dissatisfaction. Frustration from these emotions then gets directed back to the family - a vicious and tiring cycle. This cycle is not a reflection of your "true" feelings, or a statement that your personal life lacks perfection. Likely it is more about control, than heart.

Here is where it may not apply to everyone, at least not at first thought. A job is a choice. You are choosing to go to work; you are choosing the work you go to. You can change it at any time simply by quitting. Now you chose your spouse, your house, and the life you have there. Technically, you can change it simply by quitting as well. But we all know it is not the same thing. Work is a choice, home, well, home is an obligation.

Some may argue that they have no choice but to work. You had no choice but to take the job you have and there is no choice about staying or quitting. You always have a choice. You chose to take this job; you choose to stay with it. Your family may need you to work, but where and how you work is up to you. If you aren't happy, change your attitude and the job will change. That is all I will say on this as it is not the topic of this section; however, if you have questions or input on this, feel free to contact me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com).

Back to the question at hand. Job is a choice, home is an obligation. At some point, that is how you have designated it. Additionally, at work you are treated differently. Probably more courteously, more appreciatively. And your efforts are admired along with your brains and talents. These are all taken for granted at home. You should just *know* you are appreciated, courtesy is random, and if you don't know whether the universe moves along at a rate of extrema or maxima how brainy can you be? And how many times have you burned supper?

You can begin to see how the chasm was created. Here's the thing, however. Although your job is wonderful and you are well appreciated, it isn't reality. Hmmm, might have to ponder on that a moment. Consider: you are probably just as courteous, appreciative, and admiring to your fellow peers as they are to you. Are you at home? Probably not. At home the real you relaxes, you let down, and probably show a bit of poor décor. You are more *you* and that is where reality exists in its purest form - at home.

The fix: change the way you are looking at both. Your job is a choice, it is also an obligation. Your home life is an obligation, but it is also a choice. They each serve a purpose and each fills a need. If you change the way you are looking at them, they will change accordingly. Remove the "have to" phrase from your home life: you have to go home, you have to shop, you have to fix dinner, etc. You have people in your job who like and admire you. You have people at home who admire and love you.

Sometimes, it is in being grateful for what you least appreciate, that enables you to remember how much you have to be grateful for.

Check out my website at [www.Imagine-Nation.biz](http://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 July: Defeating Difficult People!

Most of us would prefer a more positive workplace and fewer difficult people to deal with. The interesting thing to note, however, is that many times it's the difficult people who are doing all the complaining! Learn how to turn it around in July!

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.

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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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