



# Imagine Nation® Today!

## Volume 8

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.

Are you ready, for we are quickly rushing into a season of thanks and giving and new resolves. Before we know it, the New Year will age, and haunt us with memories of those absolute resolutions that never stood a chance come dawn. Such is the ending of one year and the beginning of another, this opportunity to appreciate and be appreciated, to dream and to wonder at realization and then to return to the very ordinary days that we committed to changing when the midnight toast was sworn.

Yes, time has become a convenience for keeping dreams at bay while we assume the more grown up role of striving for another's definition of success. Resolutions have simply become automatic repetitions and dreams are the stuff of a child's imagination.

And while I was giving thought to such deep and cynically-philosophical matters recently, "Imagine Nation Today!" slipped inconspicuously into its second year with no rightful fanfare. I don't know why I was remiss on the celebratory salute, I'm rather proud of having stayed consistent with this bi-monthly e-publication. It is a milestone to be celebrated at a time when celebrating is at its most well-rehearsed.

For this reason, and for a limited time, I make the following offers to you and yours:

First, 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!

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) to download your copy or to order one to be shipped to a family member or friend before the holiday postal rush.

Next, and just for kicks (as well as for a limited time), I have written a fiction

### **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!

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.

Time has no limits, no matter how hard we try to set such boundaries on it. It will continue to pass while you continue to ponder whether your dream is worthy of your attempts to realize it. Yet, during this time of consideration, you could have progressed on your goal realization journey by taking just one step forward. The time is now... really, what are you waiting for?

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

## Season of...

The hustle and bustle of the season is upon us, has been since August when we jumped from “Back to School” sales to “Year-end” clearance prices in one hazy hurdle. I am sure that some handy, crafty person has already found a way to decorate her yard with Halloween characters that switch to Santa’s helpers just by changing a few light bulbs!

The point is: we tend to rush through the season with no coherent thought as to why it is upon us in the first place. I’m not here to give you the history or religion lessons that may apply. I am hoping, however, to help you stop, breathe, and appreciate the value of what is happening all around you.

## The Spirits of Thanksgiving, Peace, and Joy

It seems to me the entire holiday season is much like Thanksgiving dinner: it takes considerable time, energy, and diligence to make, is over within a few minutes, and then takes more time, energy, and diligence to clean up. In the end, there are more memories of standing in a kitchen accompanied by dirty dishes than sitting around the table enjoying the company of loved ones.

You can consider a better attitude or you can act a better attitude - one is more productive than the other. This year, do something different. Approach the holidays with a positive perspective and see if the true spirit of the season doesn’t shine brighter. Here are some simple insights to help create a more thankful and generous outlook:

- *It is not the cost of the gift but the insight you show in selecting it that make’s it priceless.* Adults should know this, but many need reminding. Children should learn this so that the true meaning of the holidays can be appreciated.
- *Time spent with family and friends is more important than time spent cleaning.* Once everyone has arrived, who’s going to notice what got dusted and what didn’t?

The spirit of the season is felt by a heart that is open, heard in a laugh that is unguarded, and seen through eyes warmed with imagination!

- ☞ *Photographs are more interesting when you are in them and your face can be seen.* Who has ever enjoyed reminiscing over pictures of a hand, the back of a head, or the shoulder of someone who has turned away from the click-crazy photographer?
- ☞ *Find the extraordinary in the ordinary to make lasting memories.* Your child's laughter, your mother's smile, your dog's adoration can turn each day into a holiday.
- ☞ *There are enough hours in the day if you prioritize, delegate, and let go.* Others may not do it as well as you, but they can do it well enough.
- ☞ *Definition is the key to happiness because happiness is how you choose to define it.* Create a season that is in touch with your values rather than creating one that competes with the materialistic standards defined by your siblings, neighbors, or work associates.
- ☞ *And last, kids don't need everything they want, but they want that which they need most: your time, love, and sense of humor.*

This is a time for being thankful - count your blessings, you have more than you might first imagine. It is a time of giving - from the heart, it was never about the pocketbook. And it is a time to remember the good moments of the past and to make new memories for the future. It is only when we lose sight of these three that the holidays become a chore rather than a celebration.

And when remembering the reason for the season just isn't pulling you out of the debt-inducing crunch you have created for yourself, take a moment and **conscientiously breathe**. The holidays will come and they will go whether you are completely prepared for them or not. In the end, it will all work out just fine, unless you deem it otherwise. Go with the flow so you can move into the New Year with an attitude of gratitude and a heart filled with hope. Breathe, observe, and participate. You are not a bystander in the grand scheme of the holidays or of your life. Be apart of the joy by participating in its creation! Really, which would you rather your guests remembered more: your overly decorated house or your warm and loving spirit?

### ➤ Words To Realize By:

*"Memories... light the corners of my mind" (am I aging myself here?) - Barbra Streisand song*

This time of year is known for many things but most remarkably for the memories that it creates. Our ability to recall smells, sounds, and feelings from holidays past is amazing. Make this year one to remember with joy by filling it with love and laughter. It is not the stress-filled moments of scrounging through your checkbook for extra money, grumbling in a slow checkout line, or fighting over a trendy toy that makes this the season of renown that is celebrated around the world. You'll be making memories that will last a lifetime - how do you want to remember this holiday season?

### ➤ Read, Listen, Or See:

[It's a Wonderful Life](#)

Make watching this classic a holiday tradition. As one year of your life ends and another begins, be reminded

of the many blessings that make up your world. They are there, although, during these stress-filled days they are not so easily recalled. Watch, remember, and rejoice.

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 hate making New Year's resolutions. Any ideas of a resolution I can actually keep?"* Annie/Chandler, AZ  
I'm with you. I don't like making resolutions of any kind, new year or not! Few people actually follow through on these self-made promises for more than a month or two so it seems disastrous to try. My recommendation: toast the New Year with those you love and commit to the one thing that can truly change you and your world. Commit to being the best person you can be from this day forward.

This may seem like a tall order, but in actuality, it's pretty simple. There are some days that your best will be remarkable. There are other days when it will be barely passable. When you are feeling healthy and positive, your best will reflect more energy. When you are feeling frustrated or ill, your best will be sluggish and less productive. It doesn't matter, as long as you do the best you can. In doing so, you will get more from each day, take more from each day, and create more with each day.

Keep this up for any period of time and you'll quickly realize: your best is more than good enough to create a better you, to create a better life, and to create a better world around you!

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 January: Moving Forward!

It's the season of rebirth. Learn how to move forward into a life of choice.

### 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.

#### 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

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?

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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