



Imagine Nation *Today!*

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Haven't heard me speak, yet? Then [click here](#) to visit [createaway.com](#) and have a listen to some of my insights.

It's a season of change - and change has been applied to this newsletter.

Do you like the new PRINTABLE format?

I'd love to hear your thoughts. Email me at Nancy@Imagine-Nation.biz.

Nancy's Perspective

Summer is slowly drifting away, the school year is finally underway, and temperatures are giving reluctant sway to cooler weather. This is the best time of year – in my perspective. It is a time of renewal.

It may seem odd to consider fall as the season of rebirth, a thought usually reserved for spring. Yet what can truly begin anew without an end coming first? Spring can only bloom fresh and abundant if fall successfully cleans house.

This is where I find myself. Energy grown stagnant from lack of use (it's too hot to do much) is recharging. I'm clearing out cupboards, drawers, closets: those gathering places of ancient sheets, unfamiliar cooking utilizes, and left over assembly hardware. I'm striving to be more "Martha Stewart": creating a fresh, stream-lined environment. I'm finding tranquility in organization and Zen in storage containers.

Okay, I'm usually more like Rosie than Martha. Until now. You should see how nice my linen closet looks!

The thing about my sudden obsession with this clutter purging movement, however, is that it makes me realize how much we clutter every aspect of our lives. We worry about work at home; we worry about home at work. Our minds are jumbled with daily to-do's and we fill our calendars with an overwhelming number of thought-consuming commitments. And all the while we take our baggage from the past, and carry it with us into the present.

It's time to streamline, not only our closets, but other aspects of our lives as well. I hope you take this season of cooling weather and cozy weekends to do a little cleaning – inside and out!

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

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Nancy Nordstrom.

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Imagine Nation today!

Leaving the Baggage Behind

The thing about purging the clutter is that you find yourself constantly asking: “Why have I been holding on to this for so long?”

As I was cleaning out my linen closet I found Winnie-the-Pooh sheets from my son’s toddler bed; he’s almost 10! I had plastic shower curtains that were glued together into one giant mass. There were seat cushions that fit a bench that had long left my house. Why was I holding on to

these? Because one day, maybe, I might find a use for them. I will admit, I hesitated on the plastic shower curtains – I could use them for art projects or to cover outdoor furniture. Then I realized it was pure exercise (another use!) just trying to pull them apart. I finally threw them away.

We do the same thing with our issues – we hold on to them long after we should. Some are so old we can’t remember the details that created the distress originally.

To move forward, toward a brighter tomorrow, toward your desired dream, you must let go of the baggage of the past. It’s time to move unencumbered toward the future.

Here are a few basic ideas to help you begin the process of letting go so you can move forward more freely. Consider: there’s a reason there are so many suitcases left unclaimed!

Let it Go

The issues we choose to carry with us are detrimental to the realization of our goals. This must be recognized, as little is gained from a negative attitude.

Acknowledge that holding on to old frustrations serves no purpose. This will help to devalue many of those issues, making them less important to you.

1. Acknowledge that holding on to the past is holding you back.

With this acknowledgement the process of letting go begins. This is tough. It is an odd comfort to be miserable, and we hold on to that misery firmly. It’s habit. We must change the habit and replace it with something more positive.

Here’s something to try: forgive or forget that lingering issue just for a moment (I’m not suggesting a lifetime commitment; just a few minutes). Now take a deep breath and repeat: “this has no value in my life; I am worthy of better.” Say this repeatedly, taking a slow and deep breath each time. Then relax, smile and – pay attention – take a moment to consider how you feel now, in this new moment.

2. Acknowledge that letting go feels better than holding on.

Again, acknowledgement is the key. Be aware of your thoughts and actions. In doing so you will find that you agree that holding on isn’t working and letting go feels good. But there is more, one more acknowledgement you must make. In it you must own that the choices you have made have brought you to where you are today, and that you are actively choosing to be here.

3. Acknowledge that all of your choices have created this wonderful life – and it is wonderful.

In owning your choices you realize that you control your future, you choose the paths you take, and those you walk away from. Put the baggage you bring into today into perspective by removing its value and letting it go. Realize that the choices you have made have brought you here now, which is a pretty good place to be. There really is no need to carry that baggage around any longer.

Yes, when we purge we begin to ask ourselves, “Why have I held on so long?” But in the asking, we can finally let go.



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[Find out](#) where Nancy is speaking next.

[Purchase](#) and download goal realization tools, plus a copy of Nancy’s suggested reading list.

[Prepay](#) online if you are a coaching client (scroll to “other services”).

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Words to Realize By:

“...if I see you on the street and say, ‘Hey, you are so stupid,’ without knowing you, it’s not about you, it’s about me... You take it personally because you agree with whatever is said.” Don Miguel Ruiz, [The Four Agreements](#)

It is unfortunate that our beliefs about ourselves tend to be created, and then are fed, by others. This deformed view creates the issues that we carry into today: the tactless comment from a friend, the thoughtless remark by a teacher, the hurtful accusation of a parent. At some point we decided they were right. We agreed with what was said and made it a part of who we are now.

The thing to remember about this warped luggage that we drag about with us is that what others say, think, or feel are simply their perceptions, their opinions. It does not make it fact; it does not make it reality – unless we allow it to be made reality. This means that if I wake up tomorrow and decide that my misperceptions are no longer acceptable, I can change them. I can, even right now, decide to lose the baggage and start fresh, with an outlook more productive to what I want from my life.

Choose to bring the baggage with you or choose to leave it behind. It all comes down to whose perception of reality you want to live up to: your’s or someone else’s.

Read, Listen, or See:

[The Four Agreements](#) by Don Miguel Ruiz

I was a bit surprised to discover that I had not recommended this book in the two years that this newsletter has been in print. However, as I recommend it at practically every speaking event and to every client, it may not be that surprising.

Read the inside of the front cover and you’ll see why this book is a must: simple, to the point, with a basic explanation of how to be our best. I suggest you buy it (rather than borrow it from the library) so you can read it with a highlighter. His wording can be repetitious and then, suddenly, another brilliant insight. I’ve found that scanning and highlighting helps with understanding as well as it allows me to go back at anytime and refresh my approach by reading the highlighted portions regularly.

Time to Share:

This edition of “Imagine Nation *Today!*” is arriving just after the anniversary of a tragic event from six years ago. The timing wasn’t intentional and has nothing to do with such events. As best intentions can still dismay, I’d like to clarify what “baggage” addresses.

Baggage is generated by life frustrations such as growing up heavy, being a member of a dysfunctional family, carrying heartache from a ruined relationship, or dealing with a tactless individual. An odd, hurtful situation from the past can affect the choices that we make today. These are the types of issues this edition is addressing.

However, some issues go beyond “normal” and create long lasting emotional/mental harm. I do not address such issues. There are licensed professionals who can heal and should be seen so that help can be received. I wish you much strength and courage if you find you are ready to move beyond such a past.

For the rest of us: the old cliché of “just let go” still rings true. Leave the past where it belongs so you can move into now relaxed and ready to create the life of your dreams. Once you have let go, moving ahead becomes much easier.

AVAILABLE FOR DOWNLOAD!

“The Quickstep Guide”

A synopsis of the method used with clients.

“The Power Project”

A teen version of the Quickstep Guide.

“Ah, The Tick”

A fun, fiction manuscript that gives wonderful life lessons; for both adults and youth.

[Click here](#) to purchase and download your copy today.



If you have a question or a specific area of interest you would like to share, feel free to send an email to

info@Imagine-Nation.biz or you can just [click here](#) and scroll to the bottom of the page. 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.

Visit www.Imagine-Nation.biz Today!

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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 you can email: info@Imagine-Nation.biz. Schedule the start of your dream realization journey now. Isn't it time to invest in you?

Not interested in receiving my emails? To be removed from this mailing, just email: info@Imagine-Nation.biz 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.



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. It is now [available to download so you can have your copy today!](#) It's a cost-effective way to jumpstart your journey to dream realization, and it makes a wonderful gift for fellow dreamers!

To purchase the guide visit www.Imagine-Nation.biz and click on the Services link today. You can download your copy immediately and begin your journey to the realization of your dreams now!

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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 mental-health professional, I will not take on inner demons best treated by trained counselors; nor should any other “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!