



Imagine Nation® Today!

Volume 1

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.

Dream Realized!

I've been asked to share insights and tips, to help others realize their dreams, in addition to doing so as a coach and speaker. As a goal strategist and writer, I felt this was right up my alley, however, time seemed prohibitive for such an endeavor.

Most of you are receiving this because you have been a client of mine, attended a class or workshop that I presented, or were part of an audience where I was the keynote speaker. Because of our time together, you know my number one key belief: *anything is possible*. Eventually, it appeared, creating a bi-monthly piece was, indeed, doable!

Another dream realized!

This newsletter will contain useful information on identifying, defining, and achieving your dreams. Although it won't replace partnering with me as your goal strategist, it will help you see the possibilities that surround you, enabling you to make your dreams a priority. It is not meant as an intrusion to your inbox or your life, but rather, an avenue to add positive insights on your journey to dream realization.

I dedicate this to you in the hopes that you will always ... keep your dreams alive!

As I speaker I have spoken at various valley libraries, Phoenix College, MOM's and mothers groups, and at businesses, churches, and organizations, both to adults and teens. Additionally, I have a youth workshop for 3rd to 6th graders. Keep me in mind the next time you are looking for a speaker for one of your events.

What To Expect

Each issue of *Imagine Nation Today!* will contain:

- an article or two that will be immediately applicable to your life and your dream. Emphasis will be on going for the goal, creating a pro-active approach, maintaining the motivation, etc.
- "**My Words to Realize By**" will share inspirational thoughts or precepts from the Imagine Nation® Method of Dream Realization.
- "**Read, Listen, or See**" is where you will find a recommendation of a book, a song, or a movie that I or others believe will inspire you to risk going for your goals.

- "Time to Share" is your opportunity to share thoughts, concerns, and questions which, when possible, will be included in upcoming issues, along with my responses and solutions.
- Additionally, specials, books, or products that I feel will help serve you on your journey to realizing your dreams will be included.
- If you're looking to learn more about me, my approach, and the services that I have to offer check out my website at: www.Imagine-Nation.biz.

The idea is to make this a quick reference to get you moving in the direction of dream realization. Give it a read and let's get you moving on achieving your goals!

When "What If?" Becomes "Why Not?"

Believing in the potential of a dream can be the hardest part of beginning the journey of realization. Time, money, commitments, and responsibilities can play havoc with our ability to see the promise in our ideas.

What if your dream *can* be a reality? What if you can find the time and money and still be responsible while you pursued it? What if you can find solutions to remove those perceived roadblocks that *you feel* are keeping you from moving forward? Would you start pursuing it then?

"The What If" Quotient

What if your dream *is* possible? If you are willing to consider the possibility, you will actually begin looking for reasons that prove your dream had potential. Consider it now. You already have a list of excuses as to why you shouldn't pursue your dream: the time constraints, the commitments you have, those responsibilities to others.

Now ask yourself "what if I *can* turn this dream into a reality?" In asking this simple question, possibilities will begin to present themselves to you because you are now open to seeing them. Anything *is* possible. Your fears, however, and your self-created roadblocks, just aren't letting you see it. When you turn your attitude into one that recognizes the "possibility", you'll also recognize that the promise of your dream is there, just waiting for you to realize it.

Start asking, "What if?" For when you do, you'll soon be saying, "Why not? Let's get started!"

- **My Words To Realize By:** *"Can't isn't a measure of ability,
it's a measure of desire."*

"Can't" is a negative string that we attach to our dreams. When you smash head first into a dream-halting roadblock, it's natural to want to have your can't-party. You feel as if you can't deal with the situation in which you have found yourself; that your dream just wasn't meant to "be". The fact is you *don't want* to deal with it. You are choosing to let the dream go rather than expend the energy to remove the obstacle.

Once you have partied to the can't-can't beat, remind yourself that you *can*. Your dream is of value and you deserve to achieve it. You can do this. To move to that more positive approach take a moment and be still, inhale deeply and slowly, and repeat as you exhale, "I *can* do this, I *can* do this!" Maybe you don't want to, maybe you don't know how to, but you *can* overcome and begin to

move on. That is when possibilities will begin to present themselves and solutions will be found. So “can’t” away until “can” can play! (Sorry, I couldn’t help myself!)

- **Read, Listen, Or See:** Read The Alchemist by Paulo Coelho.
A quick read this is the story of a boy in pursuit of a dream. Along the way, he has obstacles he must overcome and omens he must understand. Just as we have roadblocks that slow our journey, the boy learns to let go of his uncertainties and follow his heart.
- **Time to Share:** *"I don't feel complete in my current situation, I want more but I don't know what. What do I do to find it?"*

Many of us have felt this way (and may still). It isn't that our lives aren't satisfying. In fact, they may seem very full. However, there may be other aspects we desire that are missing, which is why we end up asking ourselves, "Now what?"

There are a number of ways to discover the "what now" answer. I'll share one here. **Let go.** We hold on to so much that is unnecessary that we don't realize how it's affecting our lives. Maybe your expectations on achieving a recent dream were different than the actual outcome. You may be holding on to the expectation and feeling less fulfilled because of it. On the other hand, if you recently attempted achieving a goal and it didn't work out, you may be feeling fearful of risking another dream journey. Let go. *You* define success. Make that definition one that appreciates the journey, regardless of the outcome.

The "letting go" technique also works if you feel the life you are leading belongs to someone else. If you are trying to be the perfect child, friend, employee, spouse, parent by living up to someone else's expectations, discovering that "something" that keeps tugging on your imagination can be tough. Letting go of not only your own expectations, but those that others have of you as well, will enable you to start listening more to your own needs, allowing you to move toward the accomplishment of your own dreams.

So how do you "let go"? You *choose* to do so. You turn off the negative self-dialogue that beats you up for not achieving bigger, better, or more. Catch yourself every time you restart the tape or give more power to the negative words of others. Move your thoughts to something more positive, more empowering. It takes practice so you may need to do it a lot at first. As each day goes by, however, you'll soon find that not only are you letting go of a self-defeating behavior, you are letting in possibilities that will move you in the direction you truly want to move.

If you have a question or specific area of interest you'd like to share with me, 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.

Check out my website at www.Imgine-Nation.biz!

Next Issue: The Power of Choice!

Taking Care of Business

Ready to Hit The Road? Here's Where to Start!

The Imagine Nation® Method of Dream Realization is the most effective means to utilize 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. Whether we meet 1:1, as part of a Dream Catcher group (3 to 5 people pursuing individual dreams), or via the Internet, you will find my rates budget-friendly. As a client, you will receive a comprehensive handbook that details my method, allowing you to keep your dream alive between sessions and throughout your journey.

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!

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 comprehensive synopsis of the method that is used with my clients. Although it won't replace having a goal strategist as your partner, it does highlight the tips and insights needed to help you identify and achieve desired outcomes, great for the independent traveler. It includes 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 dream chasers! 🎁

Purchasing Information - If you are interested in purchasing [The Imagine Nation Quickstep Guide to Realizing Your Dreams](#) send a check or money order for \$19.80 per book (includes shipping). Checks, made payable to Imagine Nation, should be mailed to: 500 N. Roosevelt Avenue, #133, Chandler, AZ 85226. Specify the number of guides you are ordering (remember that great gift idea!), the "send to" address for each book, and your daytime phone number and email address. Guides will be mailed, upon receipt of check, by priority mail.

Not Interested in Receiving My Emails?

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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 and certified counselors; nor should any other goal strategist or life/personal coach of any sort. If you have issues that are beyond your ability to control, then take them to someone who has the appropriate training to help you. Once you have, come back to me, and let's work together to realize your dreams!

Until we meet again... Keep the dream alive!

Nancy Nordstrom

Goal Strategist with Imagine Nation

www.Imagine-Nation.biz

(480) 940-4562

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