



Live Your Perfect Weight

Monthly Newsletter

May 2009

### HAVING TROUBLE GETTING YOUR DUCKS IN A ROW?

When I took a cruise recently, one of the stops was in Nassau, in the Bahamas. One of the attractions to see was "the marching flamingos". I thought that was a funny attraction, but apparently National Geographic Magazine thought it was interesting as a few years back they had it as one of their featured articles.

It is rather amazing that these beautiful, pink, and gracious birds, with the right kind of training, can actually line up and march.

As I considered this phenomenal feat, I thought how we don't ever see ducks do anything like that. Ducks seem to wander off and do their own thing. Ever watch baby ducks? The mother duck is always trying to get them to follow her as they wander off. You certainly can't teach a duck to march or to fly or line up in a row or to do much of anything except be a duck.

I wondered where that saying came from that we need to get our "ducks in a row". We are told we need to get our ducks in a row before we start to do anything. So we think that if we could just get our "ducks in a row" then we could start to live our life the way we imagine that we'd like to live it. We come up with so many excuses, waiting for the right moment, and the truth is our ducks will never be in a row!

They wander off - they get distracted -they are not like the marching flamingos; they are ducks. Remember that the flamingos are trained to do and be more than a duck. Because we can't seem to get our ducks in a row we let our life pass us by and we are frustrated with the results we are getting, because we are not living the life we would really like to have. We seem to want perfection before we can start anything. We think we have to have the right clothes, be the right weight, and drive the right car. We want all sorts of facts and figures and we want the bottom line; we want to know the outcome before we start, so we put off doing, waiting for the "right" moment and waiting for "our ducks to be in a row". Or maybe we are waiting for someone else to "rescue" us and do it for us.

Now, I am not saying you shouldn't "check things out" or "get the facts", but what I am saying is don't put off today what you really want for *your* life. Stop trying to get your ducks in a row and just *do it*. There is never a better moment to begin than right now.

It's hard to think outside the box - so hard in fact, that the left brain, which is your dominant side, just wants to revert back to what you have always done. It's your comfort zone, and even if it is painful, it is all you know and have known and it is hard to get out of the box and think and do things differently.

You need to keep this in mind: "Everything you want is out there waiting for you to ask. Everything you want also wants you, but you have to take action to get it." - Jack Canfield

The definition of insanity is when you do the same thing over and over and expect different results. Do not be afraid of your light that is within you. So, next time you are thinking negative thoughts, stop, think, and ask yourself some important questions.

- Is this getting me what I want?
- What should I be doing differently?
- How do I feel about myself at this moment?
- Am I sabotaging my future by being stuck in negative thinking?
- Am I clear and specific about what I really want, when I say I want something?

So what I want you to do is write down your goals and think what it is you really want your life to look like. Focus on it until it is so fixed in your mind that nothing is going to get in your way of having it. It is not even an option - it is yours and you will succeed. Do this until you believe that you truly are meant to have the things you want, because you really are worthy of having all that your heart desires.

We'll explore more on this subject next month, but for now just remember this:

Don't worry about getting all your ducks in a row. Just be like the marching flamingos, and strut your stuff.

***"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."***

***--Fred Rogers aka Mr. Rogers***

Till next time!

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