



Live Your Perfect Weight

Monthly Newsletter

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YOUR "TO DO" AND "TO BE" LISTS

"You were placed on this earth to create, not to compete" – Dr. Robert Anthony

Most of us have our daily "To Do" list – then we check off what we have taken care of. Some people try to keep it all straight either in their head, on a calendar, on their ipod, or a long written list.

Doing this keeps us on track and focused, which is a good thing. But how many of us really even think about making a "To Be" list? Visualizing what you want to be? Do you write down what you want your life *to be* with as much detail as you do your "To Do" list? Having a "To Be" list will be extremely helpful in getting what you really want.

Here are some tips to help you in your journey of self-discovery:

1. Read different material. Diversify what you read – always be interested in the world around you. If you always read the newspaper, try reading a book that will inspire you – or read to get knowledge in some area you are interested in.
2. Exercise your imagination. We go into daily routines rather than stop and question what we do, why we do it, and how to do things better or different. We stop every morning at the same spot for our morning "fix" or we drive the same way to work every day, missing out on some interesting landmarks. The only way to get out of our comfort zone and to be free of our limitations is to get uncomfortable. We can only experience freedom in direct proportion to the amount of truth that we are willing to accept. So be willing to get out of your comfort zone. My art instructor friend has a great motto, she says to "do something every day that scares you".
3. Act "as if" today is your last day – what would you accomplish, what would you want to see; who would you want to be with etc. – then take the time to act.
4. Block out distractions so you can stop and relax and use your imagination – Sit for ideas – this is where meditation comes in and ideas flow.
5. Get a vivid image – with all the details – dream big.

6. See yourself enjoying your life and succeeding – use “I am” statements– not I will or I want or I do.
7. Resist interruptions from the left brain – quiet the critic within - let your right brain out of the box – don’t analyze ideas – just come up with ideas without putting any judgment on them.
8. Replay past successes – so you can visualize now and for future success – imagine what you want – talk to yourself.
9. Write down ideas when they come to you – your brain doesn’t know the difference between “real” and “imagined” – so imagine what you want, picture it and achieve it.
10. Try what works best for you – write it down – be accountable to yourself. It’s not a matter of going from negative thinking to positive thinking. It is a matter of moving towards “right thinking” – which means moving towards our goals, knowing the absolute truth about who we are and our relationship to our divine power.

“The impossible becomes possible through creative imagination” –Dan Kennedy-

“The reason most people never reach their goals is that they don’t define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.” –Denis Waitley-

Till Next time

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