

# Creation Daily

## 25 Articles from the Archives

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This is a collection of some of the favorite articles from the archives of Creation Daily. I hope you enjoy them and I hope these articles touch you in some way. Please feel free to distribute this ebook in its entirety.

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Blessings,  
Selena

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## **Are You Truly Living?**

Are you living your life the way you want? On your own terms, giving of yourself when you can. Do you only do what is right for you and those close to you?

Or do you spread yourself too thin? Do your work life and your home life leave little time for you to live your life?

Do you go through your day to day routine and wonder if there is more to life than that? You have a yearning for more. Is there a book you want to write or music that you want to make? How about that business you've wanted to start?

There is more to life than the daily 9 to 5 grind. A new year is almost here, it's not too late to change your life for the better. You just have to open yourself up to it. You have to choose to have more in your life. You have to choose to get to know yourself better.

Are you going to keep doing the same thing or try a different approach? What can you do differently in this new year to help you truly live your life?

Have a conversation with yourself and find out what really brings you joy. What is that one thing that just makes your heart sing?

For me its writing, it's always been that way for me. When I first learned how to write, I just kept going. That's my passion, my day doesn't go the same if I don't sit down and write something. And I did get off track with what I really wanted and needed to do to truly live my life. Once I started having a family, their needs and wants got pushed ahead of mine and writing got temporarily pushed to the curb.

Until I started asking questions of myself about a year and a half ago. I remembered what I really loved to do - which was my writing. And I started doing it more and more, squeezing in time to write here and there. Now, I can't picture my life without writing in it. Can you say the same? Is there something in your life that you know you should be doing?

Find out what it is and do it. You'll thank yourself for it.

## Love Yourself First

Don't be afraid to fall in love with yourself. Don't be afraid to give yourself the love that you think you need from others. And this goes beyond taking care of yourself and pampering yourself from time to time.

I mean truly fall in love with you. The whole you - the good and the bad. Love the person you are, the person you have been and the person you can be. Show yourself unconditional love and gratitude for your gifts and your faults.

How can you expect someone else to love you unconditionally if you can't accept and love yourself the way you are? Yet we have this tendency to think that love from others is what validates us. No, it's the love you give yourself. The more love you give yourself the more you give to the world. It's all connected, we are all one.

Once you experience true unconditional love through yourself it becomes easier to show and spread that love to others. Even complete strangers and your enemies. Love is all there is.

If you love yourself unconditionally, someone else's harsh words can't affect you. Why? Because you know that those words are untrue and that those words were spoken from a place where love is not present.

Keep love present in your heart and soul at all times. Remember that love is everywhere and it starts with you. When you start emanating your love from within you start to receive it as well.

One of the keys to a healthy relationship and a happy life is expressing love for yourself first. And as I said before this goes beyond just taking time to pamper yourself - even though a good massage wouldn't hurt.

Loving yourself is all about taking care of yourself - mind, body and soul and appreciating who you are now, who you've been and who you can be. Loving yourself is about stopping the negative self talk and replacing those harmful words with beautiful, positive words. Loving yourself is about only accepting the best for yourself - about treating yourself like the royalty you are by respecting yourself and knowing that you are worthy of the best that life has to offer.

Treat yourself with love and respect, love yourself unconditionally and know that what you give will return to you multiplied. So give yourself love first and watch it grow and spread on to others.

## **Spread Your Light**

We all have a gift to share with the world. Some are smaller than others but that doesn't make one more significant than another.

Your gift, your light can affect one or one million. Don't be afraid to let your light shine. Don't be afraid to spread your light.

Just as a small candle can light up a dark room you can make a difference in today's world. Don't be afraid of voicing your opinion, of living your dreams or of being your true self.

Find your passion and live it. Take the time to find your gift so you can give it freely. You can be an inspiration to one small child today who can go on to shape the future of the world.

Life is short but your light can shine on forever. Others who have come and gone before us have left their mark on the world. Even though they are gone their light still shines on.

What can you do to make a difference in someone's life? Spread your light so others can have the opportunity to shine.

## **It's All About You**

Other people can't supply you with what you need. Maybe for a while but there will come a point where you're going to have to stand on your own and do what's right for you.

Getting to where you want to go in life doesn't have anything to do with anyone except yourself. It's not about them or what they can do for you. It's all about you and what you can do for yourself.

The key to depending on others is to not become dependent upon them. If someone can help you in a situation by giving you advice keep in mind that you're not going to be able to count on them forever. The only person who you can count on 100% to be there for you is yourself.

Our friends have the best intentions when they say they'll be there for us when we need them. But we all know that life can and does often get in the way. This is why you need to learn how to be dependent on yourself.

When you have a problem and there's no one around to help, you need to remember that the answers lie within. If you need advice, try talking it out with yourself or writing it out if no one is around to listen.

Don't take yourself for granted. You have more knowledge and wisdom stored inside than you realize. When others fail you don't fail yourself by feeling down because they can't be there for you.

We can't expect everyone else to solve all of our problems for us. It's like when you're in the fifth grade and your mom tells you she's not giving you the answers to your math homework anymore. There comes a time when you have to figure it out on your own.

That's the only way for you to really learn the lesson at hand. It's up to you.

## Getting Over Your Fear of Success

The fear of success is more common than some might realize. Just the thought of 'What it would be like to...' is enough to set some people off.

One might start talking about how he could never be successful. Well if he keeps saying things like that he'll end up proving himself right.

Or if one's a dreamer she'll keep dreaming about what she wants to achieve. But will she ever take action? I doubt it. Not until she gets over her fears.

And there are those people who don't even realize that the fear of being successful is the key to what's holding them back. It's like they're in a holding pattern. They make progress towards their goals and then something always happens to stop their momentum.

So they keep going through this cycle of ups and downs knowing that their dreams are attainable but not realizing that even though it seems like outside forces are holding them back it's really themselves.

If they were to take a closer look at their situation they would notice that those stops could have been prevented if they would have been paying more attention. They would have noticed that they were sabotaging their own success because they weren't ready for it yet.

You know you have the potential to do anything you want but either you don't take action, you say it will never happen or you sabotage yourself somewhere along the way.

Why do we do this to ourselves?

Because we're afraid of the unknowns that success can bring. That success could be anything, large or small.

It could be losing those extra pounds - you could be afraid of the extra attention that could bring.

Or getting a big promotion - you could be afraid of the extra responsibility.

Or getting your novel published - you could be afraid of being in the public view for the first time.

We're afraid that people are going to treat us differently if we succeed. We're afraid of stepping out of our comfort zone and into something new. We dream

about success all of the time yet we're too afraid of what might happen if those dreams were to come true.

So how does one get over this big fear?

You have to face it head on. One way to do this is to take baby steps - small actions that get you closer to your goals. By taking it one piece at a time you're gradually adjusting yourself to what might happen when you reach your goals.

Daily action towards your goals can help you beat your fears. So with a step by step approach you can reach success.

## Every Step Counts

The little things in life do count, and they add up too. They add up to the big things that we want out of life.

Whether you believe it or not, every thing that we do, every step that we take towards the completion of a goal - they all count. So if you think you can get to where you want to go without putting in the effort, think again.

Van Gogh didn't make his masterpieces appear by magic. There was a step by step process. There were many factors involved: the canvas, the paint, the brushes. He had to put the paint on the brush first before he had a finished work of art. He had to start off with the first stroke of the brush on the canvas. He had to start before he could finish.

Even though you may have a grand idea of what you want in life, you still have to take the first step, then the second and the third. You can't get to where you want to go without taking those steps. If you don't move, you're just stuck motionless. But if you take the first step you're well on your way.

True, some steps are harder to make than others. Yet you still have to make them. And you can't skip over them either. Keep focused on where you want to be, what goal you want to achieve. Hopefully, that'll make those little and sometimes not so little steps easier to achieve.

Like a toddler learning how to walk up a flight of stairs – go slow, take one step at a time and keep your head up. Missing a step or two might not hurt but you never know when you could go tumbling back down. Be cautious yet be unafraid to take the first step. It's the only way to get to where you want to go.

## What's the Point Of It All?

Some people go through life having accomplished most of their dreams only to succumb to Alzheimer's disease or senility and forget about their entire life. What's the point of it all if at the end you're left with nothing?

So what's the point in going through all of those experiences if you don't even remember them by the time you turn 80?

It's all about the experience itself - about living in the now. Enjoy the experience while it's with you.

Memories are good but spending too much time remembering the past takes your focus off of what's happening in the here and now. People get so caught up with the past and the future that they don't realize that their life is going on now.

Instead of wasting time worrying about what might happen in the future or what did happen in the past look at what's right in front of you. Whether it's your kids, your spouse, your family, friends or just you. Enjoy life as it's happening right now.

We're here for one reason and that's to experience life. That's the point - to learn and experience life's ups and downs. To go through the trials and tribulations of everyday life.

Some people complain about not being able to find their purpose in life. They can't stay focused and probably switch jobs often. They just can't seem to find a way to equate being happy with working.

If you're in this situation, take some time to go back through your previous work experiences and find the times when you were happy and try to think of a career that would better suit you.

For example, maybe you like to help out and give advice to your friends and co-workers. So fields like social work, therapy or coaching might be for you.

So what if a traditional career doesn't fit you? Then what? If you have a hobby that you really enjoy you could create a part time business so you can do what you enjoy and get paid to do it. There are a lot of people who make an income from home doing what they love. Who knows, one day you might be able to make it a full time operation.

So what is the point of it all? Maybe it's to be happy in life doing what feels good to you and enjoying the experiences that life brings you.

You only have one lifetime to enjoy what this world has to offer. Make the best of it while you can. Don't dwell on past mistakes and future what ifs. Do what makes your heart sing and all will be well.

## **A Simple Gift**

Life has a way of wearing us down at times. The stress of everyday life can make us reach a breaking point. We end up getting into a rut and we lose the spark for life that we once had. At times it can feel as if there isn't any life energy left.

Deep down you know something is missing but you can't seem to put your finger on the problem. And since you don't know what it is you can't fix it. That's when you end up stuck in your daily routine. Your days begin blending together. You get to the point where you can't tell which end is up.

Until someone comes along and shows you the way back to being the person you once were. Or to being someone you never thought you could be. A simple smile or a meaningful hello can be just what we need during these times.

It can be a person in your life who gives you that boost you need or a complete stranger. Help comes when you're ready to accept it. The way it's given doesn't matter.

Because of someone else you're given the inspiration to start over. Your spark is replenished and over time you start to make improvements within yourself. You've managed to clear your rut and your hope in life is restored. All because of a simple gift of kindness. Now how can you pass this gift on to someone else today?

## Check Your Frequency

From time to time we need to stop during our day to keep our frequency in check. Our frequencies are the ranges of feelings and emotions that we have. Like radio waves, our feelings and emotions vibrate at different frequencies. This is a major part of how we create our reality. And why we need to always be mindful of the frequencies we're emitting.

Like attracts like and opposites repel. And there is no such thing as coincidence. When something happens to you that seems like a coincidence it's not. You were just in sync with your vibrations at that time.

You're at a music store looking for an old CD and right when you're about to give up you happen to look in a different section for something else. What you find is the CD that you were originally looking for.

If your frequency is low you attract more low frequency events in your life. Remember that there is no such thing as coincidence. For example, you wake up in a bad mood and throughout the day nothing goes right for you. As soon as you get to work, the parking lot is full so you have to park in the garage that's a block away. What's worse, it starts pouring down rain and you don't have an umbrella with you. Okay, that's a little drastic but you get the point.

We've all had those bad days that went from bad to worse every chance it could. But how do you prevent situations like this? Well you need to keep your frequency in check. Remember, like attracts like so if your frequency is low you get more of the same until you change it. You need to pay attention to yourself and realize when your frequency has hit a low point.

Well how do you bring your vibration back up? By changing the station. Frequencies and feelings are like radio waves, if you don't like what's on then change it. Switch your thoughts and feelings to something that can bring your vibration back up. Find something that makes you feel good. It can be anything that makes you feel good just by thinking about it – favorite memories, favorite songs, favorite people - anything as long as it makes you feel good.

Picture your favorite thought as a different radio station that you can flip to whenever you notice your frequency going down. The same way you would change the station in your car if you didn't like the song that was playing. It's as simple as that.

## Same Message, Different Messengers

There is no big secret that unlocks the mysteries of life. We've had the answers all along. Self help books say the same thing over and over again proclaiming that inside each cover you'll find the answers you've been searching for.

The messages are the same except each author puts it in his or her own perspective. Visualizing the same answers but through different lenses. And basically what they are all saying is that we are the creators of our own lives.

What we put into this life is what we get out of it. If you live a life based in fear your situations in life will reflect that. If you think positive thoughts all day long yet don't believe them to be true, your life will reflect that.

Is it possible to create one book - the end all of self help books - where everyone who reads it will benefit from it? Where miraculously everyone has the revelation they've been waiting for all of their lives? If it is, that book hasn't been written yet and self help books will continue to flourish.

People need to hear from someone else the answers to their problems. If you have a problem or situation you need help with there is probably a book written just for you. This is good because self help books can help point you in the right direction.

But the ultimate source of the answers we seek in life is within each and every one of us. We have to learn to access it and be willing to listen. Only from within can we hear the message we've been waiting on.

## What Is and What Isn't There

Do you know anyone who worries about everything? Well, I know a few people who do. A friend, Jennifer, comes to mind. She's always worrying about what's going to happen about this or that. Whether it's her job, her relationships, it can be anything.

See Jennifer just doesn't get it. No matter how many times we try to reassure her that everything will eventually work out, she still worries non-stop.

Sometimes people react out of fear to situations they can't control because they've let their worries get to them. The fear of the unknown causes them to react. And they end up creating situations that are worse than the one they were worrying about in the first place. They don't realize that things aren't always as bad as they seem.

Like my friend Jennifer, they don't trust in the process of life and are unwilling to let life flow unrestricted. They keep worrying about their problems which eventually work out in the best possible way. The best possible way however isn't always the way we want things to turn out.

Jennifer and others end up wasting a lot of their energy worrying about the outcome of something. Instead they should focus positive energy on what's going on in their lives at this moment. Time should be spent appreciating the good going on in the present moment, not worrying about possible future outcomes. Because there is only one moment and that's the present.

Worrying about the future is just a waste of time. People worry about what isn't in their life and forget to focus on what is there and how to get to where they want to be. Worrying doesn't get you anywhere except more anxious about the future. You should be more concerned about what is going on now.

If you can't control what's going on why bother worrying about it? Let it be. And know that it will work out in the best possible way.

## Re-Inventing Yourself

Throughout life there comes a time when there is a need to change some aspect of ourselves. Whether it's our physical appearance or what we believe in - sometimes those parts of our lives that no longer serve us need to go. We have to re-invent ourselves and start from scratch.

Sometimes we have to peel away the old layers to see the new transformed versions of ourselves. And there are times, too many actually, where we don't want to change even though we know that we must.

It's hard to part with our old ways - habits and belief systems that we know we've outgrown but have become so familiar with. We hang on to the past because we feel that if we let it go a part of us has to go too. But that doesn't have to be the case. You can change yourself, re-invent who you are and still keep the memories, the knowledge of your former self.

We resist change as if by instinct. We're so stuck in our old ways and then something changes and we end up fighting it. The fighting, the resistance makes it harder for us to process the changes that are inevitable. This is when we need to just go with the flow and let it happen.

Sometimes what we fight the most is the best for us. Whether it's trying to lose weight or studying for a better position at your job, there comes a time where you know you have to make a change in your life. Yet even when we are aware of the need to change we still resist it.

In order to make the changes we need to make in our lives we have to stop the cycle of resisting change. We start making the positive changes in our lives then resistance creeps up and we stop, only to start again later down the road.

You know going back to school will help further your career. You keep putting it off and making excuses. 'I'll do it later.' 'I need to be home for my family.' 'I don't have the time right now.' Excuses, excuses, excuses.

What's the real reason you keep putting it off? Are you worried about how your co-workers might react if you get promoted over them? Are you worried about if you'll lose some of your friends if you change too much? Are you worried about the added responsibility of a new position?

You keep worrying about all of the 'what ifs' - things that haven't happened yet and end up staying stuck in the same position at your job. All the while, complaining about wanting to move up in your career and wanting a raise.

So how do you get out of this rut, out of this cycle? You want to change, but you're afraid to change, so you resist the change, and you stay stuck.

You have to release your fears before you can move forward, before you can re-invent yourself. You have to remove the blocks laying in your path so you can have a clear view of what lies ahead for you. Acknowledge your need to change and then honor your past, present and future by taking a step in a new direction. A step towards a new you.

## Looking Within

Do you take time out daily to spend a few minutes in quiet reflection? Do you go within to your core and just sit and listen?

The answers to all of your questions lie within. You just have to quiet down and learn to listen for them. During those quiet moments is when some of the greatest insights are received.

If you're having a bad day or wondering why you're in your current situation, take a time out - just a few minutes – absorb the quietness around you and search for your answers. You will find them within.

We've been taught to believe that the causes of our problems are external and so the solutions must be external as well. You don't need to search outside of yourself for the answers to your questions and problems. You can search as long as you want but until you go within yourself you will only find temporary solutions.

Whether it is negativity, disharmony in your relationships or money problems, the answer always lies within. You can ask for advice until you turn blue but remember those are someone else's truths so they might not necessarily be true for you.

In order to find your truth, your answers - you need to do a little soul searching and take a look within. It's easy to do but making the commitment is hard. The best way to start is just spending fifteen minutes alone with yourself a day. Then gradually build up to a level that suits you. Your body will tell you what's best for you.

Give it a try for a month and you'll be surprised at how much you learn about yourself. More than you can learn looking everywhere else. Your best bet is to always look within.

## Tomorrow Never Comes

Do you do what comes easy to you and tend to put off some of your more difficult tasks for later? Most people who procrastinate put stuff off that they should be doing now. They wait til later or tomorrow. But they fail to realize that tomorrow never comes.

Tomorrow is always tomorrow. And today is always today. By putting things off that you know should get done you're leaving yourself open to put it off again. Procrastination only keeps you stuck and prevents you from moving forward with your goals.

Some people who procrastinate are perfectionists. They have to have the perfect mood, the perfect atmosphere and the perfect whatever to get anything done. The problem with that is they spend more time waiting for the perfect conditions than getting anything done.

Instead of waiting for the perfect time, how about just doing it now so that it gets done? What can you do today to get closer to your goals? What little steps can you make that can help move you closer to your goals? A way to help with procrastination is to pick about three things that you can do daily that can help you stay focused on your goals.

The forward momentum of doing these tasks daily will help keep procrastination at bay. By doing these seemingly little tasks daily you'll be amazed at how much you can get accomplished. And just think if you would have put it off for tomorrow you would still be at square one instead of nearing the finish line.

Breaking tasks into smaller pieces works for adrenaline junkies as well. Adrenaline junkies don't necessarily put a task off for tomorrow, they wait until their deadline is beating down on them.

These are people who know they are capable of getting the job done but put it off until they have to do it. They enjoy the rush of proving to themselves yet again that they can work in tight situations and succeed. This is a good talent if you work in a crisis center or an emergency room where being able to react during adverse situations is needed but not in the everyday world.

Why bother dumping all of that unnecessary stress on yourself when you can finish the job ahead of time? By breaking the project or task down into smaller more manageable tasks makes it easier in the long run to get accomplished.

Procrastination is a thorn in a lot of people's sides but it can be removed with a little effort. Before you put something off for tomorrow - remember that tomorrow never comes.

## From Coal to Diamonds

A piece of coal doesn't turn into diamond overnight so why do we assume that if we don't see any progress in our goals immediately that we're going to fail anyway?

We always want instant satisfaction and instant achievement of our goals. And yet we wonder why there are so many "miraculous" weight loss pills on the market today.

It took a few months to pack on those extra pounds yet we think a few magic pills a day will help take those pounds off. If it took a few months to gain your extra weight why in the world do you think that they'll just melt away instantly because of some pills?

We need to keep our expectations in check. Just because you start a new diet or exercise program on the 1st of the month doesn't mean by the 15th that you would have lost 10 or more pounds. Besides, the faster you lose the weight the faster you put it back on.

It takes effort to get to where you're headed. You have to go through the ups and downs, the trial and errors in order to reach your success. A lump of coal has to go through years of changes before turning into a precious diamond.

Your goals aren't impossible but sometimes we need to add a dash of reality into the mix. Realize that most things don't happen overnight. Even overnight successes had to take the time to develop themselves before they were discovered. It's just that they're thrown into the spotlight so quickly most people don't realize the amount of work they put in to get to where they are now.

So are you willing to put in the work to attain your goals? Or are you going to give up because you aren't seeing progress as soon as you would like? Remember, when it seems like you should quit is the point where you need to keep going. Endure the changes and the ups and downs - before you know it your piece of coal will have turned into a beautiful diamond.

## **Just Get It Right the First Time**

We all feel the crunch of time on a daily basis. We barely have enough time during the day to finish what we need to get done, let alone those things we would like to do.

We have more gadgets nowadays to keep track of our time and to do lists yet we can't seem to make the time to use them. So how do we fit everything in?

Try to take it slow. Concentrate on one thing at a time and make sure you're always doing your best with whatever you're doing. It's easy to fall into the trap of multitasking. We should leave that to computers. You start squeezing this, that and the other into your schedule and by 10pm you're wondering where your day went.

Keep it simple. If you're answering emails don't start working on something else at the same time, like planning your schedule for next week. You don't want to accidentally let your boss know that you're planning on taking a two hour lunch next Friday.

It doesn't do you any good to be able to work on two or three things at once if you have to take more time out of your day to fix the mistakes you made.

You're not a super hero so stop acting like you have to save the world while on the clock at your day job. If your to do list is starting to resemble the Grand Canyon and you're wondering if you'll ever see the end of it then it's time to start removing one or two items, at least. Or try and see if someone else can help out. If you work at home maybe a Virtual Assistant can lend you a helping hand on some of your administrative tasks.

Just don't sacrifice quality to get more quantity out of your day. You'll only end up wasting more time in the long run.

## Without Fail

What if you absolutely knew you could not fail at anything you decided to do?

What would you do? Who would you be? Would you start your own business? Write a few novels? Explore your creativity in ways you never thought of? Start a weight loss program? If you couldn't fail, a well toned body would be nice, right?

The possibilities are endless. You can truly achieve anything you can imagine. You can't fail as long as you believe in yourself and have faith that it will work out. It might not always work out exactly as you planned - nothing in life is perfect and change is one constant you can count on.

So in order to achieve what you've imagined you have to allow it to come to you in more than one way. Your way may not be the best way.

Maybe you want to be a millionaire and you want it to come through the lottery so every week you're buying lottery tickets. By doing that you're closing off other ways for the essence of millionaire to flow to you. Yes, you can win the lottery and become an instant millionaire but by keeping too narrow a focus on what it is you want you knock out other ways to become a millionaire.

You need to keep both eyes open (and ears too) and pay attention to what's going on around you. A person or idea could slip through your fingertips and your millions could be gone if you don't take notice.

## **From Point A to Point B**

To get from point A to point B you have to take it one step at a time. But first you have to start.

You can think about getting to point B all you want but you won't make any progress until you take that first step. Then you have to take the second and the third and so on until you reach point B.

That's how it is with all of life - everything is connected by points. You can't get from one point to the next without going step by step. With anything you want to do in life you have to go step by step.

If you decide to take a giant leap then expect a great big fall. There are many shortcuts in life yet there is always a price to pay. You need to determine if the shortcut is worth the price. If it is then go for it but make sure you weigh your options wisely.

If you're driving too fast or taking too many steps at once, you not only miss the scenery but you can also miss your exit. Taking steps too fast is almost like taking too big of a step at once or biting off more than you can chew. And the worst part about going too fast - if you hit something the impact of the crash is much worse.

Remember, even though the hare was faster, the tortoise still won the race. You might not get to point B as fast as you like but just think if you get there too fast you'll miss out on a lot along the way.

## Worry Not What Others Think

Sometimes you have to just do you and not pay attention to what others think about what you're doing. You can't get to where you want to go if you're holding in other's negativity. Give them back their negative thoughts and press on towards your goals.

Remember, you are the only one who has the power to control your destiny. The only way to give up that power is by replacing your thoughts and beliefs with the negativity that comes from others. You alone create your world until you let others influence your way of thinking.

For example, you're trying to lose weight and you decided to give yoga a try. Why not? It has a lot of benefits - stress relief and it can help tone your body. So you invite a friend of yours to go to a beginner's yoga class with you. Instead of her being open minded and supportive about it, she gives you 101 reasons why you shouldn't do yoga.

Your close friend just bombarded you with reasons and excuses as to why yoga won't help you reach your goals. So now what do you do? You follow your heart and take the path that's best for you. Your friend meant well when giving her point of view about yoga. Now you have to weigh that information and decide if you're going to carry that around with you. And then make a mental note that she probably won't make a good yoga partner.

Stand up for yourself and do things your way (as long as it doesn't do harm to someone else). You can take advice from others but its just advice - it's what works for someone else. It's not necessarily what would work for you. Someone else's advice is just someone else's perception of their world (negative or not) and you need to judge for yourself if what someone else says is true to you.

So don't worry about what others think. What's true for them may not be true for you. Make sure that you're always being true to yourself.

## Going Into Unknown Territory

A lot of people don't make the changes they need in their lives because they are afraid. Afraid of what could happen if they actually succeeded, afraid of going into unknown territory. Afraid of what might be in store for them.

Is there anything that you want to do in your life but are afraid to take the first step?

It's hard striking into unknown territory. You never know how people will react to the changes you've brought about or to your successes. Plus there is the fear of facing your loved ones if indeed you did fail.

We feel connected to the people that are in our lives now, so we resist changing too much because we can't deal with the thought that there will come a day when they won't be there. We don't want to drive them away but in not taking the initiative to change for the better we lock ourselves away. Away from the opportunities and the new people who could enter our lives - those situations and people who could help us expand even more.

Or sometimes we get stuck in a comfort zone. It's very easy to get trapped. Getting out it is the problem. We get stuck with what is familiar with us, our routines and daily habits, that we often don't see that our comfort zone is what is holding us back. We say we want to change and we start to do something about it but as soon as the limits of the comfort zone get pushed we start to sabotage our efforts.

The key to getting out of that comfort zone, of getting the change you want in your life is to push the limits. It's not easy but it must be done if you want to get to where you're going. That little extra push can get you out of the comfort zone and into unknown territory.

Don't be afraid of going into unknown territory because only when you do will you find what life truly has in store for you.

## Where Do Your Passions Lie?

Are you motivated every morning to get up and get going? Do you have something that you're passionate about that keeps you moving? Does just the thought of creating something new get your blood rushing?

No, why not? Don't you have something that you're so passionate about that some close to you might think you're a little crazy?

If you don't you should.

My passion is writing. It took me a while to figure that out, I think I was denying my passion for some time. But once I truly realized that writing was a part of me that had to be known and get out into the world I couldn't stop it if I wanted to. Whether its pen and paper or keyboard and monitor, it's the same to me and I have to do some sort of writing everyday or my day seems empty.

Are you denying your passion? Is there something that you want to do - a hobby that you've been meaning to start that you keep putting off? Is there something missing in your life?

It's good to stay focused on your goals and work but what do you do to wind down from your day? All work and no play - well you know that line. What I am saying is that you need a source, a creative outlet, something to be creative and passionate about.

Your passion can be anything. Mine is writing, other passions can be sports (watching or playing), reading, music, painting - the list is endless really. One way to find your passion is to look back to your childhood. What did you do as a child that gave you the most pleasure? And beating up the smaller kids doesn't count.

Having something to be passionate about can help in many ways. Having a passion and following it can bring you so much joy to your heart. Plus it's another reason to get up and going in the morning.

## **Is Something Missing?**

Are you missing anything from your life? Have you noticed what it is? Is there an empty feeling in your heart?

There is?

Do you appreciate what you've been given in life? Do you give thanks for what you've achieved?

Or do you grumble and moan about everything that's wrong? Leaving the door wide open for more of the same.

See, here's how it works: If you show gratitude, if you include gratitude in your life you receive lots in return. If you complain day in and day out about how terrible everything is going, guess what? You end up with more stuff to complain about.

So how do get that missing piece back in your life? How do you fill that emptiness in your heart?

Show gratitude, exude gratitude, become gratitude.

Give thanks and appreciate what you have, show that you love what life has given you so far and that you're willing to accept whatever comes next. Once the Universe gets the message that you're paying attention you'll start getting unexpected surprises.

Once you stop complaining and start showing gratitude those empty pockets in your life start filling up as if by magic. And really it is magic, the magic of gratitude. Appreciate what you have already in your life and more of it shows up. It's really that simple. It's based on the Law of Attraction - what you think about is what you get.

Practice being gracious today. How? Give someone an extra compliment that's well deserved. Give your waiter an extra tip. Write 'thank you' on your checks to let those who receive them know that you appreciate their service. Let that impatient driver pass you on the freeway.

There are a million and one ways to show gratitude, even something as simple as a smile can do the job. You never know how far a little bit of gratitude can go.

## Sticking To Your Guns

Over and over again you're hearing 'you're going to fail', 'you can't make it happen', 'you're a loser'. Because you have dreams and aspirations other people are putting you down. And some of these people can be very close to you. It hurts when someone you love won't take the time to believe in your dreams.

They tell you that you're a dreamer and that you need to wake up and face reality, the real world. What if they are only projecting to you their fears? Their fears of failure, fears of success, fears of the unknown.

When you have a dream or a goal that you are determined to reach you can't let the negative views of others get you down. You have to keep reaching for your dream and believing in yourself.

Our friends and family mean well because they don't want to see us get hurt. It's a knee-jerk reaction - they see us going a little too far this time and they only want to protect us.

But protect us from what? Ourselves? Our dreams?

We as a society wouldn't be where we are now if it hadn't been for the dreamers. If those dreamers didn't consistently pursue their dreams we wouldn't have electricity, telephones, airplanes, the list is endless. You wouldn't be reading this email right now either.

Stick to your guns. Believe in yourself and believe in your dream. If you can see your dream coming true, if you can visualize it in full detail, you are halfway there. Now you have to stick it out and put all the negative criticism behind you. Keep your focus on your dream even if it means making a few sacrifices. If you believe you can do it, you can and a sacrifice or two will be worth it in the end.

It's because of people who believe in themselves and their dreams that we are where we are now. And the only way for us to advance farther than that is to keep on dreaming, to keep sticking to our guns.

## **It's The Ride That Counts**

Having goals is a good thing. It means that you're willing to take the first step to achieving those goals. When you write down your goals, articulate them on paper, that's the first step to achieving them.

But what about the second step, the third and the fourth and so on? If you persevere and keep focused you will eventually reach the goals that you set for yourself. But when you finally reach that goal, how will you feel about it?

Will it be a sense of accomplishment and pride? Or will it be more of 'yeah I finally got it done' and you're just happy that you've gotten it over with?

The route you take while pursuing your goal determines how you feel about it at the end. It's the ride that counts. Have you been on a road trip where everything that could go wrong did? How did you feel when you finally got to your destination? Pretty worn out, huh? Now what about a good road trip where everything went smoothly? You were probably still tired depending on how long the trip was but you were a bit happier when you got there.

See, it's how you get there that counts. If you're miserable during the entire trip, you're going to be miserable when you get to where you're going. I've had too many road trips where everyone in the car was cranky during the entire ride and as soon as we got to our last stop, the crankiness only continued on. Sure we were glad to get there but only because we were finally there and able to get out of the car. We were just glad the trip was over and still quite a bit cranky too.

But when the road trip is smooth and fun with no accidents or construction or any mishaps, not only are you happy during the ride but you're ecstatic when you get to your final stop. You're not as tired and worn out as you would have been if it were a bad trip.

It's the same thing with your goals. You're more appreciative of achieving your goals if you have fun with it while you're working on it. So enjoy the ride, have fun and there will be a lot more satisfaction when you reach your goals.

## **A Moment of Kindness**

If we are all one, connected by the same Life force, why do we treat people in ways that we don't want to be treated?

Do unto others as you would have them do unto you. We were preached this all the way through grade school but most of us don't live it now. If you treated people like they were you, wouldn't you treat a lot of people differently? You wouldn't be able to look at people the same way again.

If you just took to heart that the stranger next in line to you is you (since we are all one) wouldn't you be more inclined to say hello? Or to let them go ahead of you in the checkout lane? Showing kindness to someone would take on a whole new meaning in your life.

Yet we're so concerned about what we need and want that we fail to realize how selfish we can really be. In this fast paced world we live in we want everything now. Instant gratification of our wants and needs.

But what about instant gratitude? We're so concerned about getting our coffee at the drive-thru Starbucks that we zoom off without saying thank you or leaving a tip. What is this world turning into?

When was the last time that you said thank you to someone who provided you with service and actually meant it? And would smiling at a complete stranger kill you?

You never know, you could make someone's day by simply giving them a smile. That's one of the best gifts anyone can give and it's free and the impact is instant and rewarding.

So your task today is to give a complete stranger the gift of a smile, the gift of kindness. And you don't have to limit yourself to just one person.