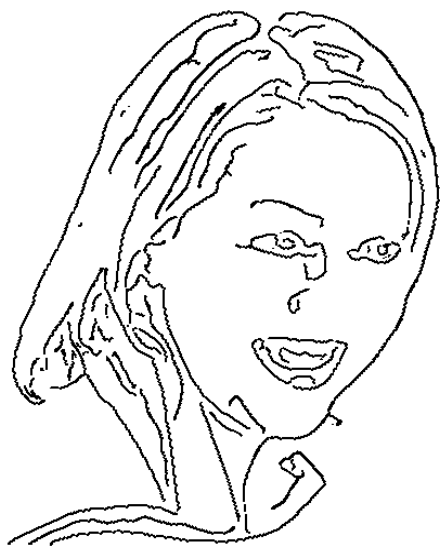




Thea

Time For My Life

365 Stepping Stones

Thea Westra

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Illustration: Painting by Thea Westra titled 'Feminine Wiles'

Time For My Life: 365 Stepping Stones

This book exists to bring inspiration, intention and focus to your days

By

Thea Westra

This version of Time For My Life is NOT a free book. You can purchase your personal copy at www.timeformylife.com

The author of this book has intended each page to be read at the start of each day, to inspire you for that day, to provide a focus for empowering you during the course of that day, and beyond.

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You are entitled to a FREE "My Forward Steps" Membership

Simply visit the site and add yourself to the Membership
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Receive pages of the book, in a daily e-mail. Add your name...
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The purpose of this book

Research indicates that the average person talks to himself or herself about 50,000 times a day. According to psychological researchers, it is 80% negative. That is the last negative line you will read in this book!

Many visitors to www.forwardsteps.com.au and www.ask-thea-about.com have asked me how to remove negative thoughts. My response, concisely, is that thoughts are not something removed. They are replaced (*as is the case with any habits that do not serve us*).

Pages of this book are to support you in creating replacement thoughts and focus, each day. You will find the following, on each of the pages:

♦ **Stepping Stone** – this is a life power tip for the day, something to personally consider, contemplate, or question. It is a short, simple note with a focus point that gives you poignant food for thought.

♦ **Action** – activities that help expand your experience of life, or get you in touch with others. They are the things you can do to nurture you or others, and that generally have a 'feel good' factor. The action may also be something that moves you forward with personal goals.

♦ **Challenge** – an activity that you can take on board for a day, or for a longer stretch of time. It is something to practise, to take as a practice, or to take up as your personal challenge. Take these for a test drive!

♦ **Quote** – added as daily food-for-thought, and simply for inspiring you to action. Many quotes also carry teaching lessons, or call you into taking action with a certain area of your life.

♦ **Clearing** – this is a brief task related to your personal environment. Doing one of these each day will help you to be a little more on top of being organized than you may usually be. Each might even get you started with doing a little more around the house or office for that day.

♦ **Question** – a conscience squirmer that encourages you to look at what is currently going on in your life, and these questions perhaps will be a catalyst for making some changes.

♦ **Affirmation** – you could write these on a little card and carry it around for the day. It is a place to stand, something to take aboard. You will be more powerfully enabled to deal with all the circumstances that show up during the day within a specific, and uniquely designed context.

Ways to use this book

This book contains no table of contents because of its very simple layout. I have structured the book's layout in the format of a day to a page! ☺

Scattered through the book, at the end of approximately every week, you will find a bonus page with suggestions for a book to read, a movie to watch, an online video, a personal development web link, and a link to a humorous site and an inspiring song. These are listed each 7-days so that you have some inspiring, happy resources to select for your weekends.

Nowadays, we live with expectations of instant access, we have a throw away culture. We want it instantly, right now, and at our fingertips! This book caters to that somewhat, by giving you daily sets of quick, inspiring snippets that you can take on board, in any moment.

You can flick through, treat the pages of the book like a deck of cards, and scan through for fast inspiration, motivation, and ideas. If you take up everything listed in the book, incrementally your life and environment will certainly look very different by the end of a full year.

Use each page as a part of your morning ritual, then take time to pause with each item for that day. Let the content of each page really settle in. Contemplate for a moment, what you just read and consider one action to match the idea being presented. Take those actions, and on that day. It does not need to be the specific action as listed on the page. Alternative actions may jump out at you, during your reflective time with each page.

Remember too, that the daily challenge actions are called a challenge, because that is what they are! There is no failing here, there is only an opportunity to take the ideas for a test drive, seeing if they are something you want to keep or, from which you could learn.

If a suggestion on any page is already a part of your usual routine, or is not enough of a challenge, then look for an alternative way to frame that day's challenge or action, so that you will be stretched a little by it.

This book is supposed to be taken lightly, and never to be taken super seriously. It is up to you, of course, how you want to perceive its contents. Enjoying this book, with its ultimate collection of life tips, is far preferable than to see it as a literal collection of rules by which you must abide! Do not take too many of its ideas, literally.

Use the book's content as your springboard to fresh insights and new ideas. Each day's messages and tools can trigger brand new thoughts. Print a copy of a page, and carry that page around with you for the day!

About Thea Westra

Thea Westra is founder and author at Forward Steps. She lives in Perth, Australia, and published many resources at www.forwardsteps.com.au which are now housed at a Membership site at www.myforwardsteps.com

Thea has personally challenged herself in her own life, particularly when she jumped out of a 23 year career, sold her home and moved across country on her own. After which she met her life partner, Greg. She has read a great deal of information over the past 20 years, and participated in many personal development programs over 10 years. Thea has been coached, and coached others for many years, plus provided hundreds of resources online since 2002.

She worked in education for 23 years and was the founder chairperson of a non-profit artist group, managing a gallery space for two years (*and proud of having sold 4 of her own paintings at over \$680 each*), before starting her own life coaching business in 2002.

She has four university degrees in the area of education - *Dip.Ed., B.Ed., Grad.Dip.Ed.Admin., Grad.Dip.Lib.*, which serve not much purpose other than a demonstration of how committed she is to learning!

At Forward Steps, Thea now offers internet-delivered inspiration, life power tips, self-improvement content, plus Internet tools and expertise.

Forward Steps is all about just that ...forward steps. If we are facing in the right direction, all we have to do is keep on walking. Thea's mantra is that "*Each forward step enhances the value of your first*". Another favorite saying, she keeps at her desk, "*Whatever you focus on, WILL expand*".

In addition, Thea has contributed chapters in books by various authors e.g. Christopher Westra, Jinger Jarrett, and Priscilla Palmer. She has herself published several free e-books and reports, produced a monthly ezine since 2002, maintained a numbers of blogs since 2006, has a few websites at which she publishes useful information in the area of personal development information, plus participates at many online communities.

Thea continues to learn, and expand what she provides to you online.

Stepping Stone January 1

Do something this week that you have always wanted to do, yet have previously feared or resisted doing. Reconnect with the fullness and richness of life you deserve. Your energy will be raised and your creative channels will open up when you take yourself away from the usual and 'ho-hum' for a little while.

Action

Be generous, kind and forgiving to others and yourself.

Challenge

Accept a certain degree of consistency. Commit and take responsibility for something.

Quote

A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose - a cause to pursue, a person to love, a goal to achieve...John Maxwell

Clearing

Add 50% to the anticipated timeframe, for any of your projects.

Question

And... What makes you come alive?

Affirmation

I choose to feel more, and more confident.

Stepping Stone January 2

"If only..." is a resignation. Replace that with "What If...?" and feel your power return. Use it next time you hear yourself say the "If only..." phrase. After rephrasing it to "What if...?", directly follow it with the action that comes, to light.

Action

After work today, do something different from what you do all day at work.

Challenge

Accept certain personal conditions as permanent, and see what new ideas arise from that place of thought.

Quote

A goal is created three times. First as a mental picture. Second, when written down to add clarity and dimension. And third, when you take action towards its achievement...Gary Blair

Clearing

At your desk, display or depict the things you are striving to achieve.

Question

Are any of the changes you make, actual improvements to your life?

Affirmation

I choose to always use 100% of my mind's capacity.

Stepping Stone January 3

"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions." ~Aristotle~ When changing habits or taking on new daily practices it is also important to have strategies in place that will ensure the sustainable, long-term endurance of these plans. For example, a jogging partner will get you out of bed to exercise when you are considering not doing it for a day or two.

Action

Allow everyone to go ahead of you, into lifts and through doors, for a whole day.

Challenge

Accept that you are a lousy mind reader, and work at improving your communication.

Quote

A human being fashions his consequences as surely as he fastens his goods or his dwelling. Nothing that he says, thinks or does is without consequences....Norman Cousins

Clearing

Allow 15 minutes of extra time to get to appointments.

Question

Are you "working" and "trying" too hard? What could you "let go" of?

Affirmation

I choose to complete any personal targets that I create.

Stepping Stone January 4

A goal must have a plan and a deadline. Do you want your goals to remain mere wishes and something for the future? If not, then take a few steps today toward their fulfilment. Set some time lines and draw up a blueprint for achievement of your target.

Action

Allow someone ahead of you in a shopping queue, or parking space.

Challenge

Accept the things you cannot change.

Quote

A man to carry on a successful business must have imagination. He must see things as in a vision, a dream of the whole thing...Charles M. Schwab

Clearing

Almost any decision is better than no decision at all. Be more decisive.

Question

Are you a traveler or a tourist in your journey through life?

Affirmation

I choose to feel more and more gratitude.

Stepping Stone January 5

Whenever something terrific happens in your day, or something goes exactly the way you would like it to go, then give yourself a little, "Wow, I love it when that happens?" This teaches your subconscious mind to recognise what it is that you want and what you are creating, and it celebrates these events as they happen. No thing is too small or big to celebrate in its moment. Make it a habit and you will transform, so will your life.

Action

Arrange an unexpected visit with a friend.

Challenge

Act more energetic, it stimulates your body.

Quote

A man who dares to waste one hour of life has not discovered the value of life...Charles Darwin

Clearing

When organizing, things should have a "home". Give something a home.

Question

Are you afraid of stubbing your toes, as you step ahead in life?

Affirmation

I choose to use my imagination to create an inspiring life.

Stepping Stone January 6

Have a written statement of commitment. When designing your New Year resolutions, or any goals, then remember to commit your ideals to pen and paper then include them in your schedule, a specific first action at a specific point in time.

Action

Balance two-way information exchange. Practise listening more than you speak.

Challenge

Actually use your gym membership!

Quote

A man's life is interesting primarily when he has failed for it is a sign that he tried to surpass himself....Georges Clemenceau

Clearing

Display this quote, "How you do anything is how you do everything."

Question

Are you answering the Universe with gratitude when it sends you a big nudge?

Affirmation

I choose to feel more, and more thrilled by the events of my life.

Stepping Stone January 7

Accomplish "enough" during your day. Declare an end time to your day's activities and, at that point, be 100% satisfied and complete with what was accomplished during the past hours. Observe what can be taken to a new level for the next day and set up ready for a fresh beginning for the following morning.

Action

Be a good listener and see the good qualities in others.

Challenge

Adopt an attitude of high-level service with everyone you meet, and in every area of activity.

Quote

A meaningful life will not be found in the next job or the next car. The way you get meaning in your life is to devote yourself to helping others and creating something that gives you purpose...Morrie Schwartz, in "Tuesdays with Morrie" by Mitch Albom

Clearing

Are all your important documents well stored and filed?

Question

Are you asking the right questions for moving yourself forward?

Affirmation

I choose to always treat others the way I would like to be treated.

January Bonuses 1

These are a few weekend websites for you to explore. If any link will not open up for you, please never hesitate to write to me. I will do my best to keep these links up to date for you and I am happy to help anytime – myforwardsteps.com/contact. Enjoy your weekend!

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Music

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Stepping Stone January 8

Achieve your vision. Do you have a vision for what you are creating with your life? Think about who you are, in relationship to your goals, and what you need to do next, to achieve that next big ideal for your life.

Action

Be a part of your community by offering yourself as a volunteer.

Challenge

All day today, love the task that is in front of you, at the time that it is there to do it.

Quote

A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it...Max Planck

Clearing

Are all your music or any audio collections in one place and labelled?

Question

Are you aware of when you are choosing and when you are running on automatic?

Affirmation

I choose to feel that people conspire for my success.

Stepping Stone January 9

Act deliberately, and act with intention. Have purpose for all your actions. Begin living with awareness and personal choice. You can change your life one thought, and one habit at a time. If in any situation you cannot act powerfully then do not act until you feel you are in that place of power.

Action

Be close to the natural world on a daily basis.

Challenge

All day, adhere to a do-it-now mentality.

Quote

A pessimist is someone who complains about the noise when opportunity knocks...Michael Levine

Clearing

Are you too busy sawing, to even make time to sharpen the saw?

Question

Are you aware of your inner game and how it manifests externally?

Affirmation

I choose to stand in the firm belief that, "I can".

Stepping Stone January 10

Action conquers fear. Take even the smallest of actions toward a goal that makes you slightly afraid. Replace the term "fear" with the word "excitement". You will find that once you are taking action toward accomplishing your desired outcome, you will naturally move into the realm of excitement.

Action

Be extra sensitive to everyone else's needs for today.

Challenge

Always have the end in mind, and develop a personal mission statement, philosophy, or creed.

Quote

A schedule defends from chaos and whim. It is a net for catching days. It is scaffolding on which a worker can stand and labor with both hands at sections of time....Anne Dillard

Clearing

Does your calendar work, or do you use it because it is what you know?

Question

Are you clear about when you are experiencing personal success?

Affirmation

I choose to always follow my intuition and senses.

Stepping Stone January 11

Action is the antidote to despair. That is a quote by Joan Baez the folk singer. It may have been said a long time ago, however it remains valid. Are you still only thinking about what you want? Have you given yourself permission to fail or to succeed? There is no fairy dust or magic wand, which will bring your goals alive, unless you decide, and then take your first step. Then ...take the next step!

Action

Be more generous and give others more chances to prove themselves than you might otherwise.

Challenge

Appreciate something about which you feel you are about to complain.

Quote

A single conversation with a wise man is better than ten years of study...Chinese Proverb

Clearing

Are your regular payments direct debited or at least in your calendar?

Question

Are you crystal-clear yet, about what you truly want?

Affirmation

I choose to feel more and more generosity toward everyone I meet.

Stepping Stone January 12

Add Two Golden Hours to each of your days. No matter how busy you think you are or how little time you believe you have, this will transform the way you view time. Include Two Golden Hours into every day. One is for relaxed time e.g. reading inspiring books, listening to motivational audios, brainstorming desires for your life, creating projects. The other is an hour during which you focus and work on automatic, mundane tasks e.g. clearing your files, organizing a cupboard, attending to overdue emails. You will just have included 60 very productive hours to each month.

Action

Be more interested in your fellow human beings for all of the day.

Challenge

Improve your ability to respond to whatever situation you find yourself in.

Quote

Accept everything about yourself - I mean everything. You are you and that is the beginning and the end - no apologies, no regrets...Henry Miller

Clearing

Arrange placement of items by the frequency of their use.

Question

Are you doing a few health-giving things for yourself today?

Affirmation

I choose to have nutritious meals to increase my energy.

Stepping Stone January 13

Adjust your aim. It is not the end of the world if you notice that you are missing your targets. Simply be glad that you became aware and now have an opportunity to adjust your focus and actions. If you are building a house and a nail breaks, do you stop building, or do you change the nail?

Action

Be publicly happy, and often.

Challenge

Approach today without a plan, set off, and let the day take you where it will.

Quote

Acceptance of what happened is the first step to overcoming the consequence of any misfortune...William James

Clearing

Keep your batteries, printing cartridges, staples etc. in one handy place.

Question

What in your life needs immediate attention?

Affirmation

I choose to know.

Stepping Stone January 14

Align everything in your life with your designed and created future. You could spend the next 365 days doing what you have been doing, and achieve the same results you are getting now. Consider that if nothing changed and you took no deliberate action in the direction of your intended future, then the things that you consider to be "problems" today could very likely be the same challenges that you spend time with at the end of next year.

Action

Be your own very best friend for the day.

Challenge

Arrange it so that you sleep really well.

Quote

Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they do not quit...Conrad Hilton

Clearing

Arrange your home to store like with like, such as all vases together.

Question

Are you hanging on to opinions that may no longer hold true?

Affirmation

I choose to feel increasingly happy.

January Bonuses 2

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Stepping Stone January 15

All that matters is what are you going to do now? What you did yesterday, or even 1 minute ago, is now gone. What you plan to do 5 minutes from now and what you plan to do tomorrow, do not yet exist. All that you have is this very moment, now. What will you do with it?

Action

Brainstorm 10 ways that you can give more to your job, family, and community.

Challenge

As a little brain challenge today, recite the alphabet backwards!

Quote

Action is a great restorer and builder of confidence. Inaction is not only the result, but also the cause of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all...Norman Vincent Peale

Clearing

No more, empty jars/containers in front of full ones in your cupboards.

Question

Are you holding anger in your body and how will you deal with that?

Affirmation

I choose to become better and better.

Stepping Stone January 16

Allow others to have their own experiences. It is fine to empathize and show compassion or 'be there' for someone who needs your help. However, do you know the story of the butterfly, and the man who tried to help it emerge from its cocoon too quickly? For its wings to develop properly, the butterfly needed to go through that struggling process.

Action

Bring a friend some cuttings from your garden.

Challenge

As long as it is legal, moral, and ethical, do whatever it takes to have the result you want.

Quote

Adversity has the effect of eliciting talents, which, in prosperous circumstances, would have lain dormant...Horace (poet and satirist, 65-8 B.C.)

Clearing

Automate everything you can e.g. direct debit bill payments.

Question

Are you honestly making the best use of your talents?

Affirmation

I choose to feel that everyone likes me.

Stepping Stone January 17

Apply the law of intention. Set an intention for everything that you do. Your attention must then be focused on the actions you can take today that will manifest your intentions for tomorrow, and always remember - whatever you focus on WILL expand.

Action

Burn an incense stick, or two!

Challenge

As well as a to do list, create alongside it, a not-to-do list for the day.

Quote

All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a man had taken the first step. With every additional step you enhance immensely the value of your first...Ralph Waldo Emerson

Clearing

Automatically set messages, to move from your inbox into specific folders.

Question

Are you keeping yourself safe and not going after your dreams?

Affirmation

I choose to always hold to beliefs that support my goals.

Stepping Stone January 18

Appreciate what is already right in your life. Find a way to increase the number of times you do this each day. I think you may already be aware of how often you notice what is not right in your life! Like attracts like and if you keep focusing on what is not right for you, guess what you will attract more of?

Action

Buy an attractive journal and add an entry each day.

Challenge

Ask for help, and offer help where needed, much more often than you already do.

Quote

All people are alike in their dreams, and all people are alike in the promises they make. The difference is what they do....Moliere, 15th Century French Playwright

Clearing

Avoid having too many projects going on at the same time.

Question

Are you living consciously and with awareness of choices that you make?

Affirmation

I choose to feel increasingly accomplished.

Stepping Stone January 19

There is something about a well-worded question that often penetrates to the heart of the matter, and triggers new ideas or new insights.

Action

Buy a bunch of flowers for yourself.

Challenge

Ask for support when you want, or need, that.

Quote

All that we are is the result of what we have thought; it is founded on our thoughts; it is made up of our thoughts. A man's life is the direct result of his thoughts...Buddha

Clearing

Avoid letting things pile up, or saving all your filing for later.

Question

Are you looking for inspiration to come from an external source?

Affirmation

I choose to follow my heart in everything I do.

Stepping Stone January 20

It is never too late, to take stock of the path that will lead you in the right direction. When is it the right time to start living your life purpose? It is possible to start doing it immediately.

Action

Buy a lottery ticket and photocopy it to share with some friends.

Challenge

Ask to borrow some money from a friend or colleague, even if you do not need it.

Quote

All things are possible until they are proved impossible - and even the impossible may only be so as of now...Pearl S. Buck

Clearing

Avoid stress of where you put that piece of paper. Put all in your calendar!

Question

Are you mindful of the words you speak every day?

Affirmation

I choose to feel that the world aligns with my goals.

Stepping Stone January 21

There is a big difference between listening and hearing. The most basic of all human needs is the need to understand and to be understood. The best way to understand people is to listen to them. Not only that but when people feel that you have really listened to them, you will gain their respect and they will value and give you the credibility to speak.

Action

Buy a small tree at the nursery and plant it.

Challenge

Assess your current situation and create some tension between what is and what can be.

Quote

An old man said to his grandson, "Boy, I have two tigers caged within me. One is love and compassion. The other is fear and anger." The young boy asked, "Which one will win, grandfather?" The old man replied, "The one I feed"...Indian tale

Clearing

Be equally clear about what you will not be doing, as what you will be.

Question

Are you paying attention and learning, each day?

Affirmation

I choose to have easy access to all the information in my mind.

January Bonuses 3

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Stepping Stone January 22

Discover the secrets to having a radiant body that vibrates in tune with the earth, courses light energy through your limbs, and enhances your mental abilities!

Action

Buy Christmas and birthday gifts so you have them at home, in advance.

Challenge

At a specified time, finish the day and be done with it.

Quote

And in retrospect I can say it is so interesting that the Universe will keep throwing challenges at us until we finally get it. When you are experiencing it, it is sometimes harder to see it, but you will always get these challenges to learn certain things. ...Mark Luyk

Clearing

Be sure meetings are necessary plus have an agenda and stated outcome.

Question

Are you planning any changes in your life, or will status quo be the name of your game?

Affirmation

I choose to feel increasingly at ease.

Stepping Stone January 23

Ask for help if you need it. Your friends can see what is going on with you, even if you do your best to hide it. Most would love your invitation of being able to assist in some way. Put yourself in their shoes, what would you do if a friend shared troubles and asked for help? It is never as bad as you think it is.

Action

Buy some of your favourite foods and savour them.

Challenge

Avoid caffeine for one full month.

Quote

Anything in life that we do not accept will simply make trouble for us until we make peace with it....Shakti Gawain

Clearing

Begin eliminating activities that do not help you achieve your life goals.

Question

Are you ready to create your own life this year?

Affirmation

I choose to see beauty in everything and everyone.

Stepping Stone January 24

Ask for what you think you want, but know that you will get what you really want. Your subconscious mind could be carrying a whole batch of other incoming data that you may not be aware of, with your conscious mind. Filter out the negatives by listening less to popular media and reading fewer newspapers, ignore gossip and negative conversations. Increase the number of empowering audios to which you listen and read more and more books that will elevate your mindset.

Action

Buy yourself the flowers you might have wanted to receive from another.

Challenge

Avoid laying blame anywhere else, for who you are being, what you are doing, having, or feeling.

Quote

Applying one personality for business and another for your 'personal life' can be unnecessarily stressful. You will find that being your authentic self at all times . . . will yield you the greatest success...Brian Koslow

Clearing

Book the next car service for when it is due.

Question

Are you selling out on anything or are you compromising your dreams?

Affirmation

I choose to feel that I am loved.

Stepping Stone January 25

Ask yourself "What one thing can I do, right now?" Thinking about needing or wanting to do something and yet not taking action, is exhausting. Ask yourself this question in those moments and then take an action, even if only a 5-minute action. You will feel so much lighter.

Action

By the end of today, know that one person's life has breathed easier because of you.

Challenge

Avoid news or entertainment that is saturated with disasters and violence.

Quote

As I see it, every day you do one of two things: build health or produce disease in yourself....Adelle Davis, author

Clearing

Buy a visor clip for sunglasses. What other vehicle tools could you find?

Question

Are you 'spending' your time in the way that you love?

Affirmation

I choose to feel increasingly loving and loved.

Stepping Stone January 26

At the end of any new year, write your 100 achievements for the previous. I have always found it a helpful exercise to list 100 achievements of the past year, before embarking on creating goals for the following year. I do recall one year, being stuck at 64! I stayed with it over a day or two. Whatever needed to be released, happened unconsciously. One morning I woke up and raced through the remaining 36. I felt acknowledged, complete, and very free to begin focusing on my "What's next?"

Action

Call your best friend to say hello.

Challenge

Avoid the use of the word 'should', and replace it with the word 'could'.

Quote

As we look deeply within, we understand our perfect balance. There is no fear of the cycle of birth, life and death. For when you stand in the present moment, you are timeless...Rodney Yee

Clearing

Set up your own area, for work tasks. That kitchen bench is not "it"!

Question

Are you still paddling around in the streams, or preparing to go to sea?

Affirmation

I choose to have more and more fun.

Stepping Stone January 27

Attract more of what you want. Explore more of what state you are in when things happen, as you would like them to. Discover what you say to yourself and your beliefs about circumstances when they go the way that you desire. Take responsibility for all that you experience in life and watch the world change around you.

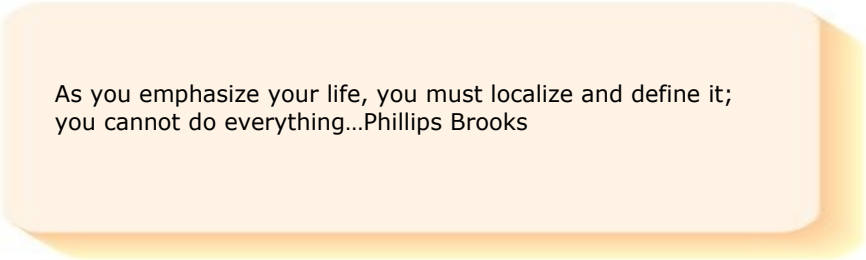
Action

Catch yourself in moments of simple enjoyment, today.

Challenge

Back off and let the people around you deal with their own problems for a while.

Quote



As you emphasize your life, you must localize and define it;
you cannot do everything...Phillips Brooks

Clearing

Change all the towels and toothbrushes in your bathroom.

Question

Are you too critical and far too harsh with yourself?

Affirmation

I choose to always express myself authentically.

Stepping Stone January 28

Be "for" something. If you keep focusing on what you do not want then you are not creating a future, you are dwelling in a negative space and operating based on the past. Rather than being "against" things, ask yourself "Well then what DO I want?" and begin taking action related to your response(s) to that question.

Action

Change your pace. If you are usually fast, slow down, and vice versa.

Challenge

Be also accountable for what you do not do, as well as what you do.

Quote

At some time in everyone's life they will stumble across opportunity. Sadly, most people will pick themselves up and walk away as though nothing had ever happened...Winston Churchill

Clearing

Change the bedding sheets on your beds.

Question

Are you waiting for a "sure thing" before you will take action?

Affirmation

I choose to increase my financial abundance.

Stepping Stone January 29

Be able to experience anything. This is the ultimate in personal growth and in developing personal power. When you are so satisfied with where you are and so comfortable in your own skin, that external events will not affect you to such an extent that you 'react'. Rather, you are centered, calm, and are able to 'choose' a 'response' to the event. What habit or thought pattern could you put in place today, to begin strengthening that 'muscle'?

Action

Clean out closets and donate toys, clothes, and anything else that are a dust collector.

Challenge

Be super decisive, all day!

Quote

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it is the grain of sand in your shoe...Robert Service

Clearing

Check all electrical leads for safety.

Question

Can you see your failures and successes as simply a result?

Affirmation

I choose to feel increasingly appreciated.

Stepping Stone January 30

Be active and engaged or you will stagnate. Find ways to keep yourself in 'creation' mode and gratitude mode. Stay interested in global developments and in the people around you. Learn something new try something new and different.

Action

Comment on a blog that you really like.

Challenge

Be determined to accomplish more by doing less.

Quote

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be...Thomas à Kempis

Clearing

Check all electronic equipment for cleaning, storage, or maintenance.

Question

Are your goals written down?

Affirmation

I choose to always be authentic.

Stepping Stone January 31

Be at peace with yourself. Accept yourself, you are unique and very special. Only when you know yourself fully and accept every part of you can you begin to make changes that benefit the desires and goals you wish to pursue. If you are still rejecting aspects of yourself, they will get in the way of true and long-term progress.

Action

Connect with somebody online and say hello, just because.

Challenge

Be happy all day, for no reason.

Quote

Be still. Be quiet. While you are verbally quiet, you may find that quiet space inside of yourself. You may have a burst of sudden joy filling up around your heart area. Bliss. It may feel as though you can feel your heart singing. This experience can only occur when you can look out of yourself, without mental comment...Wisdom Master Maticintin

Clearing

Check expiry dates in medicine cabinets, and top up low volume items.

Question

Are your life areas in harmony, or simply hanging in balance like a stagnant set of scales?

Affirmation

I choose to feel that I am wise.

January Bonuses 4

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Music

<http://forwardsteps.info/music4tfml>

Stepping Stone February 1

Be discerning. This is related to how you spend your time, with whom you spend your time, the 'tools' you use, to which requests you say 'yes', on what you spend your money, the movies you watch, the music you listen to, etc. Be discerning with everything in your life. It is a demonstration of how much you value yourself.

Action

Consciously let your muscles relax each time you feel them tighten.

Challenge

Be happy, being yourself.

Quote

Be yourself and think for yourself; and while your conclusions may not be infallible, they will be nearer right than the conclusions forced upon you...Elbert Hubbard

Clearing

Check door locks for function, effectiveness and repairs or maintenance.

Question

Can you accept everything about yourself?

Affirmation

I choose to increase knowledge and wisdom.

Stepping Stone February 2

Be not afraid of going slowly; be afraid only of standing still. Success in life is directly connected to personal growth. Your capacity to produce results, increase, as your capacity to take on larger projects increase. Stretch yourself a little every day by saying yes to something that scares you a little. Do something that is a little beyond what you believe is in your comfortable range to do. Step out of the 'comfort zone' to increase the number of opportunities, that show up in your life.

Action

Cook dinner for your parents, or your neighbours.

Challenge

Be more generous today than you have ever been before in your life.

Quote

Before you begin a thing, remind yourself that difficulties and delays quite impossible to foresee are ahead. You can only see one thing clearly and that is your goal. Form a mental vision of that and cling to it through thick and thin...Kathleen Norris

Clearing

Check all your cushions, spot treat any stains and shampoo if necessary.

Question

Can you believe in something without having direct evidence?

Affirmation

I choose to always achieve what I say I will achieve.

Stepping Stone February 3

Be unique not different. As an individual, I view myself as a unique person (one-of-a-kind) because there is no one else out in the world that is an exact replica of me. Unique=Being the only one of its kind. Without an equal or equivalent, unparalleled. Different=Unlike in form, quality, amount, or nature. Dissimilar. Distinct or separate. Difference separates you from humanity; uniqueness celebrates the miracles of you and of all humans

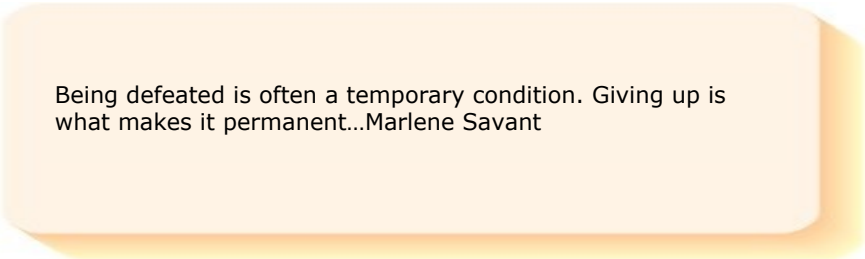
Action

Create a detailed, peaceful retreat in your mind and go there often.

Challenge

Be short, sweet, and to the point.

Quote



Being defeated is often a temporary condition. Giving up is what makes it permanent...Marlene Savant

Clearing

Check your shoes. Are they clean and ready to wear, plus stored properly.

Question

Can you find 10 ways to 'say' I Love You to someone special in your life?

Affirmation

I choose to feel increasingly wealthy.

Stepping Stone February 4

'Be' what you say you want. You want love, 'be' more loving. You want abundance, 'be' more generous. You want time, 'be' slower paced and more focused. You want better health, 'be' healthy and well-being conscious.

Action

Create a logo for yourself and get personal paper printed.

Challenge

Be much nicer to yourself and be gentler with yourself.

Quote

Being powerful is like being a lady. If you have to tell people you are, you aren't...Margaret Thatcher

Clearing

Check ceiling fans, light fixtures, and air vents.

Question

Can you depend on your word, to yourself?

Affirmation

I choose to have genuine and supportive friends.

Stepping Stone February 5

Be willing to accept. A gift given and received requires two parties. The person who is giving the gift, and the person who is receiving the gift. You must be open to receiving after you ask something to happen or to come your way.

Action

Today is the birthday of the author of this book. Send Thea Westra a hello birthday greeting. Just use the Contact Form at www.myforwardsteps.com Your message will go directly to Thea's inbox and she will reply! ☺

Challenge

Be patient and focus on daily changes, rather than waiting for revelations.

Quote

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials....Lin Yutang

Clearing

Check chair/table legs to see if they need new protective caps.

Question

Can you distinguish essential from non-essential?

Affirmation

I choose to be debt free.

Stepping Stone February 6

Be willing to release the patterns that are creating the conditions you do not want. Most of us know what we need to be doing or being in order to improve our lives or to move forward. We sometimes choose to ignore taking action or going to work on those areas because we love to be comfortable. After a period, the new habits and behavior patterns become the new comfortable zone for us. You just need to stick with them long enough to get to that point.

Action

Create a new account, and each month blow all that account's money in a way that makes you feel rich.

Challenge

Be specific about your needs, and make more requests.

Quote

Between stimulus and response, there is a space. In that space lays our freedom and power to choose our response. In our response lays our growth and freedom...Victor Frankl, Man's Search for Meaning

Clearing

Check for marks on floors and attend to those.

Question

Can you forgive yourself? Will you?

Affirmation

I choose to feel more and more freedom.

Stepping Stone February 7

Be your own coach. If you were your own life coach, write down at least ten things that you might be asking yourself right now. Then answer these questions with all honesty. From that exercise, what actions do you now see that you could take to move you forward, with power?

Action

Create a personal piece of artwork to hang on your home or office wall.

Challenge

Be you and no one else.

Quote

Beware of ominous brain clouds! These groups of negative mind programs perform dastardly deeds including increasing the production of stress chemicals, taking you towards serious disease & unrelenting chronic illness. If that's not enough, brain clouds block communication with the subconscious mind, robbing you of high end cognitive functioning & creativity...Elizabeth Bohorquez, RN, C.Ht

Clearing

Check for marks on walls and clean them all up.

Question

Can you look in a mirror then tell that person you love them and really mean it?

Affirmation

I choose to be attractive to the things that I want in my life.

February Bonuses 1

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Humor

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Music

<http://forwardsteps.info/music5tfml>

Stepping Stone February 8

Become a highly disciplined time manager. There are 86,400 seconds in each day. It takes less than one of those to make a decision. Each decision that we make can take our lives in a wholly different direction. When your life is "full of things to do", we barely notice these "little" decisions. Start noticing! Plan your days so that you are more focused in the now and can see purpose in the things that you do each moment.

Action

Create an online photo site for your family.

Challenge

Become an expert at listening to your 'higher self'.

Quote

Bryan Dyson, the former CEO of Coca-Cola explained that he feels we juggle 5 different balls: a health ball, a family ball, a friends ball, a work ball and a spirituality ball...Four of the five are made out of crystal. If we drop them, they're going to shatter. Only one ball is made out of rubber and bounces back: the work ball....Carol Gallagher, Ph.D.

Clearing

Check water hoses and reticulation systems for repairs or spare parts.

Question

Could you catch yourself doing something right, today?

Affirmation

I choose to feel that I attract whatever I want to attract.

Stepping Stone February 9

Become a master at knowing what you want. Keep focusing on the "do not wants" and that is 100% what you will get more of! Make it a primary focus to keep homing in on what you DO want. I cannot stress this point too often and you may think I am beginning to repeat myself if you have heard me say similar, elsewhere. It is THE first thing to work on. The one thing makes THE biggest difference.

Action

Create something hand-made and give it to a friend.

Challenge

Begin and continue paying yourself 10% of your weekly income.

Quote

Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny...Mahatma Gandhi

Clearing

Check how many of your online tools could complement each other.

Question

Could you distinguish 10 lessons that you learned last year?

Affirmation

I choose to always do as I said I would do.

Stepping Stone February 10

Become who you want to be. Determine who you want to be in your life and then choose "a vehicle" that will mould you to becoming that person. Very often, we want something not because we want "that thing". We have seen people who have particular "things" and associate a certain way of "being" with those people who have those things. We then draw the obvious, yet illogical conclusion and declare, "I'll have what she's having"! What is forgotten in our equation is their journey preceding the "having".

Action

Create your own annual holiday and celebrate that each year.

Challenge

Behave in a more certain way, remove 'perhaps' and 'I do not know' from your responses.

Quote

Chains of habit are too light to be felt until they are too heavy to be broken....Warren Buffet

Clearing

See that your pets are up-to-date on their check ups and shots.

Question

Did you live consciously today, or were you at the effect of your circumstances?

Affirmation

I choose to feel more and more passion for the work I do.

Stepping Stone February 11

Before you go to bed at night, write down the six most important things you have to do the next day. If you do this, and make them the last things you think about before you go to sleep, your subconscious mind will work on them for you while you sleep and you WILL get them done the next day. This exercise will cure you of the procrastination disease and increase your productivity by up to 600% while relieving your stress levels at the same time. Moreover, consider this... six most important things to do every day means 180 most important things to do every month!

Action

Decide what thought you would use to replace worry or concern, and use the replacement often.

Challenge

Believe that your day will be completed as you wish and imagine it will.

Quote

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life...Herbert Otto

Clearing

Check the amount of tread on your car tyres.

Question

Do you confuse your activity with accomplishment?

Affirmation

I choose to move with confidence.

Stepping Stone February 12

Begin the practice of being present all the time. When you 'are, where you are' you will be amazed at how more simple life is and how uncomplicated things become. Think of it logically, whilst in the middle of a work meeting what is the sense of thinking about the phone call that you promised to your mother, unless you intend to take the action on that phone call right there and then. Better to have the call scheduled in a specific time in your calendar and out of your head.

Action

Decide what you most enjoy doing, and then look around for opportunities to do more of that.

Challenge

Face the situation and just complete whatever you are avoiding.

Quote

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better....King Whitney Jr

Clearing

Check the batteries in all appliances, including smoke alarms.

Question

Do you have a crystal-clear vision of what you desire to create?

Affirmation

I choose to feel certainty.

Stepping Stone February 13

Begin the process of eliminating debilitating fears. Stop looking at or analysing the fear and direct your focus instead on what it is that you want to accomplish. Practise daily, in your mind's eye feeling the success, and the victory over you. Then take some small steps in the direction of your desired outcome. Then again, as your courage builds you could take a giant leap. "Do not be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps." ~David Lloyd George~

Action

Declare one thing you will achieve today, and do that.

Challenge

Book yourself into, and complete an accredited level one first aid course

Quote

Change occurs when one becomes what she is, not when she tries to become what she's not...Ruth P. Freedmen

Clearing

Check the oil level in your car engine.

Question

Do you have a plan? Are you working your plan?

Affirmation

I choose to have abundance surrounding me.

Stepping Stone February 14

Being happy is a choice you face every day. You get to react or respond to life circumstances. Will you respond or react? Notice when you are literally choosing to be anything other than happy. Check out the true source of your feelings. Do you have another choice? Are you reacting to something external or are you personally being "response-able" for your thoughts and feelings in relationship to a situation?

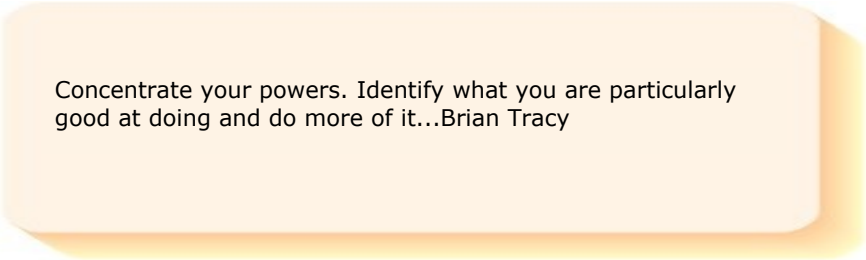
Action

Design a lovely piece of art, regardless of what others think.

Challenge

Change three things about your routine.

Quote



Concentrate your powers. Identify what you are particularly good at doing and do more of it...Brian Tracy

Clearing

Check tyre pressure on your car for being at recommended levels.

Question

Do you have a way to keep the opinions of others in balance and perspective for yourself?

Affirmation

I choose to feel increasingly prosperous.

February Bonuses 2

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Web

<http://forwardsteps.info/web6tfml>

Humor

<http://forwardsteps.info/humor6tfml>

Music

<http://forwardsteps.info/music6tfml>

Stepping Stone February 15

Break destructive patterns of behavior. Before you can go to work on that, you need to identify the behaviours that you consider destructive to your intentions. To do that, you need to be willing to sit with yourself and be honest in listing these. Without judgement and opinion, be an observer and list them. It does not mean anything about going to work on them yet!

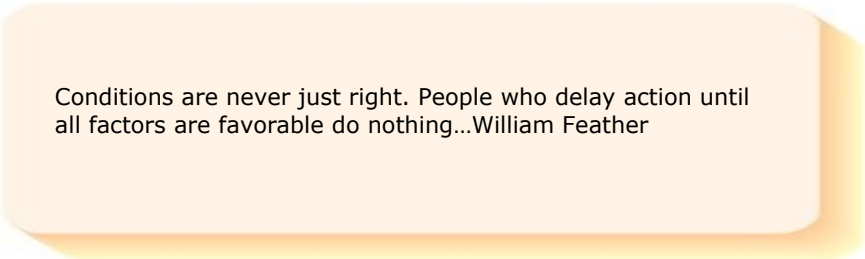
Action

Develop and follow healthy eating habits.

Challenge

Changing jobs? Contact a company directly and tell them that you are interested in working there.

Quote



Conditions are never just right. People who delay action until all factors are favorable do nothing...William Feather

Clearing

Check the water levels in your car radiator and battery cells.

Question

Do you have access to your own happiness?

Affirmation

I choose spiritual harmony.

Stepping Stone February 16

Break out of the mould. You and your life experiences are not set in stone. Look at your past and all the deviations along that journey. See what is yet possible. Some parts of your journey you orchestrated and at times, you allowed yourself to be directed by others. Can you learn from that past and use elements of your past to construct a future that is fully directed by you?

Action

Develop and nurture an optimistic mindset to have better things show up in your life.

Challenge

Check in and balance each of your goals with their cost, and evaluate.

Quote

Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger and we will make not only our own happiness, but that of the world at large...Mahatma Gandhi

Clearing

Check your car's air filter and clean it or get a new one.

Question

Do you have any MUST do's hanging around? Lighten your load and attend to them!

Affirmation

I choose to feel peace wherever I am.

Stepping Stone February 17

Break your goals into several manageable steps. Often we procrastinate because a task appears too huge or daunting. Reduce the size of tasks into small, manageable steps and you will find yourself accomplishing your intended outcomes almost by accident and with much greater ease.

Action

Do a drawing or painting to print and share with friends, as a framed gift from you.

Challenge

Check your breathing throughout the day. Take deeper, slow breaths.

Quote

Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow"...Anonymous

Clearing

Check your garden for plants that need to be trimmed and thinned.

Question

Do you have anything in your current reality that you wish to alter?

Affirmation

I choose to feel increasingly comfortable with my surrounds.

Stepping Stone February 18

Buckle up and get to work. You have likely read lots of information and are using many techniques for manifestation, visualization etc. However, are you remembering to do your share? There's a time for everything and you will need to get your hands dirty if you want to accomplish even half of what you say you want to achieve. I once heard someone say, "they have never heard of a big bag of money fall on anyone's head while they were meditating!" :)

Action

Do less and do everything more slowly.

Challenge

Choose a habit to replace with a better one.

Quote

Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you are misunderstood...Charles Swindoll

Clearing

Check mailbox, doorbell, doorknocker, fly screens, and clean all these.

Question

Do you have creative conversations with friends?

Affirmation

I choose to have an inspired perspective.

Stepping Stone February 19

Call a spade a spade. Until you get honest about what is 'really' going on, you will never change any circumstances into scenarios that you actually desire. Observe any addict in the midst of their addiction and you will see someone who denies they have a problem. What is your 'pay-off' for lying to yourself and keeping things at status quo?

Action

Do not think about anything else except what you are doing, at the time you are doing it.

Challenge

Choose and enjoy a whole week with your computer(s) and phone(s) turned off.

Quote

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work....H. L. Hunt

Clearing

Check torches and battery-operated items to see if batteries are working.

Question

Do you have effective strategies and 'self-talk' that will quiet your mind?

Affirmation

I choose to always manifest the results I say I want.

Stepping Stone February 20

Can you change the pattern of chatter in your mind? As in the words of Mahatma Ghandi...Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.

Action

Do something childish today, like jump into a puddle or play hopscotch.

Challenge

Choose only the very best quality of everything you do, buy and use today.

Quote

Do not dare to live without some clear intention toward which your living shall be bent. Mean to be something with all your might....Phillips Brooks

Clearing

Use one credit card only for business expenses, and no other purpose.

Question

Do you have extreme clarity of focus, about why you want more time?

Affirmation

I choose peace and harmony.

Stepping Stone February 21

Catch yourself complaining. Do you habitually complain and are at a point that you do not even consciously distinguish that something you have said, is a complaint? Be more aware of your speech patterns and change the ones that you notice, are destructive. Use empowering phrases as your replacements.

Action

Do something (healthy) that will improve your personal appearance.

Challenge

Choose something of which you are afraid and perform a personal challenge in that area.

Quote

Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired could be won. It exists, it is real, it is possible, it is yours...Ayn Rand

Clearing

Use one gadget for tracking responsibilities, and have everything there.

Question

Do you have one overriding objective, a purpose for your life's work?

Affirmation

I choose to feel increasingly lucky.

February Bonuses 3

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Stepping Stone February 22

Celebrate You! If there were a "National ...[your name] Day" what would be included in its celebration? Plan such a day and get to know yourself better by having some real fun with this imaginary exercise. Ask some closest friends to help you. Maybe they would like to create their own too.

Action

Do you know what is right for you? Make that your only business.

Challenge

Choose to be in close proximity to people who are empowering.

Quote

Do not scatter your powers. Engage in one kind of business only, and stick to it faithfully until you succeed, or until your experience shows that you should abandon it. A constant hammering on one nail will generally drive it home at last, so that it can be clinched. When a man's undivided attention is centered on one object, his mind will constantly be suggesting improvements of value, which would escape him if his brain was occupied by a dozen different subjects at once....James Anthony *Bailey* & P. T. *Barnum*

Clearing

Use best tools for a job and stick to them. You do not need six PDF writers!

Question

Do you have one over-riding vision that encompasses all of your smaller goals and activities?

Affirmation

I choose to always attract luck.

Stepping Stone February 23

Challenge your perceptions. Also, challenge the perceptions of others. There is no 'right' or 'wrong', there is only 'what is right now'. What empowering interpretation could you apply to a circumstance that is causing you problems today? A shift in perspective may just bring to the fore new solutions to an old problem.

Action

Donate blankets and food to a local animal shelter.

Challenge

Clear up anything that is jamming up your life, such as responsibilities, relationships, activities, old hobbies.

Quote

Do not wait; the time will never be 'just right'. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along...Napoleon Hill

Clearing

Clean all electrical equipment using proper cleaning utensils for each.

Question

Do you have the ability to spend an entire day on the bank of a river without feeling guilty about it?

Affirmation

I choose to feel that I am surrounded by beauty.

Stepping Stone February 24

Challenge your personal viewpoints. Remember that your perspective on anything is only one opinion. That includes your opinion about yourself. Every now and then, 'put on another colored pair of glasses' and see the world differently. You may find some brand new perspectives related to an area in which you were previously stuck. "If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead." ~Gelett Burgess~

Action

Donate blood to the local Red Cross.

Challenge

Collect all your family's and friend's birthdates in your calendar and send them cards, on time this year

Quote

Do yourself a favor and master the art of money. Treat it as an honored guest in your life, one who will quickly flee if you do not treat her well, but one who will stay and enrich your life beyond measure if you treat her with care and respect...Philip E. Humbert

Clearing

Clean all of the fans and light fixtures in the house.

Question

Do you have the courage to stop for a while and just "be"?

Affirmation

I choose to see opportunities that bring success in my endeavours.

Stepping Stone February 25

Change the box, redraw the lines. Pretend you have just 'dropped out of the sky', into this time in your life. Look at it with brand new eyes and thoughts. From the outside, looking in, what do you see? Where would you make the changes and adjustments? What would you include or exclude? What path could you now follow?

Action

Donate to your favourite cause.

Challenge

Collect images for your personal vision board.

Quote

Doing things the hard way is wasted effort. The best way to tackle any job is to find the smartest, most efficient method...Unknown

Clearing

Clean all the car's windows.

Question

Do you have tools for gaining further clarity about your goals?

Affirmation

I choose to always accept acknowledgement.

Stepping Stone February 26

Change your habits, change your life! Success in life needs to be deliberately managed. Replace three unproductive habits with three new ones that raise the bar. Success in any endeavour requires a lifestyle change and you could do that all at once! Not recommended, if you are someone who stops all action, when just one small thing gets in the way. A less painful and more long-term sustainable way is to change daily habits, bit by bit. You cannot change a habit by trying to get rid of it. You can replace an unwanted habit with a new one.

Action

Drink eight glasses of water today.

Challenge

Communicate today without using the words 'I, me, my, mine'. Keep practising all day.

Quote

Do not ask yourself what the world needs. Ask yourself what makes you come alive. Then go and do that. Because what the world needs is people who have come ALIVE!...Harold Thurman Whitman

Clearing

Clean all the mirrors in your home, handbag, and car.

Question

Do you have your head in the sand?

Affirmation

I choose to feel increasingly acknowledged.

Stepping Stone February 27

Changing direction is not the same as changing destination. Know your intended destination. Be clear about what you want to ultimately accomplish and keep moving toward that. The road may be bumpy and curvy rather than a flat, straight line, and that is OK!

Action

Drink more water and find out about electrolytes at a health shop.

Challenge

Complete a task that has been outstanding for ages.

Quote

Do not be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps...David Lloyd George

Clearing

Clean all your car seats and the boot.

Question

Do you keep your word to yourself?

Affirmation

I choose to have a multitude of opportunities.

Stepping Stone February 28

Choose places to be that are of high energy and strength. Whenever you walk into a building or room, ask yourself, "Where is the power spot here?" and sit or stand there. Be vigilant and guard your own energy and power. Constantly observe and notice what works and what does not work for empowering you.

Action

Drive or walk a different route to work.

Challenge

Complete this sentence, "If I didn't care what anybody would say, I would..."

Quote

Do not be fooled by the calendar. There are only as many days in the year as you make use of...Charles Richards

Clearing

Clean and freshen all drains, sinks, and toilets.

Question

Do you know what distances you from your experience of freedom?

Affirmation

I choose competency.

Stepping Stone February 29

Chunk your large goals into manageable steps. Sometimes we procrastinate on beginning a new project simply because it is so large that it scares the heck out of us. Break it into small, manageable action steps. "Take the first step in faith. You do not have to see the whole staircase, just take the first step." ~Dr. Martin Luther King Jr.~ then.... "Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs." ~Vaclav Havel~

Action

Drop in and visit a friend, unannounced.

Challenge

Consciously eliminate the rat-race mentality.

Quote

Do not be hard like a rock, be soft like water. Ultimately the soft wins over the hard. Be like water, soft, flowing, at ease. The hardness inside will eventually be reduced to sand, and the rock will completely disappear...Lao Tzu

Clearing

Clean and store well, your garden tools.

Question

Do you know who you are, or do you take another's word for it?

Affirmation

I choose to feel more and more competent.

February Bonuses 4

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Book

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Humor

<http://forwardsteps.info/humor8tfml>

Music

<http://forwardsteps.info/music8tfml>

Stepping Stone March 1

Circumstances change and priorities often change with them. Are you certain that the goals you are pursuing today are goals to which you are still committed? Alternatively, are they simply something you once thought you should pursue and you are only hanging on to them in order to 'be right'? Remember that what you wanted in your 20's are no longer the things that matter to you in your 50's. So, take a little time for reflection.

Action

Eat breakfast each day. It is better for your health to start your days with breakfast.

Challenge

Create a notebook for each evening, titled 'Things to think about tomorrow'. Close it before sleep!

Quote

Do not go around saying the world owes you a living. The world owes you nothing. It was here first...Mark Twain

Clearing

Clean and tidy a shelf in the bathroom.

Question

Do you make use of all the information you already have at your fingertips?

Affirmation

I choose to empower others and myself.

Stepping Stone March 2

Clarify your vision of your intended outcome with any goal you are creating. Yes, goals are created. They are a choice. To achieve clarity of your vision, write a set of questions that an outsider would ask you if they wanted to know exactly where you want to end up once your goal is accomplished. Answer these questions for yourself and then create yet more questions. Make sure each of your questions are specific and require lots of detail in their responses

Action

Eliminate some things that are not necessary to a contented life.

Challenge

Create a personal manifesto or creed, to live by.

Quote

Do not say you do not have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein....H. Jackson Brown, Jr.

Clearing

Clean and tidy a shelf in the kitchen.

Question

Do you manage the health of all three areas of mind, body, and soul?

Affirmation

I choose to feel my body breathing.

Stepping Stone March 3

Clean up "that" area of your home or office. You know the one! Each day when you walk into certain areas of your home or office, you will feel either uplifted or an energy drain. If it is the latter, do something about that. Those things around you that take energy will affect everything that you work on today and even the way that you relate to people with whom you come into contact.

Action

Eliminate worry. Be concerned only with the things that you can influence.

Challenge

Create your personal list of 101 goals in 1001 days.

Quote

Do not think you are, know you are!...Morpheus, in the film Matrix

Clearing

Clean behind all furniture, including the couch.

Question

Do you more often respond, or react, to events?

Affirmation

I choose to always do good things for my body.

Stepping Stone March 4

Clear your mind, focus on something you appreciate in your life then, make a plan. You never worry about good things happening, you worry about bad things happening. Worry makes you feel like you are doing something to resolve your situation, even though - you are not. It is time to quit overworking your worry.

Action

Embrace who you are by being happy, and comfortable with yourself.

Challenge

Dare to start doing the things you really want to do.

Quote

Dr. Miller says we are pessimistic because life seems like a very bad, very screwed-up film. If you ask 'What the hell is wrong with the projector?' and go up to the control room, you find it is empty. You are the projectionist, and you should have been up there all the time...Colin Wilson

Clearing

Clean each rug and mat around your home and replace worn ones.

Question

Do you need to exert a different kind of effort in your pursuits?

Affirmation

I choose to feel more and more charismatic.

Stepping Stone March 5

Collect insights about why you do everything that you do. If you have no clear description for why you are doing something, perhaps it is not something you ought to be doing. Whatever you do may be heading you in a direction that is being determined by another's agenda and not your own. Check in with yourself regularly and confirm that you are going where you say that you want to be going and producing the results that you say you want to be producing.

Action

Enjoy an extra few minutes in the sunshine, and enjoy the feeling.

Challenge

Dare to stop doing the things you really do not want to do.

Quote

During his battle with AIDS, from the world over, Arthur Ashe received letters from his fans, one of which asked: "Why does God have to select you for such a bad disease"? To this Arthur Ashe replied: The world over - 50,000,000 children start playing tennis, 5,000,000 learn to play tennis, 500,000 learn professional tennis, 50,000 come to the circuit, 5,000 reach the grand slam, 50 reach Wimbledon, 4 to the semi-finals, 2 to the finals, When I was holding a cup I never asked God "Why me?" And today in pain I should not be asking God, "Why me?"

Clearing

Clean out and organize the contents of your wallet.

Question

Do you practise tuning in to your instincts and hunches?

Affirmation

I choose to receive.

Stepping Stone March 6

Collect new evidence about yourself. You likely have lots of evidence for what you believe you can and cannot do, or accomplish. This establishes certain beliefs that you have about yourself. Consider trying a few new things, outside of your comfort zone and collecting some fresh evidence about your capabilities?

Action

Be more sure that all your conversations are two-way conversations.

Challenge

Deal only with the 'what happened?' or the 'what is happening?', rather than your opinion of it.

Quote

Each person's only hope for improving his lot rests on his recognizing the true nature of his basic personality, surrendering to it, and becoming who he is...Sheldon Kopp

Clearing

Clean out the cutlery drawer.

Question

Do you really know how close you are to producing your desired results?

Affirmation

I choose to have the gifts of an inspired life.

Stepping Stone March 7

Commit to one new habit. Decide on a new habit and commit to it, rain, hail or shine. Train your mind that your word is law. Whenever you break a promise to yourself, you weaken trust in yourself. You teach yourself that whenever you resolve to do something, it never happens. Over time, you quit creating new goals and promises. Resignation sets in. Therefore, with small, daily habits begin training your mind that what you say, goes!

Action

Enjoy yourself today because it is not coming back.

Challenge

Decide during the week exactly what it is you are aiming to do this weekend.

Quote

Education is the ability to listen to almost anything without losing your temper or your self-confidence...Robert Frost

Clearing

Clean out the trunk of your car.

Question

Do you relate to your children as the young people that they are?

Affirmation

I choose to feel more and more receptive.

March Bonuses 1

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Book

<http://forwardsteps.info/book9tfml>

Movies

<http://forwardsteps.info/movie9tfml>

Video

<http://forwardsteps.info/video9tfml>

Web

<http://forwardsteps.info/web9tfml>

Humor

<http://forwardsteps.info/humor9tfml>

Music

<http://forwardsteps.info/music9tfml>

Stepping Stone March 8

Compete with yourself, rather than competing with other people. Comparing is a trap. It can so easily be used as an opportunity to beat yourself up because you are "not as good as" someone else. When you experience victories over yourself and your fears or your procrastination then you will feel much more energised to continue taking action on your goals. It will raise your self-esteem and therefore improve personal performance.

Action

Establish a consistent program to reduce your anxieties in life.

Challenge

Decide that your thoughts do not manage you, instead that you manage your thoughts.

Quote

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?...Mary Manin Morrissey, author

Clearing

Clean the umbrella stand, if you have one. Or find a 'like' item to clean.

Question

Do you see the opportunities that are open to you, or are you focused on the closed doors?

Affirmation

I choose personal power.

Stepping Stone March 9

Conditions are never just right. Even after you die, there will still be "stuff" in your "in-tray"! ☺ You may as well begin now, moving toward what you really want. If you are not yet sure of what you really want for your life, then you could begin 'practicing', finding the answer to that question. 'Regret Minimization' is the name of the game if you have no major goals in mind at this moment.

Action

Exaggerate your 'complaints' to such an extent that you end up laughing.

Challenge

Decide to really love and appreciate your job for a day, or longer.

Quote

Every act of conscious learning requires the willingness to suffer injury to our self-esteem. That is why young children, before they are aware of their self-importance, learn so easily; and why older people, especially if vain or arrogant, cannot learn at all...Thomas Szasz

Clearing

Clean out your handbag, gym bag, and/or workbag.

Question

Do you set yourself tasks or do you live by a created vision?

Affirmation

I choose to feel that my life is a wonderful gift.

Stepping Stone March 10

Confronting our fears is the definition of courage. How fearful you are is determined by what you pay attention to. What do you pay much attention to and what could you do to shift the types of things to which you pay attention to reduce the level of fear that you experience?

Action

Feel good about yourself just the way you are.

Challenge

Decrease the speed at which you walk everywhere.

Quote

Every day, in every way, I am getting better and better
....Émile Coué

Clearing

Clean out your washing machine, including filters.

Question

Do you stop to 'listen' to your feelings?

Affirmation

I choose to feel increasingly alive.

Stepping Stone March 11

Consciously seek out people or places that inspire you. Motivation and inspiration need to be managed just like any other emotion in life. You do have a choice about feeling motivated and inspired. Recall all the times that you were excited to be alive and reflect on the events that produced this feeling. Could you re-create these types of environments for yourself?

Action

Figure out what you need to do, to keep a holiday spirit.

Challenge

Define yourself by what is in your head and heart, rather than your bank account.

Quote

Every evening, write down the six most important things that you must do the next day. Then while you sleep your subconscious will work on the best ways for you to accomplish them. Your next day will go much more smoothly....Tom Hopkins

Clearing

Clean that mess in the cupboard under the sink in your kitchen!

Question

Do you work with the Laws of Attraction or do you still work on changing external things to alter your 'world'?

Affirmation

I choose to have energy.

Stepping Stone March 12

Consider another's perspective and perception, when communicating. Are you passive, passive-aggressive, aggressive, or assertive when you are in communication with other people? Step into the shoes of the recipient of your communications before you deliver them. Remember too that communication is a two-way street. Are you listening to what the other person is saying, and not merely hearing what they say while you are trying to think of the next thing to say before they have even finished?

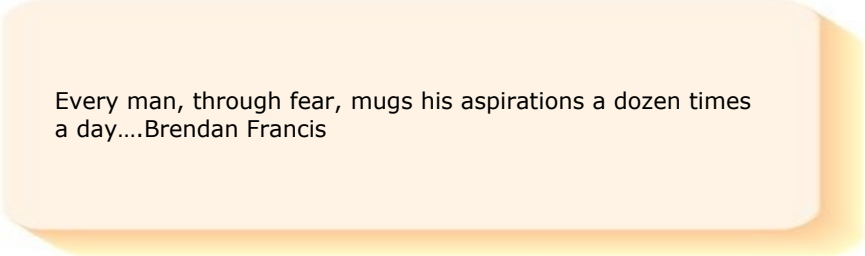
Action

Find a joke on the Internet, memorize it, and tell your family later.

Challenge

Deliberately expose a new viewpoint on the world that you did not have before.

Quote



Every man, through fear, mugs his aspirations a dozen times a day....Brendan Francis

Clearing

Clean the coffee or tea making, facility in your home.

Question

Do your habits create the life you want or move you away from that?

Affirmation

I choose to always be vibrant and alive.

Stepping Stone March 13

Could you slow down a little and relax? Technology is speeding up and so are we. Like most big trends, there is a counter trend. In Europe the Campaign for Slow Cities want to slow things down while in Australia 25% of people say they have downshifted in the last year to readdress their work-life balance.

Action

Find and connect with, or arrange to meet with, a brand new friend today.

Challenge

Determine the best 'vehicle(s)' to get you where you want to go. Then make use of them.

Quote

Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen.....Leonardo Da Vinci

Clearing

Clean the doors and handles.

Question

Does your nutrition sustain your energy levels for the goals you have?

Affirmation

I choose to feel more and more empowered.

Stepping Stone March 14

Create a larger vision for what you want to create. Always keep the larger vision in view and the daily actions and decisions will flow. You will know exactly what it is to which you need to say yes and to which you need to say no. When you are clear about your intention then you are clear about what is, and is not, in alignment with your goal(s).

Action

Find out the names and needs of every plant under your care, in your garden.

Challenge

Determine what areas in your life can be streamlined.

Quote

Every now and then, somewhere, some place, sometime, you are going to have to plant your feet, stand firm, and make a point about who you are and what you believe in. When that time comes, Pat, you simply have to do it...Lee Riley (father of Pat Riley, NBA coach)

Clearing

Clean the glass of all framed images hanging around work/living spaces.

Question

During which activities do you feel most energized?

Affirmation

I choose to see friendly faces everywhere.

March Bonuses 2

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Book

<http://forwardsteps.info/book10tfml>

Movies

<http://forwardsteps.info/movie10tfml>

Video

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Web

<http://forwardsteps.info/web10tfml>

Humor

<http://forwardsteps.info/humor10tfml>

Music

<http://forwardsteps.info/music10tfml>

Stepping Stone March 15

Create a personal vision of what you truly want for your life. You do not leave on a holiday trip without knowing or planning destinations and routes. So, what are you doing with the next few years or months, letting it be run by someone else's agenda? Clarity is the source of the types of actions that align with a designed future.

Action

Find several ways of sharing your knowledge and skills with other people.

Challenge

Develop the habit of pausing, to breathe slowly and deeply.

Quote

Every time and every place is uniquely different. There is no need to compare it with any other time and place. Just carefully taste the present - that is enough!...Zen

Clearing

Clean the griller and your stovetop.

Question

For what could you take 100% responsibility in your life, now?

Affirmation

I choose to feel that everyone conspires for good.

Stepping Stone March 16

Create a sense of urgency. Sometimes we just need to "box ourselves in" to get a thing done. For example, I heard of someone who decided to wear a badge that read, "If you see me smoking a cigarette, I will pay you \$100K". This was to change his smoking habit to more health-focused habits. Share your next big goal with three or four supportive friends. You can trust they will regularly ask you how the project is coming along.

Action

Find something funny to laugh at.

Challenge

Discover five things that are going on in the world, for which you previously had no interest.

Quote

Every time you say, "I must do something" it takes an incredible amount of energy. Far more than physically doing it...Gita Bellin

Clearing

Clean the oven and microwave.

Question

Has anything stopped you this week from doing what you know you want to get accomplished?

Affirmation

I choose to always be thankful.

Stepping Stone March 17

Create mental pictures. Do you actually 'see' the visions of what you want for your future? There is nothing like involving all your senses when creating goals. Feel that carpet or grass under your feet, smell the aromas of the environments of your dreams. Cut out images from magazines and paste them on a vision board. Get your 'mind's-eye' active when planning goals for your future. Get your body in tune with the success that you want to experience. Notice the 'gremlins' that you need to remove.

Action

Find something funny to laugh at. Share it with someone.

Challenge

Do a mind-expanding puzzle and complete it.

Quote

Everything you do and say shows the world who you really are. Let it be the truth....Oprah

Clearing

Clean the ventilation fans in kitchens and bathroom areas.

Question

Have you "failed" in your own mind? What will get you back up again?

Affirmation

I choose to feel increasingly appreciative.

Stepping Stone March 18

Create the outcome that you want. Are you certain that the goals you have set will really deliver on the intended outcomes you are after? If you think you have to get 'this' in order to have 'that', then what you really want is 'that', not 'this'. I sometimes ask people to write five heartfelt reasons for wanting their goal accomplished; often inside of their responses, we would find the truer goal to work toward.

Action

Free up 30 minutes to do something you would like.

Challenge

Do a Ten Years in the Future Exercise, writing a letter to a friend as if it is ten years from now.

Quote

Everything you have learned in school as 'obvious' becomes less and less obvious as you begin to study the universe. For example ...There are no straight lines....R. Buckminster Fuller

Clearing

Clean up any cobwebs or dust corners around you home.

Question

Have you given up on anything recently?

Affirmation

I choose to be organized.

Stepping Stone March 19

Cultivate the ability to speak your mind. When you speak your truth, others know it, just like you can hear when the truth is being spoken. Think about all the people to whom you are most attracted and whom you love to hang out with, I think that you will find that they are people who say how you really feel about something and always in a way that is appropriate and constructive.

Action

Get a bird feeder or water bath for your garden.

Challenge

Do an evaluation of your past week and create a new rule to live by from that.

Quote

Experience is a hard teacher because she gives the test first, the lesson afterward...Chinese Proverb

Clearing

Clean dust that has been building behind your computer or desk items.

Question

Have you got specific with your goals yet?

Affirmation

I choose to feel that all the money I want is freely available to me.

Stepping Stone March 20

Dare to slow down. Give this one a go today. You may be amazed to find that you actually will accomplish more because you are more "in the moment" when you slow down.

Action

Get a clear visual picture in your mind of your ideal body weight.

Challenge

Do inventory of assets and liabilities in all areas of your life. Increase your assets ledger.

Quote

Experience is not what happens to you; it is what you do with what happens to you....Aldous Huxley

Clearing

Clean your coffee maker, teapots, and kettle.

Question

Have you left base-camp on your upward journey?

Affirmation

I choose to have regular connection with good friends.

Stepping Stone March 21

Decide on something today and take an action towards its fulfilment. We get sick of being scared and of over analysing data and information, which leads to indecision and pain. The fact that you commit makes it the right decision. Take a path and commit.

Action

Get a full health check with your doctor.

Challenge

Do not complain about anything for any reason.

Quote

Experience is that marvelous thing that enables you to recognize a mistake when you make it again...F. P. Jones

Clearing

Clean your computer and television screens.

Question

Have you made any life decisions lately, conscious or unconscious?

Affirmation

I choose to feel more and more people oriented.

March Bonuses 3

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Web

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Humor

<http://forwardsteps.info/humor11tfml>

Music

<http://forwardsteps.info/music11tfml>

Stepping Stone March 22

Decide to feel good for no good reason. This is great personal training. Practise going against the grain with regards how you feel. Do something that you do not feel like doing and do it just because you said you would do it. Train your subconscious to know that you are boss and that you say what goes. Rather than being at the effect of external circumstances, happenings, or commentary by others.

Action

Get a good tan this summer without damaging your skin even once.

Challenge

Do not measure yourself against anything external to you. Just allow you to 'be'.

Quote

Far better is it to dare mighty things, to win glorious triumphs - even though checkered by failure - than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight, that knows not victory nor defeat...Theodore Roosevelt

Clearing

Clean your computer keyboard and mouse, at home and work.

Question

Have you plotted the progressive path for fulfilling your goals for this year?

Affirmation

I choose to manage my finances efficiently.

Stepping Stone March 23

Decision-making requires courage. When you make a decision, consider the word "decide" and its meaning: The English suffix -cide denotes an act related to killing. From Latin caedere "to cut, kill, hack (at), strike". In its wider meaning, it may also signify the destruction or dismantling of an object or concept [Wikipedia]. We dislike letting go of options and when you make a decision, you are choosing to let go of something. Do you have the courage to make decisions for your life? It is necessary to 'decide', for you to move forward.

Action

Get a new plant for the home or office, or someone else's home or office.

Challenge

Do not postpone anything at all today. Do everything immediately, and use what you learn from that.

Quote

Few enterprises of great labor or hazard would be undertaken if we had not the power of magnifying the advantages we expect from them...Samuel Johnson

Clearing

Clean your shower recess.

Question

Have you read my article about integrity at www.forwardsteps.com.au?

Affirmation

I choose to feel that I am surrounded by success.

Stepping Stone March 24

Dedicate yourself to leaving a powerful legacy to the world. Start some work on what this legacy might be. Look at the things that you already know you have accomplished. What are you good at? What do you love? What are you passionate about? About what topic do you notice yourself getting excited in conversations? What activities can have you engrossed for hours without noticing the passing of time?

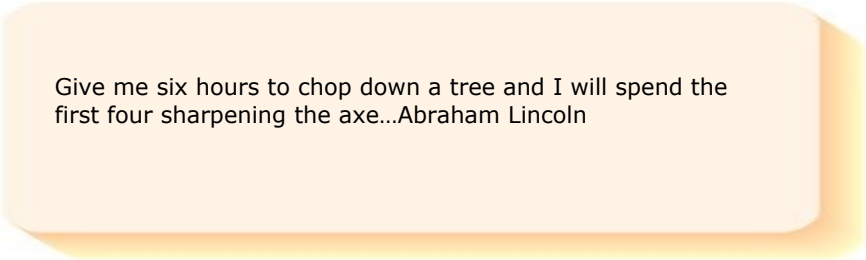
Action

Get a packet of flower seeds and sprinkle in your gardens.

Challenge

Do not turn on your computer and mobile phone at all, today.

Quote



Give me six hours to chop down a tree and I will spend the first four sharpening the axe...Abraham Lincoln

Clearing

Clear a folder on your computer or in a filing cabinet.

Question

Have you stopped at a hurdle? What desire would keep you moving forward?

Affirmation

I choose to feel more and more successful.

Stepping Stone March 25

Demonstrate compassion towards others. In today's busy, fast and throw-away society we can be too quick to judge or form opinion about another. Be a little slower to 'react' and stop for a moment to think about how you could otherwise 'respond' to another person's words or actions. Do you really need to be so quick with anger or annoyance? Do you really know the perspective from which the other person operates and their recent or past experiences that are the source of their behaviour?

Action

Get in the habit of pausing and breathing deeply and slowly.

Challenge

Do one distasteful job today. One that you have been putting off.

Quote

Giving up doesn't always mean you are weak. Sometimes it means that you are strong enough to let go...Unknown

Clearing

Clear and clean a bench or table in your home or office.

Question

How are those New Year resolutions of yours, moving along?

Affirmation

I choose to have wishes come true.

Stepping Stone March 26

Determine which area in your life is not being given enough attention. Look into each of these areas - physical, intellectual, social, career, emotional, and spiritual. Then determine what you are willing to include in each area. Take action this week to set up your schedule in a way that attends to each.

Action

Get some soapy water and blow bubbles.

Challenge

Begin on creating a 1,000 items goal list for your life.

Quote

Goals help you keep in perspective what's really important so you do not spend all of your time doing what seems urgent...Nido Qubein

Clearing

Clear and organize different rooms each month e.g. July is kitchen month.

Question

How can you be more effectively making use of your time?

Affirmation

I choose to always move closer and closer to my ideal life.

Stepping Stone March 27

Develop greater patience. Break down your larger goals into bite sized chunks, accept the fact that you are human, recognize and face challenges, be more consistent with your daily actions towards targets, have more compassion for yourself, be generous.

Action

Get up a little earlier to give yourself time to savour a cup of tea in the garden.

Challenge

Do one thing at a time. Focus on the thing you are with, in that moment.

Quote

Grant me serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the
difference...Reinhold Niebuhr

Clearing

Clear the clutter from bags or briefcases. Give away those you do not use.

Question

How could you awaken the sense of 'challenge' in your life?

Affirmation

I choose to experience wonderment.

Stepping Stone March 28

Develop new routines and activities. You must have heard the expression that "a change is as good as a holiday"! Trade, some old habits, and activities, for a few new ones. You will gain a completely fresh perspective on something that you may have grappled with for ages.

Action

Get yourself a piggy bank and start saving for something special.

Challenge

Do something spontaneously without forward planning.

Quote

Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time...Mark Twain

Clearing

Clear your wardrobe of clothes not worn for a year.

Question

How could you enrol key players in your vision?

Affirmation

I choose to feel more, and more courageous.

Stepping Stone March 29

Develop your curiosity, ask many questions, and do not know the answers. When we are curious, we are open to growing, we see possibilities, we unleash the chains of rigidity that hold us hostage. When we are curious we lighten up, we flow, we learn, we grow.

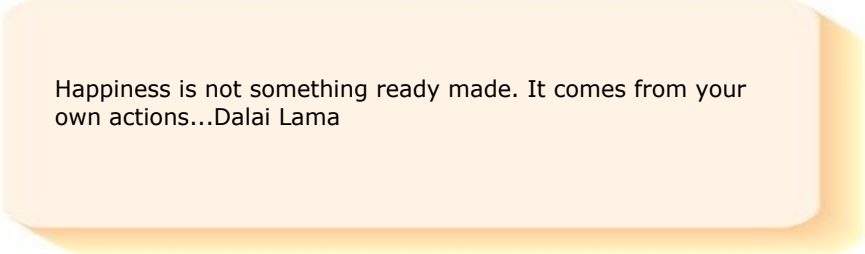
Action

Give a 3-minute hug to a loved one.

Challenge

Do something that scares you a little.

Quote



Happiness is not something ready made. It comes from your own actions...Dalai Lama

Clearing

Collect passwords and important information in one place, for easy reach.

Question

How could you increase your personal effectiveness?

Affirmation

I choose to always be bold.

Stepping Stone March 30

Divide a large sheet of paper into 4 areas. In each quarter, write one of each of these four questions: What is important to me? What do I love to do? What am I good at? What was I born to do? Write your top 9 answers to each. Relax and do not make this a significant and serious exercise. Then rank each question's nine answers, in order of importance to you.

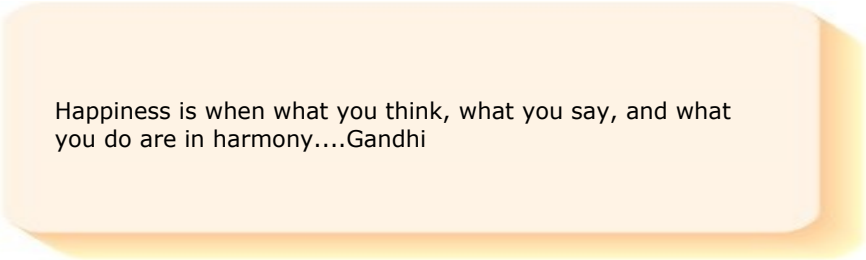
Action

Give others the benefit of the doubt more often.

Challenge

Do something today so you feel that you are living, rather than merely existing.

Quote



Happiness is when what you think, what you say, and what you do are in harmony....Gandhi

Clearing

Combine duplicate boxes, containers, and bottles of things.

Question

How could you re-allocate funds to better serve your life goals?

Affirmation

I choose to feel that my environment supports me.

Stepping Stone March 31

Do something different today. You cannot think outside the box when you are sitting in one! Do something that is not 'business as usual' for you. You will be amazed at the new ideas that will simply begin to flow.

Action

Give people more than they expect and do it cheerfully.

Challenge

Do something uncharacteristic today. Not something too 'bad' though!

Quote

Happy, vibrant, successful people think and behave in certain ways. So do miserable and unfulfilled people. In other words, there are patterns of success and patterns of failure. The good news is, success leaves clues...Tony Robbins

Clearing

Consider purchasing under the cabinet organizers for your bathroom.

Question

How could you simplify your life today?

Affirmation

I choose organized spaces in which to work.

March Bonuses 4

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Book

<http://forwardsteps.info/book12tfml>

Movies

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Web

<http://forwardsteps.info/web12tfml>

Humor

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Music

<http://forwardsteps.info/music12tfml>

Stepping Stone April 1

Do something for someone else. Are you feeling a bit flat, down or low on energy? Do something for someone else. Surprise someone with a pleasant surprise. It need not cost money. It may be a bunch of flowers from your garden for a neighbor. It could be writing a simple letter or postcard to someone you have not been in touch with for a while. Be courteous when driving, or stop and give a pedestrian right of way. Listen rather than talk when meeting with a friend.

Action

Give yourself plenty of time for everything today.

Challenge

Do the one thing you know that will make you be more organized.

Quote

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self confidence of having accomplished a tiresome labor is immense...Thomas A. Bennett

Clearing

Place related items inside each other e.g. suitcases and travel bags.

Question

How did you value your gift of life today?

Affirmation

I choose to always be organized.

Stepping Stone April 2

Do something for which you have a passion. Do you know what you love? When was the last time you engaged in your most loved past-times? Create a list of your passions and loves, and then take action in a few of those every month. Time is like money; it is a resource and a tool for our lives when we specifically allocate it. There are plenty around you who are ready and willing to use it for you. Today, you get on the road to deciding how your time will be spent in the future.

Action

Go camping for a night.

Challenge

Do your least favorite part of any jobs first.

Quote

Here is transformational potential which sits in the fifth position, in the center of the Wheel of Life. That transformational energy is what we want to experience every single day...Joseph Rael

Clearing

Consolidate your loans into one and cut up your credit cards.

Question

How did your canoe travel today? Were you in control of the paddles?

Affirmation

I choose to feel more and more efficient.

Stepping Stone April 3

Do something for your body and mind today. Unless we have daily practices in place (such as a meditation, yoga, walking, deep breathing, social contact, reading, listening to empowering audios etc.), we may find that our body and mind reserves gradually deplete, as we get busy with our daily "doing". What could you regularly schedule, to raise your energy?

Action

Go for a drive without a specific destination, only to explore.

Challenge

Do your most challenging jobs, first, today.

Quote

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned...Buddha

Clearing

Create guidelines to help you stick to systems that you have put in place.

Question

How do you benefit by keeping clutter in your life?

Affirmation

I choose to have a champion mindset.

Stepping Stone April 4

Do something today that makes a difference to December, this year. Do you remember November and December, last year? Sit down and list a few actions that you could take this week that will make a difference to that time of the year for you. Make this next December about being special to other people and not about the mad rush and self-focus that usually takes over at that time.

Action

Go for a season using natural remedies only (unless otherwise prescribed by a doctor).

Challenge

Do not oversize any of today's problems. In fact, focus on minimizing their effect on you.

Quote

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so...Douglas Adams

Clearing

Create a folder to house all promotional material you want to keep.

Question

How do you benefit by not achieving your goals?

Affirmation

I choose to be a champion.

Stepping Stone April 5

Do things in the order of their importance. Are the daily activities that you undertake each day, based on their importance to your desired, intended outcomes? If not, when will you begin planning your days with your life goals central to every day's activities? As the saying goes - plan your work and work your plan!

Action

Go for a walk, bike ride, or a drive with no predetermined destination.

Challenge

Do not wear a watch to work this week.

Quote

I am personally convinced that one person can be a change catalyst, a 'transformer' in any situation, any organization. Such an individual is yeast that can leaven an entire loaf. It requires vision, initiative, patience, respect, persistence, courage and faith to be a transforming leader...Steven R. Covey

Clearing

Create a notebook titled, 'My Accomplishments [year]'. Add to it monthly.

Question

How do you determine your daily priorities?

Affirmation

I choose to feel more and more like a winner.

Stepping Stone April 6

Do what makes you come alive. If your days are beginning to roll, one into the other, it is time to do something very different. Think about the last time you really came alive and do one of those things, this week.

Action

Go one day without buying or drinking from, a plastic water bottle.

Challenge

Dress for confidence. Put on those 'Sunday best' clothes today.

Quote

I believe there is no source of deception in the investigation of nature which can compare with a fixed belief that certain kinds of phenomena are impossible...William James

Clearing

Create a list of things you want to do and have not. Take action on one.

Question

How do you express your unique brand of creativity?

Affirmation

I choose to be a winner in whatever I do.

Stepping Stone April 7

Do you have a mastermind group or network? The idea of crowd intelligence is simple: the wisdom of a large group of people is nearly always greater than the intelligence of any single member. Shared interests and conversation spark ideas - and ideas can change the world.

Action

Go outside at night and look at the stars and moon.

Challenge

Drink eight glasses of water each day.

Quote

I believe there's an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts....Sylvester Stallone

Clearing

Create a sense of urgency. E.g., allow 30 minutes to reply to new emails.

Question

How do you keep balanced and true to yourself, moment by moment?

Affirmation

I choose to feel that I am surrounded with winners.

April Bonuses 1

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Music

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Stepping Stone April 8

Do you have the ability to control or redirect, disruptive impulses, and moods. Learn to "self-regulate". Develop some tools to help you suspend judgment – to think before acting. It is important to know what 'programming' gets in your way so that you can rewrite your plan and overcome, or rewrite, those 'programs'.

Action

Go to a coffee shop you have never been to, with yourself.

Challenge

Each hour, stop for one minute – or at least slow down!

Quote

I can remember walking as a child. It was not customary to say you were fatigued. It was customary to complete the goal of the expedition...Katharine Hepburn

Clearing

Create a theme for your year; it will give you clearer direction and focus.

Question

How do you raise your energy level?

Affirmation

I choose to feel more and more like a champion.

Stepping Stone April 9

Do you know yourself? Find out the things you really enjoy. How do you know what you are working towards when you do not know what you love? If you wanted to start your own business, what would you be doing so that you get lost in time and are fully engrossed in something you adore? Find out about your personal passions and create them as a hobby or personal business.

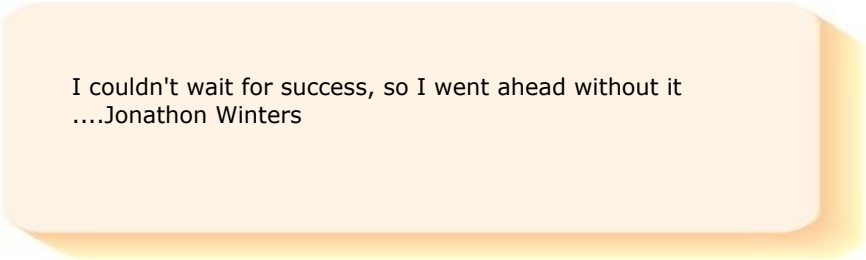
Action

Go to a free summer concert, or any free event you would like to attend.

Challenge

Eat more fruit and vegetables.

Quote



I couldn't wait for success, so I went ahead without it
....Jonathon Winters

Clearing

Create a wall of diplomas, certificates, and recognition of achievements.

Question

How do you recognize the ways that you have personally grown?

Affirmation

I choose to win and help others win.

Stepping Stone April 10

Do you put the ceiling on what you can achieve? Raise the bar a little and take an action toward an expanded goal. Break through the self-limiting beliefs with an action that is a stretch for you. Not so huge a stretch that it stops you dead in your tracks with fear. Just enough to get you excited again and in action toward what you truly want for your life.

Action

Go to a park with a friend, and fly your homemade kites, or paper planes.

Challenge

Eliminate worry and replace it with affirmative action.

Quote

I do not want to die...until I have faithfully made the most of my talent and cultivated the seed that was placed in me until the last small twig has grown....Kathe Kollwitz, German sculptor

Clearing

Create a weekly menu plan for organizing your projects.

Question

How do you respond to change? Could you improve that?

Affirmation

I choose to feel that I am a winner.

Stepping Stone April 11

Do you shoulder a whole host of needless responsibilities? Have you said 'yes' to much more than you would have liked? Are you certain that all your activity is part of where you want to be going and part of what you want to accomplish? Perhaps you concern yourself with much more than is necessary. Check in with your daily activities and see where you can reduce the drag.

Action

Go to an open house inspection at your dream house.

Challenge

Embrace the butterflies in your tummy and actually enjoy that physical response.

Quote

I feel there are two people inside me - me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely...Kim Basinger

Clearing

Follow daily routines and systems. Some things are easier on automatic.

Question

How do you want to be remembered?

Affirmation

I choose to always be connected to winners.

Stepping Stone April 12

Do you still have something to prove? Who to and why? Do you need to get that out of the way for yourself before you can go forward and 'create' the future that you really want for yourself? Check in and see if your current goals are there because you believe that you still have something to prove or if they are created goals from the heart and passion-filled.

Action

Go to see a real live play.

Challenge

Encapsulate your insights into short phrases and repeat them often.

Quote

I have accepted fear as a part of life - specifically the fear of change. I have gone ahead despite the pounding in the heart that says: turn back...Erica Jong

Clearing

Create files for your home paperwork record keeping.

Question

How good will your life be five years from today?

Affirmation

I choose to feel more and more focused.

Stepping Stone April 13

Do your very best to clearly visualize and feel. When you have identified what you want to create in your life, you will then need to strengthen that clarity and develop your comfort zone around receiving it into your life. Practising, through visualizing and feeling the experience does that. Our mind does not distinguish between tangible and intangible experiences; they are all real to our subconscious mind. You will also heighten your vibrations in relationship to what you want, and be like a magnet in attracting that to you.

Action

Go to the store, pick out a food you have never eaten before, and try it.

Challenge

Engage in a couple of activities for both left and right sides of your brain.

Quote

I have come to realize that all my trouble with living has come from fear and smallness within me...Angela L. Wozniak

Clearing

Create quiet sanctuaries for yourself around your home.

Question

How long have you consistently stayed with singular focus on a project?

Affirmation

I choose to see the fulfilment of my purpose.

Stepping Stone April 14

Doing nothing is also a choice and will produce particular results. "Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." - Helen Keller

Action

Go to your favourite restaurant for dinner with a friend.

Challenge

Engage with your emotions rather than suppressing them.

Quote

I have met brave women who are exploring the outer edge of human possibility, with no history to guide them, and with a courage to make themselves vulnerable that I find moving beyond words...Gloria Steinem

Clearing

Create templates that are ready to access e.g. directions to your home.

Question

How many books have you read in the last ninety days?

Affirmation

I choose to feel that I am fulfilling my purpose.

April Bonuses 2

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Movies

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Web

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Humor

<http://forwardsteps.info/humor14tfml>

Music

<http://forwardsteps.info/music14tfml>

Stepping Stone April 15

Do not let your old fears imprison you forever. In the words of Anthony Robbins, "The past does not equal the future." To personalise that, "YOUR past does not equal YOUR future"! Check in with yourself when making decisions and choosing. Are you basing it on an event from your past or could this new idea or decision excite you and serve you?

Action

Go window-shopping at your favourite store.

Challenge

Enjoy yourself today. This day is not coming back!

Quote

I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then, whenever doubt, anxiety or fear try to call me, they keep getting a busy signal - and soon they'll forget my number...Edith Armstrong

Clearing

Create the same filing system for paper, and for electronic folders.

Question

How many opportunities will you notice today that you might usually let pass by?

Affirmation

I choose to have focused intention, moment by moment.

Stepping Stone April 16

Do not wait for inspiration. Go after it with a club! Inspiration happens while you are in action, producing results, having great conversations or searching for information, among other activities. Sitting still and worrying or grappling with "Will I, won't I?" will not attract those inspirations to you. "Life is what happens when you are making other plans." ~John Lennon~

Action

Grant the possibility that the other person may be right, even if you do not believe it.

Challenge

Establish a personal program to increase your good feelings in life.

Quote

I love the phrase: 'in a world that's round, it doesn't make sense to take sides'. So with skills I do not have to position myself against anyone, I become curious about them and I want to teach them about me. When I approach communication and conflict management from that place, I am not butting heads with anyone. I am learning or teaching. ...Dr. Rhoberta Shaler

Clearing

Decide on actions, and with as much clarity and boldness as possible.

Question

How much more could you be yourself today?

Affirmation

I choose to feel more and more intentional and focused.

Stepping Stone April 17

Either do not attempt at all, or go through with it. Make a decision and take the action that should follow, this action can be to drop the goal entirely and feel fine with that or to go full-steam ahead, or to set a specific date and not think about it again until that pre-determined date. Leaving goals, visions, and ideas hanging around like wishes and dreams without follow-through is a sure way to have ammunition at the ready for the next time you feel down about yourself.

Action

Have a coffee in the nicest hotel in your city.

Challenge

Establish good decision making guidelines and follow them.

Quote

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time...Charles Dickens (1812-1870 writer)

Clearing

Choose your top 3 desired results and put into photo frames with images.

Question

How often do you make yourself wrong and how will you manage something different?

Affirmation

I choose intention and focus.

Stepping Stone April 18

Eliminate time wasters. Go for what matters to you. You want to consciously choose activities that support what you want for your life. This also means having clear goals that really matter to you so you can know how best to use your time.

Action

Have a romantic candlelit dinner at home, even if it is with you.

Challenge

Establish good principles by which to live, and conduct yourself according to those.

Quote

I spent 26 years looking for a lost city in the desert – I wasn't out there for the whole 26 years, I just repeatedly went back to try and find it. It turned out it was under the base camp I had been using for the past 26 years to launch expeditions to find it...Ran Fiennes (the expedition leader, talking about how he helped find the lost city of Ubar)

Clearing

Declare a "Do Nothing Day" each month, and really, do nothing that day!

Question

How often do you use "time" as your excuse for non-achievement?

Affirmation

I choose to feel that I am organized.

Stepping Stone April 19

End each day in celebration of one personal victory (big or small). Quit berating yourself for what wasn't done today. You will feel much more successful if you take on board the habit of noticing what was done as opposed to what did not get accomplished. Success breeds success.

Action

Have a slumber party with your favourite friends.

Challenge

Establish some firmer rules for how you spend your time.

Quote

I used to believe that marriage would diminish me, reduce my options. That you had to be someone less to live with someone else when, of course, you have to be someone more....Candice Bergen

Clearing

Delegate things you do not like doing, are slow at or have not learned to do.

Question

How will you deal with what you are not yet ready to accept about yourself?

Affirmation

I choose to feel increasingly connected to people.

Stepping Stone April 20

End each day with power and acknowledgement of today's accomplishments. "Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense." -Ralph Waldo Emerson-

Action

Have an imaginary friend for a day and converse with them through your day.

Challenge

Expect good things to happen all day. In fact, expect several miracles!

Quote

I wanted a perfect ending. Now I've learned, the hard way, that some poems do not rhyme, and some stories do not have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next...Gilda Radner

Clearing

Discover your most productive times and use them to best advantage.

Question

How will you make use of all the minutes that you have been given today?

Affirmation

I choose to have empowered friends.

Stepping Stone April 21

Enjoy what you are doing. You have, right now, the power to choose how much enjoyment you derive from any activity you experience in life. You need to do it anyway so what difference does it make what state you are in whilst involved in the activity? Choosing a positive state of emotion will likely make time go faster and cause you to increase productivity plus do a better job. The people around you will likely be more willing to step in and assist. I am sure you can come up with your own list of benefits!

Action

Have breakfast in bed.

Challenge

Experience days of enjoyment and satisfaction, now!

Quote

If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead...Gelett Burgess

Clearing

Do a load of washing, or two.

Question

If not NOW...then, when?

Affirmation

I choose to always move toward my goals.

April Bonuses 3

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Music

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Stepping Stone April 22

Establish order in your life. I have two very handy tools (soon available at my Member site) that give you plenty of areas on which to go to work to raise the energy that you transmit. One of these is the Clean Sweep and the other is a list of Tolerations.

Action

Have someone play with your hair or brush it.

Challenge

Experiment with working late or getting up early to work. Find your optimal performance hours.

Quote

I will persist until I succeed. Always will I take another step. If that is of no avail I will take another, and yet another. In truth, one step at a time is not too difficult... I know that small attempts, repeated, will complete any undertaking...Og Mandino

Clearing

Do all similar tasks together. Keep firm dividers between different jobs.

Question

If you could create a perfect life for yourself, what would it look like?

Affirmation

I choose to get in touch with my goals several times each day.

Stepping Stone April 23

Establish your word as "Law". We become so used to sliding out from our promises to ourselves, and sometimes the promises we make to others. Every time we do that, we are training our mind. We are diminishing the power of our words and thoughts. Read a wonderful, and my most favorite chapter in my most favorite book by Stuart Wilde...
[www.forwardsteps.com.au/docs/WordAsLaw.pdf]

Action

Hold an optimistic view of the world, all day.

Challenge

Explore new ways of looking at your circumstances so that you are no longer resisting what already is.

Quote

If one is master of one thing and understands one thing well, one has at the same time, insight into and understanding of many things...Vincent Van Gogh

Clearing

Sort old, unused cleaners in your laundry, kitchen, or bathroom.

Question

If you could master and learn one thing - what would it be?

Affirmation

I choose to feel more and more goal oriented.

Stepping Stone April 24

Every day, write at least five things for which you are grateful that day. Each entry in the gratitude journal begins with "Today I am grateful for..." A gratitude journal teaches your subconscious to consistently look for things to be thankful for - even on bad days. In fact, especially on the not so great days! It is important to write the journal by hand and not typing onto a computer screen.

Action

Hug a huge teddy bear.

Challenge

Explore the possibility of creating a business from home.

Quote

If there is to be a judgment, we will be judged not by our piety, nor by our observance to ritual. Rather the creator will ask us two questions in order to evaluate our lives: 'What did you do with the talents I gave you?' 'How did you treat the people I sent you to love?'...Rabbi Shlomo Carlbach

Clearing

Consider moving chairs, racks, or baskets that welcome clutter.

Question

If you could pass on to others one thing you have learned in life, what would it be?

Affirmation

I choose to always expand my possibility thinking.

Stepping Stone April 25

Every person must answer to his or her own reflection. "If you want to take the meaning of the word integrity and reduce it to its simplest terms, you'd conclude that a man of integrity is a promise keeper. When he gives you his word, you can take it to the bank. His word is good." ~Bill McCartney~ That includes the promises you make to yourself. Do you know yourself as someone who keeps his or her word?

Action

If you have no savings, begin the habit of adding to such a fund for yourself.

Challenge

Face problems head on, and take action towards resolving issues.

Quote

If we are ever in doubt about what to do, it is a good rule to ask ourselves what we shall wish on the morrow that we had done...John Lubbock

Clearing

Do you have vacuum cleaner, air conditioner filters that need replacing?

Question

If you had no family or close family, to what would you dedicate your life?

Affirmation

I choose to feel that I am surrounded with opportunities.

Stepping Stone April 26

Everyone has the right to change his or her mind. Do you think you are on the wrong track or got yourself into commitments that you do not love? It is perfectly fine to change your mind. Complete what you must and then move on. Take care of any promises that you made to others and learn the lesson from the experience.

Action

Imagine if compassion and generosity were the measure of success, not money, and assets.

Challenge

Find 10 ways to need a whole lot less money.

Quote

If we are facing in the right direction, all we have to do is keep on walking...Buddhist Proverb

Clearing

Do you have one place for all jewellery? Go through these, and organize.

Question

If you had to guess your life purpose, what would it be?

Affirmation

I choose to receive and accept a lot of money.

Stepping Stone April 27

Everything in your life is run by a system of cause and effect. Whenever an event occurs, or a circumstance shows up (negative or positive in your perception) look at the source of the event and see where you can transform what is happening if it is currently negative, and identify ways that you could increase experiences in your life that are positive.

Action

In conversations, notice if you are being interesting. Stop if you are not.

Challenge

Find more ways to anchor goals so they naturally attract to you.

Quote

If we would only give, just once, the same amount of reflection to what we want to get out of life that we give to the question of what to do with a two week's vacation, we would be startled at our false standards and the aimless procession of our busy days...Dorothy Canfield Fisher

Clearing

Does your shower curtain need replacing or cleaning?

Question

If you knew that in one year you would leave the planet, what would you do today?

Affirmation

I choose to always welcome a lot of money.

Stepping Stone April 28

Expect a magical and special miracle every day. Listen and watch for surprises and miracles. The universe provides for you according to your expectations. If you are looking and focusing on what's wrong then you truly will only attract more of that. Whatever you focus on WILL expand!

Action

Include the discipline of some physical exercise in each day, to create positive momentum.

Challenge

Find out what you want out of life and some ways to get it.

Quote

If you are building a house and a nail breaks, do you stop building, or do you change the nail?...Rwandan Proverb

Clearing

Dry-clean all your curtains.

Question

If you were to take full responsibility for your thoughts, what might your new life look like?

Affirmation

I choose to feel more and more financially wealthy.

Stepping Stone April 29

Expect good fortune. Live from the perspective that the universe is conspiring, right now, to bring you exactly what you want and need. Expect a miracle every day. Feel the joy of living in that knowledge or belief, and often do things or take actions to maintain that state of being for you.

Action

Incorporate mini-retreats for yourself each day.

Challenge

Find which times of day you think and work most effectively, and tweak your schedule to suit.

Quote

If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment...Marcus Aurelius

Clearing

Dust all surfaces in one room of your home.

Question

If you were your own coach, what would you be telling yourself right now?

Affirmation

I choose to have millions of dollars coming to me freely and easily.

Stepping Stone April 30

Experience "real" life. Are you waiting for "life" to begin? You just need to get some of those hurdles out of the way and need a few things to happen first. The children need to leave home, retirement at work first and then enjoy the things you love, certain amounts of dollars need to be saved, the time needs to be just right, etc. Consider that all those roadblocks ARE your life. When will you choose to experience them fully, along with all the other passing moments?

Action

Increase endorphins to help strengthen your immune system.

Challenge

Focus on sitting up straight wherever you are seated today.

Quote

If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done...Dale Carnegie

Clearing

Dust and clean all window dressings or blinds.

Question

In relationship to a large goal you want to accomplish, when was the last time you asked "Why not me"?

Affirmation

I choose to be OK with time on my own.

April Bonuses 4

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Book

<http://forwardsteps.info/book16tfml>

Movies

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Music

<http://forwardsteps.info/music16tfml>

Stepping Stone May 1

Experience more of the emotions that you want. You get more used to experiencing these and they then become easier to replicate naturally.

Action

Increase your level of eye contact with the people you speak.

Challenge

Focus on understanding rather than on being understood.

Quote

If you change the way you look at things, the things you look at change...Dr. Wayne Dyer (on The Power of Intention)

Clearing

Set aside 30 minutes to phone someone you have been meaning to call.

Question

In what area of life could you become more yourself?

Affirmation

I choose to feel increasingly OK with myself.

Stepping Stone May 2

Explore and use all possible ways to keep up your mood. People pick up on your energy and gravitate instantaneously. In turn, this will pick up your energy further. Begin the cycle and your environment will match you.

Action

Keep someone talking about themselves without them being conscious of it.

Challenge

Focus on what you want, rather than what you do not want.

Quote

If you do not design your own life plan, chances are you will fall into someone else's plan. And guess what they have planned for you. Not much...Jim Rohn

Clearing

Easy filing is a cornerstone of organization. That's not just paper filing.

Question

In what areas do you make a difference to the world?

Affirmation

I choose to love me as I am, no matter what.

Stepping Stone May 3

External issues are never the source of not being successful. When you look at what's not happening in your life, that you'd like to see happening, take a longer and harder look at how you are the source of what is happening, and that the results showing up in your life are 100% your responsibility. When you really look, you definitely can see how it all originates from you and is sourced in the choices you did, or did not, make.

Action

Laugh so hard that your face hurts.

Challenge

Focus today on empowering every person with whom you have contact.

Quote

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them...Henry David Thoreau

Clearing

Eliminate one unrealistic expectation that you have today.

Question

In what way are you a better person today than yesterday?

Affirmation

I choose to feel that I am, loved and loving.

Stepping Stone May 4

Failure is an event. You are not a failure. Failure is simply a result of some action(s). Success requires courage. "Courage is going from failure to failure without losing enthusiasm." ~Winston Churchill~

Action

Learn a new joke and share it with friends or colleagues.

Challenge

For one full day, behave as though you have 100% confidence in yourself.

Quote

If you have integrity, nothing else matters. If you do not have integrity, nothing else matters....Alan Simpson

Clearing

Eliminate clothes that do not fit or that you have not worn in over a year.

Question

In what ways can you bring greater joy in your life?

Affirmation

I choose to feel that everyone appreciates who I am for him or her.

Stepping Stone May 5

Failure is, when you do not dare to act, not when you do. "At Happy Computers you are expected to make mistakes. When Microsoft set up their new research institute in Cambridge, the head of the centre was told: 'If every one of your projects succeeds, you will have failed.' No failure means your people haven't been allowed to experiment in unknown territory."

Action

Learn something new. Perhaps Google something you have wondered about.

Challenge

For one week, say yes to anyone who directly asks for your help.

Quote

If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way...Buddha

Clearing

Embrace what it means to be 'on time' and practise the habit.

Question

In daily actions, are you conscious to the Pareto Principle (20/20 Rule)?

Affirmation

I choose to feel more, and more enthusiastic.

Stepping Stone May 6

Fear has many disguises. It can sometimes look like procrastination, being vague, confusion, indecision, going slow on a project, avoidance, being easily distracted... How does fear show itself in your life, at this moment?

Action

Learn to play chess, or any other game that you would enjoy.

Challenge

For the day, practise putting aside external expectations, pride, and fear of embarrassment or failure.

Quote

If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise...Robert Fritz

Clearing

Empty all rubbish bins around your home and replace their liners.

Question

In your life, what is the main game worth playing?

Affirmation

I choose to have inspirational people around me.

Stepping Stone May 7

Fear is a cautionary sign, not a 'do not do it', sign. In the words of Jack Canfield, "Fear stands for Fantasize the Experiences that Appear Real. The Body cannot tell the difference between the real and the imaginary. There are two ways of dealing with the imaginary. Either one stops imagining and comes back to the present moment or one focuses on imagining the positive."

Action

Leave a \$20 note for someone to find, in a public place.

Challenge

For today, assume that we are all doing the very best that we can.

Quote

If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more...Brian Koslow

Clearing

Enter your friend's and family's birthdays into your calendar.

Question

Is it time for you to review and overhaul?

Affirmation

I choose to always be enthusiastic.

May Bonuses 1

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Stepping Stone May 8

Feed your creative process. Feed your muse. If you feel, that creativity has disappeared from your life it may be that you have been too focused on problems or day-to-day issues and concerns. Break out of the pattern and routine, even only for 10 minutes daily e.g. go for a walk, call a friend, meet someone for coffee, go to that book store you have been meaning to visit for months, visit the art gallery, walk along the sea shore, go somewhere else for your lunch today.

Action

Leave one of your good books as a gift, on a table or bench in a public place.

Challenge

For today, be ten times more excited about the great things that happen in your life.

Quote

If you really want to do something, you will find a way. If you do not, you will find an excuse....Jim Rohn

Clearing

Evaluate your current planner or calendar tools. Change if you need to.

Question

Is it time for you to step back and loaf for a while?

Affirmation

I choose to make everything work well.

Stepping Stone May 9

Feel great and step out to make a difference globally, today! The flap of a butterfly's wings in Brazil could set off a storm in Texas. Isn't that an amazing statement? The "Butterfly Effect" theory suggests that the power released by a butterfly's wings can amplify over time to eventually affect weather patterns thousands of miles away. Now imagine the impact of 4 million butterflies.

Action

Lie in bed and listen to the rain.

Challenge

Force yourself to see what you are actually capable of accomplishing, and take an action in that direction.

Quote

If you stood on the bottom rail of a bridge, and lent over, and watched the river slipping slowly away beneath you, you would suddenly know everything that there is to be known...Winnie the Pooh

Clearing

Feed your plants.

Question

Is there a better way you could begin each day?

Affirmation

I choose to feel increasingly inspired by my future.

Stepping Stone May 10

Feel more emotions that are positive. Increase the number of times that you experience the positive emotions, such as elation, joy, relief, comfort, enjoyment, happiness, success, fullness, satisfaction, excitement, certainty, freedom, liberty, peace of mind, security, gratitude, personal power, contentment, pleasure, love, passion, support, fascination, trust, positivity, upliftment, awe, richness, abundance, enthusiasm.

Action

Light a candle and enjoy its glow in a dark room.

Challenge

Forget the rules and play from your heart.

Quote

If you wait to do everything until you are sure it is right, you will probably never do much of anything...Win Borden

Clearing

Find a few jobs you can do in advance, and do them today.

Question

Is there anything from your past that you could now accept, so that you can move forward?

Affirmation

I choose to always take forward steps in the direction of my goals.

Stepping Stone May 11

Feeling good gets you more feeling good. Feeling bad gets you more of that. Take care of your health and mindset. Feeling good is a habit, just as feeling bad can be a well-developed habit. You know what you must begin to include and exclude from your life to increase the good feelings. Now go and attend to them, regardless of what your gremlins are telling you!

Action

Light a candle at the dinner table.

Challenge

Get an accountability partner for a personal goal that needs support.

Quote

If you want to build a ship do not drum up people together to collect wood and do not assign them tasks and work, but rather teach them to long for the endless immensity of the sea...Antoine de Saint-Exupery (pilot & poet)

Clearing

Which projects now need definite, next actions? Do, or discard them.

Question

Is there anything you are ignoring to which you should be paying attention?

Affirmation

I choose to feel that I am making more and more progress.

Stepping Stone May 12

Find a role model for what you want to accomplish. Better yet, find a mentor. Seek out people who are already living what it is that you are seeking to accomplish. Then get in touch with them and find out what they are thinking and doing differently than you are thinking and doing today.

Action

List five people who have positively influenced you and write each a letter.

Challenge

Get clear on, and plan exactly how and when you will retire from your day job.

Quote

If you want to catch beasts you do not see everyday. You have to go places quite out-of-the-way. You have to go places no others can get to. You have to get cold, and you have to get wet, too...Dr. Seuss

Clearing

Gather all materials and work tools you will need before you begin a job.

Question

Is there something you will do today to improve your life forever?

Affirmation

I choose to achieve and accomplish.

Stepping Stone May 13

Fulfilling your life's purpose makes you happy and leaves you satisfied. As quoted by Patanjali, "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

Action

List five movies that you have been meaning to watch and rent them to view.

Challenge

Get enough 'real' food to keep from being tempted to eat 'fake' food.

Quote

If you want to take the meaning of the word integrity and reduce it to its simplest terms, you'd conclude that a man of integrity is a promise keeper. When he gives you his word. You can take it to the bank. His word is good....Bill McCartney

Clearing

Gather together magazines, journals, periodicals, and catalogues.

Question

Rather than focusing on what you are 'against', ask, "What are you for?"

Affirmation

I choose to always take action.

Stepping Stone May 14

Focus on the 20 percent that matters. If you are not familiar with the Pareto Principle, enter this term into a Google search and start reading! Do not just "work smart", work smart on the right things.

Action

Listen to a beautiful piece of music, or the whole selection by the artist.

Challenge

Get honest about how you are spending your time and make some required changes.

Quote

If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?...Stephen Levine

Clearing

Put a business card holder on your desk, to display goals or affirmations.

Question

Right now, what can you do to create more of your ideal life?

Affirmation

I choose to feel more and more in action on my goals.

May Bonuses 2

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Book

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Movies

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Web

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Music

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Stepping Stone May 15

Focus on your intentions and results. Often we create specific goals and then work hard at accomplishing these yet not truly knowing why we wanted them in the first place. This could find you at the other side of accomplishment with a feeling of dissatisfaction that you may not have anticipated. Create a larger vision and have clear, overall intentions connected to the specific goals that you design.

Action

Listen to a beautiful piece of music.

Challenge

Get into the discipline of planning your life and where you want it to go.

Quote

If you wish to upset the law that all crows are black, you mustn't seek to prove that no crows are; it is enough to prove one single crow to be white...William James

Clearing

Get a headset for your desk phone. You will then have both hands free.

Question

To what extent do you live what you communicate?

Affirmation

I choose to have a clear vision of where I want to go.

Stepping Stone May 16

Focusing on regrets asks you to live in the past. You will never see the opportunities in front of you if you are looking back and reflecting on what is behind you. Do you usually drive your car with your eyes on the rear view mirror?

Action

Listen to an empowering, inspiring audio.

Challenge

Give more than is expected of you.

Quote

If you would be rich, you will be rich; if you would be good, you will be good; if you would be learned, you will be learned. But wish for one thing exclusively, and do not at the same time wish for a hundred other incompatible things just as strongly...William James

Clearing

Get a tape dispenser for your desk; it saves a lot of fiddling time.

Question

To what in your life could you begin saying 'no' so that your 'yes' is accomplished?

Affirmation

I choose to be crystal clear about what I want to achieve.

Stepping Stone May 17

Follow your inner light and listen to what Ralph Waldo Emerson called the "still, small voice within". Listen more closely to your feelings. Are you reluctant to use your own happiness as the standard by which to judge the events in your life? If so, why do you believe that is the case?

Action

Listen to some music that is a genre you have never listened to before

Challenge

Give yourself peace of mind and back up all your data.

Quote

In producers, loafing is productive; and no creator, of whatever magnitude, has ever been able to skip that stage, any more than a mother can skip gestation...Jacques Barzun

Clearing

Get an old toothbrush and clean behind taps and hard to reach places.

Question

What two or three standards do you abide by - hail, rain or shine?

Affirmation

I choose to feel more and more clarity.

Stepping Stone May 18

Get a little help from your friends. Are you still doing it all alone? Find some connections who are up to similar things to you and become 'accountability buddies'. Make promises to each other and hold each other to account for achieving what you said you would. It need only be as simple as an email to each other at the end of a day and perhaps a brief phone call at the end of each week. If you find yourself being distracted or procrastinating, that would make a great difference with your progress.

Action

Look for good stories and share them around.

Challenge

Go a day without talking at all.

Quote

In the confrontation between the stream and the rock, the stream always wins - not through strength but by perseverance...H. Jackson Brown-Author of "Life's Little Instruction Book"

Clearing

Get as organized at home as work, or vice versa. Transfer ideas between.

Question

What actions toward happiness will you take today?

Affirmation

I choose clarity.

Stepping Stone May 19

Get back to basics. Sometimes it is easy to be distracted and prodded or pulled, by various demands, coming from many sources. At times like that, it is worthwhile just taking stock and reviewing your personal goals, then cutting out several activities that are simply not serving you. Go 'back to the drawing-board' and look at what **MUST** be in your life, and which are all the unnecessary little extras that have crept into it!

Action

Look through some photographs of places you have enjoyed

Challenge

Go for one week without spending any money at all.

Quote

In true courage, there is always an element of choice, of an ethical choice, and of anguish, and also of action and deed. There is always a flame of spirit in it, a vision of some necessity higher than oneself...Brenda Ueland

Clearing

Get a business card or personal card that you can hand out when needed.

Question

What are 100 things you want to do before you die?

Affirmation

I choose to feel that I have everything I need and want.

Stepping Stone May 20

Get clear about your definition of success for your life. Have you bought into what everyone else thinks is success? Are you clear about what a successful life, lived by you, would be?

Action

Look up at the stars if you have a clear sky tonight. Share it with someone.

Challenge

Go to bed half an hour earlier than you might have otherwise.

Quote

Instead of fighting your problems, picture your way out of them....Vernon Howard

Clearing

Get supplies e.g. paper, staples, ink, batteries, so you will not run low.

Question

What are five things you value most in life?

Affirmation

I choose to always express myself with authenticity.

Stepping Stone May 21

Get consistent structure into your days. You will not be heading in a straight line toward the fulfilment of your personal goals unless you take consistent steps forward. You must put some structures into your days that keep you in focus and on track in the right direction. It is too easy to be distracted, procrastinate, or be run by another's agenda.

Action

Make a conscious decision to take some time out.

Challenge

Go to work on your own emotions and clear out the anxiety.

Quote

Instead of making others right or wrong, or bottling up right and wrong in ourselves, there's a middle way, a very powerful middle way. Could we have no agenda when we walk into a room with another person, not know what to say, not make that person wrong or right? Could we see, hear, feel other people as they really are? It is powerful to practice this way - true communication can happen only in that open space...Pema Chodron, Buddhist nun who runs Gampo Abbey retreat in Nova Scotia

Clearing

Get papers ready for the accountant, for taxes.

Question

What are the pleasures that you link to the pain of inaction?

Affirmation

I choose to feel that I am fully self-expressed.

May Bonuses 3

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Music

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Stepping Stone May 22

Get enough sleep. "The national sleep debt is larger and more important than the national monetary debt." [Stanford Sleep Disorders Center director William Dement] Test it out for yourself, have one night of great rest, and see how that day goes for you, then have a night of little sleep - compare the results.

Action

Make a decision to actively listen to people today. Look beyond their words.

Challenge

Has one single event determined a long lasting life trend for you? Let it go and change the pattern.

Quote

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away...Oriah

Clearing

Get rid of the papers and junk on the fridge.

Question

What are the things in your life that you would do anything to avoid?

Affirmation

I choose to feel more and more self-expressed.

Stepping Stone May 23

Get everything in alignment. Does your environment align with your thoughts and align with your daily habits etc.? If something is not aligned with what you say you are about, or with what you say you want to create then, everything is discordant. Begin looking at the areas that need attention so that you are not rolling through life on a set of square wheels.

Action

Make a determined effort to please someone.

Challenge

Have courage to change the things you can change.

Quote

It doesn't matter which side of the fence you get off on sometimes. What matters most is getting off. You cannot make progress without making decisions...Jim Rohn

Clearing

Get rid of, or give away, three things that you do not love having around.

Question

What are the things that inspire you?

Affirmation

I choose to see the authenticity of people around me.

Stepping Stone May 24

Get insights about why you do what you do. We do many things just because we have always done them, not because we like them. Too often, we stay within our comfort zone of mediocrity. Add a little spin to your life.

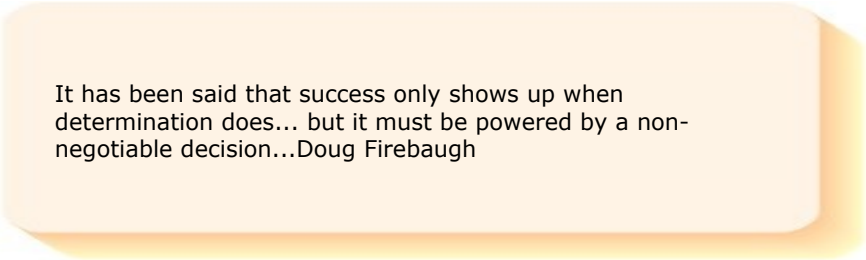
Action

Make a jigsaw from a photo of you and a friend, and give the jigsaw to that friend.

Challenge

Have your goals written in a place where you can review them several times each day.

Quote



It has been said that success only shows up when determination does... but it must be powered by a non-negotiable decision...Doug Firebaugh

Clearing

Get rid of, or give away, three things that you do not use, and have not used.

Question

What are the top five goals in your life?

Affirmation

I choose to always produce immediate and successful results.

Stepping Stone May 25

Get more fussy and choosy. Select your television viewing for the week ahead of time and only watch the selected programs. Turn the television off at all other times. Say no to requests from other people if they involve activities that you would rather not do. Know what you like and what you do not like, then live to it.

Action

Make a tasty and nutritious lunch for yourself today.

Challenge

Have your priority goal in mind all day today.

Quote

It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it...John Steinbeck

Clearing

Get rid of, or organize, three things that are untidy or disorganized.

Question

What are you aiming for?

Affirmation

I choose to produce successful results.

Stepping Stone May 26

Get organized with the little things. The more of these you can manage effectively and efficiently, the more space you will have in mind and in the physical realm to move forward with the larger projects and goals.

Action

Make a web cam video for your family and/or friends.

Challenge

Honestly admit and manage your weaknesses, enhance your strengths.

Quote

It is a sheer waste of time and soul-power to imagine what I would do if things were different. They are not different...Frank Crane

Clearing

The right tools for every job and productive tools, save time and energy.

Question

What are you committed to starting or stopping?

Affirmation

I choose to feel increasingly results oriented.

Stepping Stone May 27

Get the right tools for the job. Once you are clear about where you want to go and you have set targets for your goals, it is time to start looking for everything you will need for getting the job done. It may include specific times for visualization, conversations with certain people, the right speed for your computer, a new web domain, a good headset etc. Begin listing the resources and set yourself up for success. Your lack of resources must never become your reasons for not moving forward.

Action

Make an appointment to have a massage.

Challenge

Identify your bottlenecks and do something to streamline them.

Quote

It is by attempting to reach the top in a single leap that so much misery is produced in the world...William Cobbett 1763-1835, British Journalist and Reformer

Clearing

Get your calendar up to date with holidays, birthdays, or get-away days.

Question

What are you enjoying the most in your life?

Affirmation

I choose to always be focused on the result I want to produce.

Stepping Stone May 28

Get to know yourself more each day so that your actions and choices are increasingly aligned with your 'heart and soul'. Get to know your own personal agendas so that there is less and less chance of running your life to someone else's.

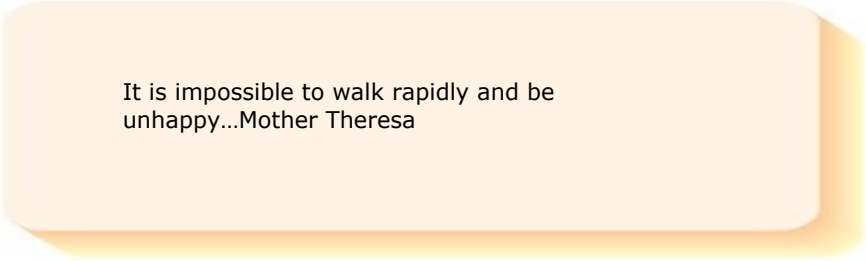
Action

Make certain that your friends and family know how much they mean to you.

Challenge

If everything that can be done has been done then it is time to let go!

Quote



It is impossible to walk rapidly and be unhappy...Mother Theresa

Clearing

Get your carpets and furniture upholstery professionally cleaned.

Question

What are you most excited about in your life, and why?

Affirmation

I choose to feel that I am producing the desired results.

Stepping Stone May 29

Get up earlier in the mornings to give to yourself. Give yourself some precious alone time, just for hanging out with yourself. It is a time that is free from phone calls and busy-ness, an opportunity to get clear and let thoughts settle before interruptions from outside begin to speed up your day. So many of us jump out of bed and hit the ground running, before we even get into the real nitty-gritty of the day. You cannot give others what you do not have yourself.

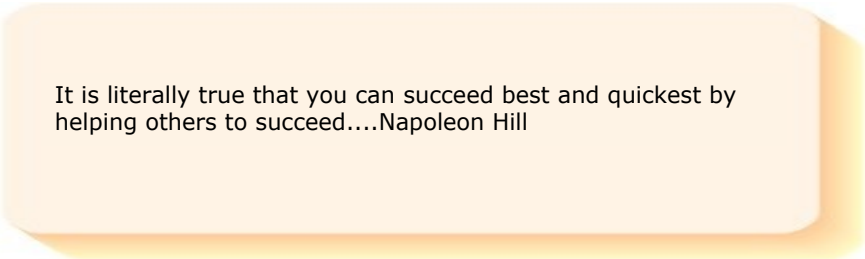
Action

Make eye contact with strangers and extend a smile.

Challenge

If it is not urgent, then pretend it is!

Quote



It is literally true that you can succeed best and quickest by helping others to succeed....Napoleon Hill

Clearing

Get an electric stapler. My battery operated one is a real time saver.

Question

What are you most proud of in your life?

Affirmation

I choose to start, right now!

Stepping Stone May 30

Get very specific and clear on the future that you want to create. You cannot plan the road map for your journey if you have no idea of your intended destination. You cannot very well plan a detailed road-trip from Perth to Sydney, within Australia, if your intended destination is overseas from Australia to Alaska. Are your current actions and steps taking you to your chosen, desired destination?

Action

Make others feel good, and you will feel better in return.

Challenge

If self-doubt creeps in, quickly replace your thoughts with a good image of your actions.

Quote

It is not the events but our viewpoint toward events that is the determining factor. We ought to be more concerned about removing wrong thoughts from the mind than removing tumors and abscesses from the body...Epictetus

Clearing

Give some tender loving to indoor plants. Wash/trim your indoor plants.

Question

What are you naturally good at?

Affirmation

I choose to always promote myself.

Stepping Stone May 31

Get your goals into action mode. After setting a broad, intended outcome for a goal, for example, I choose to create a shiny, bright and highly organized office space with all my tools and information at my fingertips; get yourself super focused with action based targets. Something like, by the end of the week I will have 10 email in-box folders organized, 5 files cleaned up in the filing cabinet, and a new office chair. Structuring short-term activities will help you toward the completion of your larger vision goals, and you will see them more readily as a done deal.

Action

Make yourself a 'real' coffee in the morning.

Challenge

If there is something that can be done to improve on a situation, do it.

Quote

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change...
Charles Darwin

Clearing

Have a clean start when you can. What can you set up the night before?

Question

What are you tolerating that may be blocking your energy?

Affirmation

I choose to feel increasingly elevated and elated.

May Bonuses 4

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Stepping Stone June 1

Give yourself a new perspective if your energy is low. Imagine you are in a business of your own and things are not faring well. What are all the thoughts that you have when you say the word 'business'? As Dr Phil would say, "How's that working for you?" If you are not producing your desired results, could you attach some new thoughts to the word 'business' or give your enterprise another 'label', one that empowers you?

Action

Never give up - you never just know how close you are to a big breakthrough!

Challenge

If you have an office, spend only twenty percent of your day in that office today.

Quote

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself...Ralph Waldo Emerson

Clearing

Write down anything that needs fixing and schedule times to fix them.

Question

What are you waiting for?

Affirmation

I choose to have nutritious meals to sustain me.

Stepping Stone June 2

Give yourself full permission to "just be" and relax a little! You are invaluable and a treasure just because "you are" and "exactly the way you are". No reasons, justifications, and qualifications needed. No adjustments, fixing, and changes warranted. Now...walk, act, and talk like you know that! "Be" the way a person, who truly believes that, would "be" - just because you can - again, no reasons. A Chinese Proverb says, "Tension is who you think you should be Relaxation is who you are."

Action

Notice at least five things, today, for which you can be very grateful.

Challenge

If you have erred, correct it or forgive yourself and forget it.

Quote

It is the greatest shot of adrenaline to be doing what you have wanted to do so badly. You almost feel like you could fly without the plane...Charles Lindbergh

Clearing

Go paperless and do not print, unless you absolutely must.

Question

What are you willing to do today that you have lately been unwilling to step into?

Affirmation

I choose to forgive myself if I make mistakes.

Stepping Stone June 3

Give yourself permission to feel the way that you do and to make the choices that you need. Generosity of spirit comes easily if you are not afraid to treat yourself well. When giving yourself what you need you will be in a better position to give generously and from the heart, to others. This is not about the kind of giving that is done through gritted teeth and has 'duty' written all over it!

Action

Notice often, your total relationship with the world.

Challenge

If you need to improve your effort in certain areas, then make a list of the things to improve.

Quote

It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you will do things differently...Warren Buffett (Investment Entrepreneur)

Clearing

Go through your kitchen utensils and only keep the ones you love to use.

Question

What are you willing to leave behind, to have what you want?

Affirmation

I choose to feel increasingly generous with myself.

Stepping Stone June 4

Have a clear sense of what will bring you success. There is no other way to determine whether your daily actions are taking you in the direction that you desire. You must have clarity. You must choose, you must decide. What are you asking for? Are you sure that you are moving toward what you want?

Action

Notice someone else's hard work and compliment them.

Challenge

Improve your own image and stand by that.

Quote

It is not enough to have a dream, Unless you are willing to pursue it. It is not enough to know what's right, Unless you are strong enough to do it. It is not enough to learn the truth, Unless you also learn to live it. It is not enough to reach for love, Unless you care enough to give it Men who are resolved to find a way for themselves will always find opportunities enough; and if they do not find them, they will make them...Samuel Smiles

Clearing

Go through and tidy your virtual music and audio collection.

Question

What are your "must do's" on which you could take action?

Affirmation

I choose to constantly evolve toward feeling whole.

Stepping Stone June 5

Have contingency plans in place. This is especially useful for when you make promises to yourself about completing particular things within set time frames. Know what you will do with those tasks if interruptions or unexpected delays thwart your intentions. Never skimp on promises made to yourself. These create your patterns of behaviour (habits) in relationship to all your goals.

Action

Notice the colour purple everywhere you go today.

Challenge

Improve something in your life that will also improve your self-esteem.

Quote

It is only when we truly know and understand that we have a limited time on Earth—and that we have no way of knowing when our time is up—that we will begin to live each day to the fullest, as if it was the only one we had...Elisabeth Kubler-Ross

Clearing

Go through and tidy your physical music and audio collection.

Question

What are your three top reasons for developing new and empowering habits?

Affirmation

I choose to feel that I am becoming a more happy being.

Stepping Stone June 6

Have less need to explain yourself to others. You really do not need to explain yourself to others to the extent that you do. There is a lovely poster I saw somewhere a line, which read, "I've seen 'normal' and it ain't pretty". Conforming to the behavior of the majority is not mandatory in life. Give yourself more permission to "be" you. A tree does not explain itself to you, yet its majestic presence is very clearly felt. A fish does not explain to you why it moves in one direction or another, yet it is beautiful to observe. Relax and be more you.

Action

Order a book that you have wanted to read, for a while.

Challenge

In a socially responsible way, go for the day without a care for what other people think of you.

Quote

I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot...and missed. I've failed over and over and over again in my life. And that is why I succeed...Michael Jordan (Professional Basketball Player)

Clearing

Go through and tidy your video collection.

Question

What are your greatest strengths and how can you leverage those?

Affirmation

I choose to always value solitude and stillness.

Stepping Stone June 7

Have the courage to set a big enough goal. Set new expectations for yourself and your life. Often we play small games in life because we have small targets, we have small visions for what we believe we could accomplish. Expand your view and create a few big goals that would completely thrill you if they came to fruition.

Action

Organize a weekend away with friends, sharing the costs of a cottage.

Challenge

In your body language, whenever possible practice keeping your arms open.

Quote

Just like the harmony created by each unique and important instrument in an orchestra causes your emotions to soar (like an eagle rising on an invisible thermal), complete harmony in your life causes your level of happiness, wealth and success to soar...James Ray

Clearing

Go through any accumulated business cards and small pieces of paper.

Question

What are your highest aspirations for your life?

Affirmation

I choose to feel more, and more connected to people.

June Bonuses 1

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Stepping Stone June 8

Having lots to do is a good thing. Being in overwhelm demonstrates that you are "up to stuff" in your life. It forces you to prioritize and tackle the important, as opposed to the urgent, and forces you to take out the non-effective activities such as television viewing or Internet browsing. When you are busy you are likely expanding as a person, and you are most likely moving toward the accomplishment of some desired targets. You work out ways to be more efficient with the day to day tasks which, in turn, allows you to accomplish yet more in future and to value your time.

Action

Participate in a community project.

Challenge

In your mind, greatly exaggerate the benefits achieved from the smallest of today's tasks.

Quote

I've never been afraid to admit when I've made a mistake. It nearly drives me nuts sometimes, making mistakes. I keep telling myself I should be perfect, but that isn't what we're here for. Perfection isn't an option for us; perfection is death, Micko. We're here to learn and change, and that means making mistakes...Spoken by William Pierce (a character in the novella Heads by Greg Bear)

Clearing

Go through every piece of paper on your desk, and deal with it.

Question

What are your highest priorities?

Affirmation

I choose to value my need for fun and light heartedness.

Stepping Stone June 9

Heighten the feelings you generate around your desires. Your feelings are what play a vital role in the manifestation process. Increasing the good vibes that you have associated with any goals or desires, will move you forward in taking action with them, plus will cause others to step aboard too and help you in your quest. Energy is the source of manifestation and you need to increase personal momentum.

Action

Pat a cute kitten or puppy in a pet store.

Challenge

Include regular time in your schedule to enjoy yourself.

Quote

Keep in mind that you are always saying 'no' to something. If it isn't to the apparent, urgent things in your life, it is probably to the most fundamental, highly important things. Even when the urgent is good, the good can keep you from your best, keep you from your unique contribution, if you let it...Stephen Covey

Clearing

Go through every room and put things in their correct storage places.

Question

What are your most effective and ineffective boundaries?

Affirmation

I choose to feel that I am having fun.

Stepping Stone June 10

Help yourself first. Consider the advice that you receive when you fly in an airline...in any emergency, place an oxygen mask on yourself first, otherwise you won't be able to help anyone. Similarly, with any first aid training, you must check for dangers to yourself first. Again, that is because you are ineffective in helping another when you cause injury to yourself during the process.

Action

Pay for someone's time at a parking meter.

Challenge

Increase the speed at which you walk everywhere.

Quote

Lack of persistence is one of the major causes of failure. Moreover, experience with thousands of people has proved that lack of persistence is a weakness common to the majority of men. It is a weakness that can be overcome by effort....Napoleon Hill (author "Think and Grow Rich")

Clearing

Go through kitchen spices and your cookbooks. Clear, clean and organize.

Question

What are your personal assets?

Affirmation

I choose to have fun times.

Stepping Stone June 11

How ready are you for change? Each time you begin a new project in an area of your life, what is it that stops you or slows you down after a brief period? Find out and put something in place to manage these blockages. Whether these blocks are physical or imagined, they need strategies for moving through them to go where you are going.

Action

Pay more attention to when your energy is best. Recreate those situations often.

Challenge

Increase wisdom in knowing the difference between the things you can change, and cannot change.

Quote

Life is not easy for any of us. But, what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained...Marie Curie

Clearing

Go through make-up and bathroom collections and clear unused items.

Question

What are your priorities in life?

Affirmation

I choose to feel more and more assertive.

Stepping Stone June 12

Identify where you went off course. If things are not turning out as you had hoped, get honest with what went awry. It is not until you can see things, as they truly are that you can make adjustments that will swing you back in the right direction.

Action

Pet an animal or look at some lovely images of animals.

Challenge

Initiate and/or maintain a healthy diet.

Quote

Life really does take some planning...and doing...and persisting...trouble is...most operate only on a third of what it takes...Doug Firebaugh

Clearing

Sort operation manuals and warranty cards; are any for old products?

Question

What are your ten greatest gifts as a friend?

Affirmation

I choose to always bring myself back to a state of feeling good.

Stepping Stone June 13

Identify your bad or unproductive habits. Once identified, gradually begin to replace these habits with the ones that will move you closer to desired outcomes and life goals. Start with one habit that you really want to change. Remember that habits can also include the types of thoughts you repeatedly have.

Action

Call one member of your family, just because...

Challenge

Instead of doing what you usually do, think of something to shake things up a little.

Quote

Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows, we guess. We may be wrong, but we take leap after leap in the dark...Agnes de Mile

Clearing

Go through your wallet and discard anything that does not belong.

Question

What areas of your life do you intend to change forever, today?

Affirmation

I choose to feel that I make friends easily.

Stepping Stone June 14

Identify your passions and deep desires. Before you even put pen to paper in writing your goals, get very clear about the things that drive you most, the things that can have you lost in 'the zone' for hours, the things that get you excited and light up your eyes. Your goals need to be goals that will produce a result of true fulfilment when accomplished.

Action

Pick a flower to put in a vase on your desk, or someone else's.

Challenge

Instead of emailing or phoning colleagues who are at the other end of the office, go and talk to them.

Quote

Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before...Jacob A. Riis [1849-1914, Journalist and Social Reformer]

Clearing

Sleep before 10pm has an amazing effect on next day's productivity.

Question

What beauty can you find in your environment today to lift your spirit?

Affirmation

I choose to feel increasingly healthy and energized.

June Bonuses 2

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Stepping Stone June 15

If nothing changes...nothing changes! To have different then you must think, be, and do different. If you truly want something to change, decide to be the catalyst for that change. In the words of Mahatma Ghandi, "You must be the change you want to see in the world".

Action

Pinpoint the commonality in your happiest moments so you can recreate them.

Challenge

Invest a small amount of time each day in your continuing education.

Quote

Look to this day for it is life — the very life of life In its brief course lie all the realities and truths of existence the joy of growth the glory of action the splendor of beauty. For yesterday is already a memory and tomorrow is only a vision but today well lived makes every yesterday a memory of happiness and every tomorrow a vision of hope. Look well, therefore, to this day....Ancient Sanskrit Poem

Clearing

Group like items together, so they are easy to find when needed.

Question

What belief about yourself could you 'own' that will empower you today?

Affirmation

I choose to have my awareness expanded.

Stepping Stone June 16

If you aim at nothing, you will hit it every time. Get clear about your direction and about your goals. Have targets, create targets, set targets. It is perfectly fine to make them up as you go along. As long as they get you back in action, empower you and make your heart sing.

Action

Plan what you will be doing with your next day off.

Challenge

It is amazing what is not there until you start to look for it. Be more conscious of where you tend to look.

Quote

Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity...Charles Mingus

Clearing

Hang something beautiful on a wall. Choose a thing to ignite your passion.

Question

What can you do beginning from where you are right now?

Affirmation

I choose to always be appreciative of the little things.

Stepping Stone June 17

If you cannot see the wood for the trees, it is time to step away for a bit! "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen."

~Leonardo Da Vinci~

Action

Plant a herb garden outside your kitchen door.

Challenge

Just for one day, let go of control. Ease it up a little today.

Quote

Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning...Mahatma Gandhi

Clearing

Have a central place to list items you need to get, avoid many short trips.

Question

What can you do on a daily basis to energize your goals?

Affirmation

I choose to feel more and more grateful.

Stepping Stone June 18

If you seek growth then you must seek change. Personal growth does not happen without change. Change is the only constant in your life on which you can rely. Are you resisting changes? In that instance, what are some tiny steps you could take each day to move you forward and cause you to expand your experience of life? Whether you stand still or move ahead, life circumstances still come at you! Why not have a say in what enters your life?

Action

Plant some seeds for vegetables and nurture them.

Challenge

Just for the day, be willing to 'stand out' from the crowd.

Quote

Many of life's failures are people who did not realize how close they were to success when they gave up...Thomas A. Edison

Clearing

Tracking easily delegated tasks is great for when you decide to outsource.

Question

What can you do to completely erase the petty things that are bothering you?

Affirmation

I choose to thank more often.

Stepping Stone June 19

If you want time, you must make it. We all have 24/7/365. If you want more time then start allocating it and scheduling time to fit the actions and activities to which you are fully committed. If you really look...who is actually "stealing" your time, and while we are at it, your money? Same rules apply. Quit living in the "someday". 'Someday' is not a day of the week!

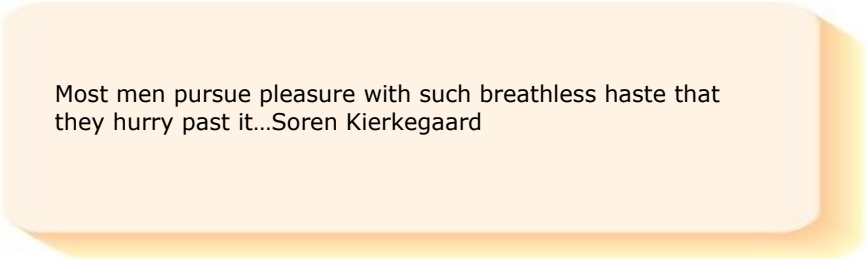
Action

Play a musical instrument, regardless of knowing how.

Challenge

Just simply be the right person, in the right place, and at the right time.

Quote



Most men pursue pleasure with such breathless haste that they hurry past it...Soren Kierkegaard

Clearing

Have a handy access list of all professional services e.g. plumber, dentist.

Question

What can you do today to be more fulfilled in your life?

Affirmation

I choose to feel that my life is going exactly where it ought.

Stepping Stone June 20

If you want to achieve a goal you have set, the most crucial part is to DECIDE to manifest it. Repeatedly I have seen evidence that not only people, but also the universe itself, can sense a lack of commitment to a goal. If your consciousness is divided against itself, do you think it will commit all its internal resources to your goal? Will your subconscious give you all the energy and creativity it possibly could, or will it hold back?

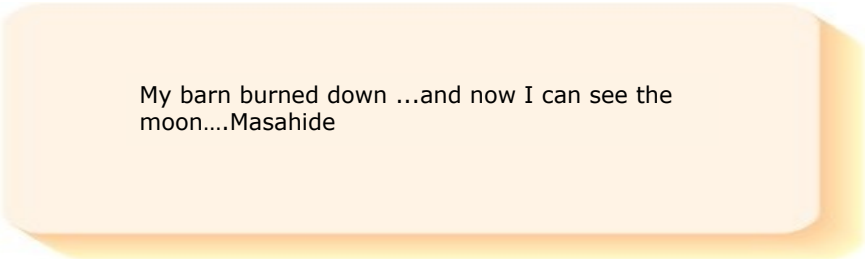
Action

Practise relaxation techniques to help calm your days.

Challenge

Keep a journal to remind yourself that you are on a mission to get to a place of purpose.

Quote



My barn burned down ...and now I can see the moon....Masahide

Clearing

Have a kitchen spot for lunch-making supplies, and another for breakfast.

Question

What can you see about any setbacks, which may actually benefit you?

Affirmation

I choose to always believe I am heading in the right direction.

Stepping Stone June 21

If you wanted to get rich, how would you do it? I get so many queries related to wealth generation. Do you have a list of ideas? Are you taking actions on any one of these? Could you begin today? More important than the question, "How would you do it?" is the question, "Why would you do it?"

Action

Practise skills that put people at ease and help them to get to know more about you.

Challenge

Keep a promise to yourself.

Quote

My motto was to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was to keep swinging...Hank Aaron

Clearing

Have a couple of air-purifying, green foliage plants in your home office.

Question

What closed door keeps your focus away from what you want?

Affirmation

I choose to feel increasingly vibrant.

June Bonuses 3

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Stepping Stone June 22

If you are not having fun, you are not doing it right. When you are passionate about something you will notice your voice raising a pitch, the speed of your talking will increase and your heart will beat a little faster. Your eyes have aliveness about them and you could talk for ages about the thing that holds your heart. Your passions include the things on which you could spend hours of your time yet barely notice the time passing. Can you distinguish what some of these passions are for you?

Action

Put on your best guided-meditation audio and savour a little time with yourself.

Challenge

Keep today's affirmation in the front of your mind all day.

Quote

My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment...Oprah Winfrey

Clearing

Keep a collection of various sized gift bags and cards for surprise events.

Question

What could be your single focus today?

Affirmation

I choose to vibrate at higher and higher levels.

Stepping Stone June 23

If you are an entrepreneur, you are paid for outcomes and results, not hours spent. Create your weeks, months, and days. Know what you will accomplish at the end of each, and set targets. Determine the actions that you must take to accomplish those targets. Then focus only on achieving those outcomes and those results. For every action, be clear about why you are taking that action and how that activity will move you toward fulfilling your desired result.

Action

Read a children's book to someone before bedtime.

Challenge

Know what needs to be done, and then do it, no matter what thoughts or feelings arise.

Quote

My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out...Ronald Reagan (1911-2004, Fortieth President of the United States)

Clearing

Mats at external doors keep out most of the dirt that enters your home.

Question

What could you choose to believe to consistently accomplish your goals?

Affirmation

I choose to feel that I can achieve whatever I say.

Stepping Stone June 24

If you are not going all the way, why go at all? Are you living life, and taking on projects with 'one foot on the brakes'? Think about what is the source of your hesitancy. Perhaps the things to which you are committing yourself are not the ones you really want to be running with. Are they 'shoulds' rather than activities you have truly 'chosen' for yourself?

Action

Read a poem. Just one!

Challenge

Learn a little more about car maintenance and use your newly found knowledge regularly.

Quote

Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance...Bruce Barton

Clearing

Have only two sessions daily, to attend to electronic or physical mail.

Question

What could you create today?

Affirmation

I choose to have love in my life.

Stepping Stone June 25

If you have got something in your life that's not working, get it working or get it out of there. Get real with yourself and take inventory of your daily activities. Look closely at what works and what does not, then be honest with yourself and do something about each of them.

Action

Realise that not all of your friends will stay with you; they will come and go through your life.

Challenge

Learn a little more about computer maintenance and use your newfound knowledge regularly.

Quote

Obstacles are those frightful things you see when you take your eyes off your goal....Henry Ford

Clearing

Have separate phone and answering systems, for home and work.

Question

What could you delegate to others to free up your time?

Affirmation

I choose to feel increasingly in love with my life.

Stepping Stone June 26

In some situations, it is better not to take action at all. Non-action is still a choice and still produces a result. Decide what you want and then determine what, if any, action is required. Check in with yourself to see if certain actions need removing from how you spend time, to produce the result you are after.

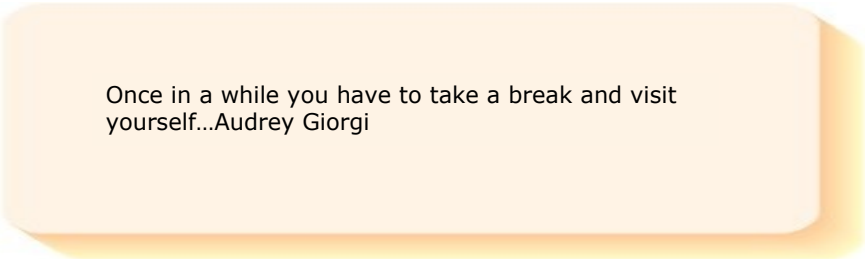
Action

Realize that you make mistakes just as others do, and you will make more in the future.

Challenge

Learn as much as you can about the ways your role models think and the actions they take each day.

Quote



Once in a while you have to take a break and visit yourself...Audrey Giorgi

Clearing

Have you looked under your bed lately? Do a quick tidy up.

Question

What could you distinguish as unique about you?

Affirmation

I choose to live powerfully.

Stepping Stone June 27

In your life, things exist because you breathe life into them. As Dr. Covey says in 7 Habits: "We write autobiographical scripts that we live by". To what are you choosing to give energy and life? Can you shift these priorities to brand new ones?

Action

Rearrange your furniture to better suit you, or for a change.

Challenge

Learn everyone's names in your workplace and find out one new thing about each person.

Quote

Once we make our decision, all things will come to us.
Auspicious signs are not a superstition, but a confirmation.
They are a response...Deng Ming-Dao

Clearing

Have most used phone numbers programmed in your mobile phone.

Question

What could you do more of?

Affirmation

I choose to feel that I have nothing to lose.

Stepping Stone June 28

Increase the clarity of your vision for your designed future. As in the words of Randy Gage, "Mastery comes from confidence. Confidence comes from experience. Experience comes from practice. Practice comes from commitment. And commitment comes from vision...Do the arithmetic backward and you have a roadmap to success. And notice that it all starts with vision."

Action

Reduce the amount of caffeine you take today.

Challenge

Learn one new word every day!

Quote

One day at a time - this is enough. Do not look back and grieve over the past, for it is gone: and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful that it will be worth remembering...Ida Scott Taylor (1820-1915 Author)

Clearing

Group digital photographs that you have stored on your computer.

Question

What could you do to build your 'courage muscle' today?

Affirmation

I choose to feel increasingly energized.

Stepping Stone June 29

Increase the passion and desire for your goals. Make a lengthy list of all the reasons that you want your goal(s) accomplished. To raise your energy around the goal and to stay in action when you least "feel" like it, you must have strong desires for wanting to achieve the outcome(s). Refresh your memory why you created the goal. Ask a friend to try to talk you out of ever accomplishing the goal. You will be amazed how passionately you defend your original reasons for going after it.

Action

Reflect about some things that can improve your feelings.

Challenge

Learn something new that you can use every single day, from today.

Quote

One does not discover new lands without consenting to lose sight of the shore for a very long time...André Gide

Clearing

Divide your week e.g. into client/people days and project/things days.

Question

What could you do to expand your CQ (creativity quotient)?

Affirmation

I choose to have harmony in my life.

Stepping Stone June 30

Increase your power by feeling dynamic rather than fine. If you have watched 'The Secret' or studied Law of Attraction for many years, you will know how important emotions are to the process of manifesting what you want in your life. Always be conscious of your feelings and find ways to heighten the positive ones.

Action

Register yourself as an organ donor and inform your family.

Challenge

Learn something new.

Quote

One must also accept that one has 'uncreative' moments. The more honestly one can accept that, the quicker these moments will pass. One must have the courage to call a halt, to feel empty and discouraged...Etty Hillesum

Clearing

Hire someone to clean your house once a week, or once a month.

Question

What could you do to expand your creativity or that of another person?

Affirmation

I choose to always create harmony.

June Bonuses 4

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Stepping Stone July 1

Install support structures. In training children for independence we might install various structures to assist e.g. steps to stand on for reaching the bathroom sink, a special mouth piece on mugs to learn drinking from cups, playing with an older child to model certain skills, name labels on clothing so items are returned. Similarly, when adults want to adopt new behaviors, we may need learning aids to assist us. Consider the possible 'tools' that you could put in place for yourself when you decide to adopt a new habit.

Action

Remember the enormous effect that your thoughts have on your well-being.

Challenge

Leave all places you visit, better than you found them.

Quote

One of the greatest surprises you will experience is when you discover that you can do what you were afraid you couldn't do. Your obstacles will melt away, if instead of cowering before them, you make up your mind to walk boldly through them...Max Steingart

Clearing

If you die, could your family find at their fingertips, all the paperwork?

Question

What could you do to remain in the present moment more often?

Affirmation

I choose to be harmonious.

Stepping Stone July 2

Is it time to streamline your commitments? Take stock and review all the activities in which you are involved. Is it time to simplify your life and remove a few of those? What do you want more of and what do you want to reduce? Focused action is much more powerful than spreading yourself too thinly. Are you a laser beam or a light bulb?

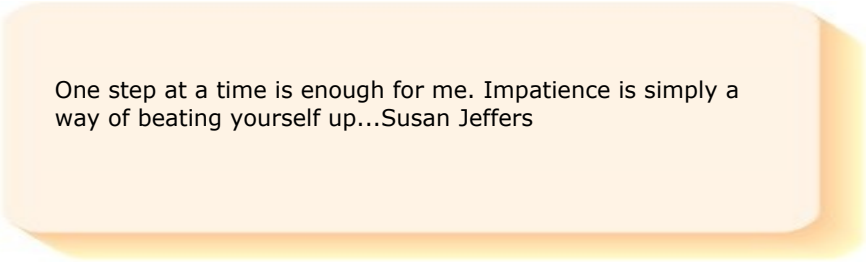
Action

Remember the mantra, "This too shall pass". Use it when you need it.

Challenge

Life is not always all or nothing, not black or white. Practice greater flexibility.

Quote



One step at a time is enough for me. Impatience is simply a way of beating yourself up...Susan Jeffers

Clearing

For online publishing have an image folder, all cropped to common sizes.

Question

What could you do today to make a difference to your finances?

Affirmation

I choose to feel more and more harmony.

Stepping Stone July 3

Is the universe friendly? Einstein once said that this is the most important question a human being can ask. I can totally see why he would suggest that. If fear has so many disguises then your perception of your world can make or break you in terms of taking on the "big stuff". What is your honest response to Einstein's question?

Action

Rent a couple of favourite DVD's and make gourmet popcorn for yourself tonight.

Challenge

List 100 of your own personal ways to improve your life and design it as a poster to hang in your home.

Quote

One's philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility...Eleanor Roosevelt 1884-1962, American First Lady, Columnist and Lecturer

Clearing

If you have not used something in twelve months then give it away.

Question

What could you give to your global family, today?

Affirmation

I choose to always increase love around me.

Stepping Stone July 4

It is possible to be different and still be all right. Are you still comparing yourself to others? If you want to live your life and your unique purpose then focus on that, and much less on what others are doing or what others think your life should be about. Comparing yourself and your life to others and other lives, is a trap to be avoided.

Action

Replace the terms 'children' and 'kids' with 'young people'. Notice the shift in relating.

Challenge

List things that have made you, or make you, laugh and feel happy.

Quote

Other people's interruptions of your work are relatively insignificant compared with the countless times you interrupt yourself...Brendan Francis

Clearing

If you see the need, book an appointment with a professional organizer.

Question

What could you spend more time on to master?

Affirmation

I choose to feel that I am allowed to be loved.

Stepping Stone July 5

It is your choice, it is your life. Yes, things happen and yes, people say things to you. What will you do with them all as they come toward you? You have a choice in whether you respond or whether you react. Notice your thoughts and actions, live with awareness.

Action

Revamp your food presentation. Get out your best crockery for dinner tonight.

Challenge

Listen more than you speak, today.

Quote

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It is not just in some of us. It is in everyone. And as we let our light shine, we give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others....Marianne Williamson from A Return To Love

Clearing

Have your most handy 'hotkey functions' on display at your computer.

Question

What could you receive and accept yet not first feel that you 'deserve' it?

Affirmation

I choose to pay compliments to others and myself.

Stepping Stone July 6

It is YOUR life. Take 100% responsibility and go after what you want. Too many of us live the plans and goals that others have for our lives. Please remember that this space on the planet is yours. What would you love to have accomplished in your time? What will be your personal legacy?

Action

Rise earlier than usual and savour the morning.

Challenge

Listen to an entire audio book that you had already bought and yet left sitting in a folder.

Quote

Our limitations and success will be based, most often, on your own expectations for ourselves. What the mind dwells upon, the body acts upon...Denis Waitley

Clearing

If you wear spectacles, clean all reading glasses, including sunglasses.

Question

What could you tidy up today?

Affirmation

I choose to always give thanks.

Stepping Stone July 7

It is all in the questions that you ask. Should a thought enter your mind about something that you do not want or a concern crops up about a situation you'd rather not see happen in your life then be very sure to ask yourself this question, "Well, if I do not want that, then what DO I want?" Be sure to answer that question immediately, with absolute certainty. The answering of that question is the most important part of the exercise! You want clarity.

Action

Rise early and find a great vantage point, to watch the sunrise.

Challenge

Listen to an inspiring audio.

Quote

People begin to become successful the minute they decide to be...Harvey Mackay

Clearing

If you work from home, let friends and family know your working hours.

Question

What courageous thing will you do today?

Affirmation

I choose to feel more and more serene.

July Bonuses 1

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Stepping Stone July 8

It is time for a new idea. We so seldom stop to truly create in our lives. What could you get excited about today and from where could you get a brand new idea for your life, today? Listen to an empowering audio, read a chapter from an inspirational book or have a conversation with an empowered person, then put into practical effect today, just one idea that you glean from your source.

Action

Say good morning to someone on your morning commute to work.

Challenge

Live by your schedule for the entire week. Pre-plan the week to include every facet of your life.

Quote

People often say that motivation doesn't last. Well, neither does bathing that's why we recommend it daily...Zig Ziglar

Clearing

Implement regular systems for sorting, or for clearing things not needed.

Question

What did you deposit into your future today?

Affirmation

I choose to feel that I am at peace.

Stepping Stone July 9

Just be. After all, we are human beings, not human doings. We all get busy. Moreover, without an intention to stay aware we might move through our days on the surface.

Action

Schedule time for reading each day.

Challenge

Live life your way today.

Quote

People will forget what you said, people will forget what you did, but people will never forget how you made them feel...Maya Angelou

Clearing

Implement good ergonomics such as good lighting and a perfect chair.

Question

What did you learn today that could empower you in future?

Affirmation

I choose to feel increasingly tranquil.

Stepping Stone July 10

Just say "no" to activities and tasks that no longer inspire you! Eliminate energy drains from your life so that you can relax and smell the roses. You only have this time, now. Use it to live 'your' life.

Action

See a movie at the cinema.

Challenge

Look for those small improvements in everything you do that can set you apart from everyone else.

Quote

Perfectionism has nothing to do with getting it right. It has nothing to do with high standards. Perfectionism is a refusal to let yourself move ahead....Jennifer White

Clearing

Ask often; is there a more efficient/effective way than doing it this way?

Question

What do you allow to damage your mind and body each day? What new habits could transform that for you?

Affirmation

I choose to have peace.

Stepping Stone July 11

Just say 'no' to diversions and distractions. As you start working on your highest-value activities, all your stress disappears. You experience a sensation of self-mastery and self-control. You feel calm, confident, and capable.

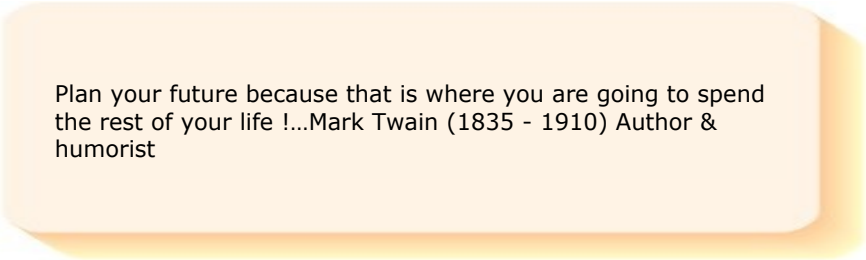
Action

See the best in others, look for the gold. It will automatically make you feel better about yourself.

Challenge

Look people in the eye when you speak to people. Stay with them longer than you might otherwise.

Quote



Plan your future because that is where you are going to spend the rest of your life !...Mark Twain (1835 - 1910) Author & humorist

Clearing

Set aside regular weekly review and planning sessions for you.

Question

What do you already "know for certain" that is preventing you from expanding?

Affirmation

I choose to always be serene.

Stepping Stone July 12

Just say 'yes' to commitments and priorities. Once you can clearly determine the one or two things that you should be doing, just say no to all diversions and distractions and say yes to single-mindedly accomplishing those priorities.

Action

Select a cause and donate some time, resources, or funds.

Challenge

Maintain intention and attention. What do you need, to do that?

Quote

Probably the most honest 'self-made man' ever was the one we heard say: 'I got to the top the hard way - fighting my own laziness and ignorance every step of the way'....James Thomas

Clearing

In your car, clear the seats, floor, and glove box. Put these items away.

Question

What do you already know that assures you will be successful?

Affirmation

I choose to be tranquil.

Stepping Stone July 13

Keep conscious of what you say to yourself - and yes, I will bring up this one tip repeatedly! James Mangan identified about 100 certain single words that are extraordinarily effective when used as an intentional creative thought, to bring about a specific desired result. He called these special words "switch words".

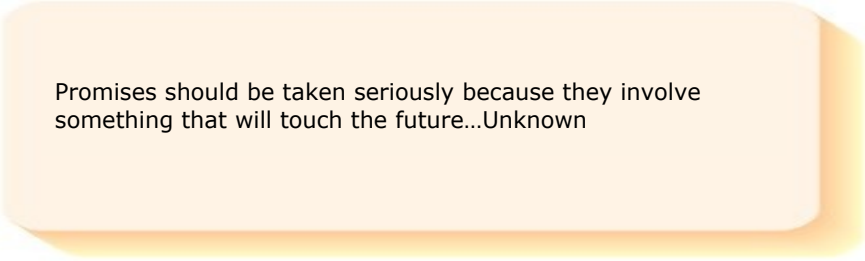
Action

Send a card to a family member.

Challenge

Make a concerted effort to actually work, all the time that you are at work.

Quote



Promises should be taken seriously because they involve something that will touch the future...Unknown

Clearing

In your office, get rid of, or give away, 3 things that are "just too much".

Question

What do you believe is keeping you in your current life situation?

Affirmation

I choose to feel more and more peaceful.

Stepping Stone July 14

Keep things in perspective. At every opportunity see if you can get an objective view of the circumstances in which you find yourself. Check in and ascertain whether you have added "drama" to a situation. Look at what is actually happening and what has actually happened. Observe a situation as if you were a movie camera or a scientist, simply observing, "What is so".

Action

Send a card to a friend.

Challenge

Make a habit of substituting thoughts, when you need to empower yourself.

Quote

Put yourself in a state of mind where you say to yourself, 'Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary...Tony Robbins

Clearing

Check that files accessed most often are the most easily accessible.

Question

What do you believe is possible for you to create?

Affirmation

I choose to always be relaxed.

July Bonuses 2

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Stepping Stone July 15

Keep track of progress. Sometimes we are so much in the thick of "doing the actions" that we do not clearly see the wood for the trees. Know if you are moving forwards, backwards, or sideways, with regard your goals, by keeping a scoreboard of forward movement.

Action

Send a few thank-you notes or cards.

Challenge

Make a list of the 100 essential things you need in your life.

Quote

Reality is made by agreement. Agreement is created when two or more similar or identical images are projected and fused. The more similar or identical images that are fused from more sources, the more solid the agreement and the more real the reality. Reality is not truth. The more solid the reality, the more untruth it contains...Alan C. Walter, from "Gods in Disguise"

Clearing

Include your own email in your address book so you can use Bcc: for lists.

Question

What do you believe must change for you to have more success?

Affirmation

I choose to feel that I am relaxed.

Stepping Stone July 16

Know peace of mind. Get to know what this is, for YOU. Experience it in your minds-eye and know what it "looks like" and "feels like" for you. No path is the right path if you are not clear on the destination. I keep harping about clarity, however it is the key, and you need to work on that so you can move forward with greater ease.

Action

Send a friendly message to someone in an online community of yours.

Challenge

Make a personal list of five guidelines for creating feelings of happiness.

Quote

Realize that now, in this moment of time, you are creating. You are creating your next moment based on what you are feeling and thinking. That is what's real. We can let go of the unconscious belief that being anxious about the past or the future will somehow protect us and instead reprogram our cells with new ways of responding...Doc Childre (Overcoming Emotional Chaos)

Clearing

Intentionally do something recreational when you feel like it.

Question

What do you believe, needs to happen before you can have the relationship of your dreams? Are you right?

Affirmation

I choose tranquillity.

Stepping Stone July 17

Know that you matter. Notice during your days when it is that you make a difference to another person's life. Look for opportunities to make that difference. You do matter and you are loved by somebody. You are appreciated. You do make a difference.

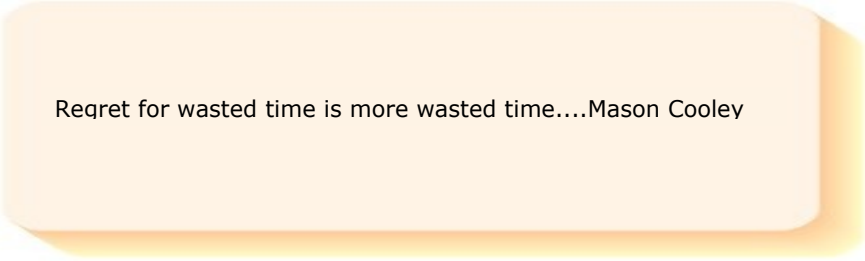
Action

Send a surprise gift to a friend or family member.

Challenge

Make an effort to speak up at least once in every group discussion or large event you attend.

Quote



Regret for wasted time is more wasted time....Mason Cooley

Clearing

Invite someone you want to impress. You will clean up in no time!

Question

What do you desire the most in your life?

Affirmation

I choose to always be tranquil.

Stepping Stone July 18

Know what you are good at and do not try to be something that you are not. How true can you be to your own personality, spirit, or character, despite all of life's external pressures to go with 'the masses'?

Action

Send postcards to a few friends or family.

Challenge

Make it a rule to never lie.

Quote

Remember that the six most expensive words in business are:
'We have always done it that way'...Catherine DeVrye

Clearing

Invite someone with fresh perspective to give feedback on a project.

Question

What do you do each day to create your vision of your future?

Affirmation

I choose to feel more and more relaxed.

Stepping Stone July 19

Know yourself and understand what you need. For a week, live the life you were meant to live. I observe many people living the lives that media, friends or family think would be great for them. Check in with yourself this week and listen to what your heart is telling you. Do a few things that are uniquely yours alone, regardless of another's opinion about that. What is important is what you think of yourself.

Action

Send someone a bunch of flowers, anonymously.

Challenge

Make today count!

Quote

Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing...Helen Keller

Clearing

Is there a wealth of lost treasures hiding under your sofa?

Question

What do you do that gives you your greatest feelings of self-esteem?

Affirmation

I choose to have serenity.

Stepping Stone July 20

Learn from your mistakes and do not repeat them. Mistakes are not made so that you have an opportunity to beat up on yourself! They are an opportunity for changing direction, and for reviewing where you find yourself along the path toward accomplishing your life's goals. Set up a way to record accomplishments so that you focus on those, more than you do on the hiccups along the way.

Action

Separate work and play more distinctly, so that you can 'be' fully focused with the one or other.

Challenge

Making no mistakes at all would be a mistake. Allow for mistakes today and enjoy them.

Quote

Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it...William James

Clearing

Is your answering machine or voice mail message up to date?

Question

What do you do to raise yourself up when you feel like quitting?

Affirmation

I choose to be relaxed.

Stepping Stone July 21

Learn something new today. Remember when we thought the earth was flat? Yet, now look at what we know about our universe. There is also much that we now know, that we do not know. Stay awake, live aware and never assume or know everything for sure.

Action

Set a date and invite some friends home for dinner, just for no reason!

Challenge

Many feelings are largely caused by irrational (unreasonable) assumptions. Change your thoughts.

Quote

So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it....Jiddu Krishnamurti

Clearing

It is very possible to be neat yet not be organized!

Question

What do you exalt or tolerate, that you could turn up or down a notch?

Affirmation

I choose to feel more and more high quality.

July Bonuses 3

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Stepping Stone July 22

Learn to accept. When someone pays you a compliment or gives a gift, practise saying "Thank you" without adding anything at all, such as "Oh, this old thing", "It is nice, but...", "Yes, however I could have done better, by..." etc. Stick with the simple "Thank you" and resist the urge to negate the compliment or to be coy about receiving.

Action

Set aside a few moments today to get clearer about what you really want from life.

Challenge

Meditate for 30 minutes without your mind wandering.

Quote

Some men storm imaginary Alps all their lives, and die in the foothills cursing difficulties which do not exist...Edgar Watson Howe

Clearing

Date stamp when something was promised, decided, or even given.

Question

What do you expect; in life, work, relationships, health etc.?

Affirmation

I choose to live a higher quality life.

Stepping Stone July 23

Learn to say, "I do not know". Not knowing keeps life interesting and keeps you looking. One of my favorite quotes related to living life this way, is: "The more the years go by, the less I know. But if you give explanations and understand everything, then nothing can happen. What helps me go forward is that I stay receptive, I feel that anything can happen" by Anouk Aimee.

Action

Set up a coffee meet with friends.

Challenge

Minimize your news consumption.

Quote

Striving for perfection is the greatest stopper there is... It is your excuse to yourself for not doing anything. Instead, strive for excellence, doing your best...Sir Laurence Olivier

Clearing

Just for today, if it takes less than 2 minutes, do it now.

Question

What do you feel good about in your life?

Affirmation

I choose to feel that I am allowed high quality.

Stepping Stone July 24

Leave some things undone. Being everything to everyone and being everywhere yet getting nowhere? Get real with yourself and make some decisions about the actions that are truly worth your time.

Action

Set up a regular meditation time each day, and do that every day.

Challenge

Mistakes are a natural part of being human. Do one thing today, beyond your fear of making a mistake.

Quote

Success in life consists of going from one mistake to the next without losing your enthusiasm.....Winston Churchill

Clearing

Keep a calendar of when the bills are due and send them out weekly.

Question

What do you have in place each day, as a habit that keeps you motivated?

Affirmation

I choose to always give value.

Stepping Stone July 25

Leave the world in a better condition than when you came into it. This does not always need to be with large projects that involve thousands of other people. You can do this step by step in your daily activities. Start where you are. Be the change you want to see in the world. If you complain about other people's driving habits, what could you change about how you drive your vehicle? After leaving a public facility, rather than complaining about the mess left by others, what could you do that creates a better environment for the next person who visits?

Action

Set your alarm earlier and enjoy some quiet morning time.

Challenge

Never postpone any task that can be completed in less than one minute.

Quote

Successful people aren't supermen and women. They fail, but fail forward. Success is not about perfection, it is about progression....Simon Reynolds, advertising wiz.

Clearing

Use a notebook to record phone calls rather than post-its or paper scraps.

Question

What do you know to do now, to not live with regret in your future?

Affirmation

I choose to feel increasingly valuable.

Stepping Stone July 26

Let go of your "all or nothing" thinking. This thought is such a stopper for many people. It prevents us from starting anything at all. Are you a victim of your own thoughts of perfection? Let go, loosen up, and start whatever it is that you want to start. Today!

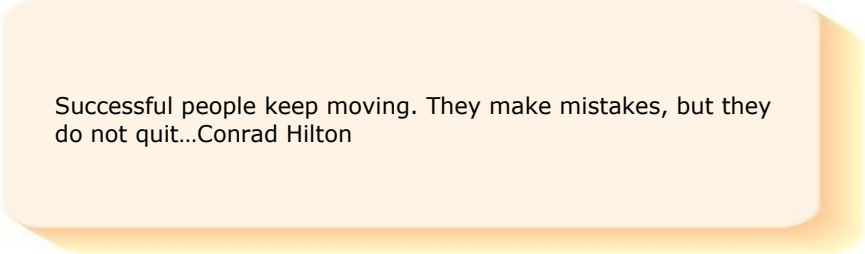
Action

Set yourself an early morning adventure for tomorrow.

Challenge

Notice all the events that are happening in your favor today.

Quote



Successful people keep moving. They make mistakes, but they do not quit...Conrad Hilton

Clearing

Keep paper and pen right next to your bed. Record those great ideas!

Question

What do you love most about your life, right now?

Affirmation

I choose to create high quality and value.

Stepping Stone July 27

Leverage the resources that you already have. Some of you have huge dreams yet seemingly, minimal resources. Take inventory and recognize what you do have available to work with. Sometimes we forget the things that are right under our noses when we are concerned with looking across the wide chasm to our intended destination. Start with gratitude and listing those things then find ways to use what you do have, as stepping stones for moving forward.

Action

Show genuine interest in other people's feelings, ideas, opinions, plans, and circumstances.

Challenge

Notice and enjoy your surroundings through the day.

Quote

Surrender. Allow yourself to lighten up and trust the process.
Do as you said. No more, no less...Unknown

Clearing

Keep a vacuum's width between furniture, avoid moving things to clean.

Question

What do you love to do?

Affirmation

I choose to feel that I give value.

Stepping Stone July 28

Life can be a game, and games are meant to be fun. Is it time yet for you to stop taking things so seriously? What are the rules you play by, and who made them up? Could that same source, of your current life-rules, create new rules for your life?

Action

Sing a favourite song, at the top of your lungs, even if you do not know the words to it.

Challenge

Notice moments today when you could simply 'let it happen, and let it go'.

Quote

Tension is who you think you should be. Relaxation is who you are...Chinese Proverb

Clearing

Keep everything out of your head. Put things where they belong.

Question

What do you need to be doing now?

Affirmation

I choose to have high quality in my life.

Stepping Stone July 29

Life is an ever-growing process, an ever-renewing process. You will never have it "all handled" when you die. There will still be items to attend in your "in-tray"! There is no finish line, there is no race, there is nowhere to "get". There is simply, life. Change is the only constant, on which you can count. Learn how to "be with" change and life experiences. Learn how to call up your inner calm and how to be present, and to love all your experiences. Learn gratitude, and experience awe at the beauty of life.

Action

Sit by a pond and watch the goldfish or ducks.

Challenge

Notice when you have a judgment of another person, and check in if it could be a reflection of you.

Quote

That's the risk you take if you change: that people you have been involved with won't like the new you. But other people who do will come along...Lisa Alther

Clearing

Know where all your important documents are safely stored.

Question

What do you need to change, to keep up with change?

Affirmation

I choose to feel more and more special.

Stepping Stone July 30

Life is not a practice game. When will you live your life, the one you choose for yourself? If you are waiting for something, what are you waiting for? What if "that thing" you are waiting for never happens?

Action

Sit quietly with your own thoughts for 30 minutes.

Challenge

Notice when you react and notice when you respond. Feel the difference.

Quote

The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success...Brian Tracy

Clearing

Know your financial situation and do a budget.

Question

What do you need to give to yourself so that you can give more to others?

Affirmation

I choose to live a unique life of my own.

Stepping Stone July 31

You will likely have heard the story of the baby elephant being tied up a certain distance from a stake in the ground, and in adulthood it still lives with the belief that, that's as far as it can go. Alternatively, the circus fleas kept in a lidded container and who jump no higher, even after the lid is removed, because they are so used to hitting their heads on the container lid! Lastly, the frog put into cool water that is gradually heated to boiling. The frog, not noticing the gradual temperature change, stays to be cooked. Are you living parts of your life, similar to any of those examples?

Action

Sit under a large, leafy tree and daydream.

Challenge

Notice your posture at varying intervals during the day, and improve it consciously.

Quote

The better organized you are in the simple things, the more spontaneous and free you can be in the more important things....Brian Tracy

Clearing

Know your highest priorities, so you are not dragged by others' agendas.

Question

What do you need to 'know' next?

Affirmation

I choose to feel that I am special.

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Stepping Stone August 1

Quit being someone who believes that the approaching light is an oncoming train! You get to say what that light is at the end of your tunnel. Make it something that gets you jumping out of bed in the mornings. In the movie *City Slickers*, Jack Palance's character, Curly, portentously holds up one finger and tells Bill Crystal there is only one thing to know about the meaning of life. "What's the one thing?" Crystal's character asks. "That's what you have got to figure out", is the evasive answer.

Action

Slow down and move with an easy, relaxed manner.

Challenge

Observe your habits, then choose them or lose them.

Quote

The cost of developing one intercontinental ballistic missile could feed 50 million children, build 160,000 schools, and open 340,000 health care centers...Ruth Sivard [World Military and Social Expenditures]

Clearing

Learn to delegate responsibility to capable others.

Question

What do you not see that is already surrounding you?

Affirmation

I choose to feel more and more unique.

Stepping Stone August 2

List 12 new habits, one to start in each new month of the year. You change your life habit by habit. Replace the disempowering habits and routines with new ones that move you toward the lifestyle and results that you know you want.

Action

Smile and say good morning to a stranger in the street.

Challenge

On just one A4 sized page, clarify what you want in life.

Quote

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become...Ashley Montague

Clearing

Learn to use the Internet effectively, to use a library, to read productively.

Question

What do you use, to keep your mind focused where you want it focused?

Affirmation

I choose to have relaxation.

Stepping Stone August 3

List the things in your life that need immediate attention and take action on each. The things about which you procrastinate will get in the way and be a burden in the moment that a brand new and exciting opportunity shows up. Take care of those things to which you can attend today so that the space is cleared for creativity and for miracles to manifest.

Action

Solve a puzzle or start a jigsaw.

Challenge

When you receive, pay it forward.

Quote

The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing...Michael E. Gerber

Clearing

Look at your calendar the night before so you are prepared for next day.

Question

What do you value most in life?

Affirmation

I choose to always feel good about myself, just the way I am.

Stepping Stone August 4

Listen to your built-in truth detector. Everyone has one of these. You may be a little rusty in using it. Therefore, make a practice today of noticing the detector and listening to what it is telling you. Follow YOUR heart.

Action

Spend 15 minutes daydreaming about your ideal day.

Challenge

Over the day, repeat calming words to yourself, such as tranquillity, peace, serenity.

Quote

The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.....Richard Cushing

Clearing

Loose change is easily handled by putting out a large jar or vase.

Question

What do you want to accomplish with your life?

Affirmation

I choose to feel more and more good about myself.

Stepping Stone August 5

Listen to your hunches and intuition. When I look back, at pivotal turning points in my life, I notice the number of times I'd not listened to my inner voice, and instead, took action based on a well-meaning advice from friends. In retrospect, and with 20/20 hindsight, I see it may have served me better to stick with my initial 'gut instinct'.

Action

Spend 30 minutes reading your favourite book.

Challenge

Pay attention to your thoughts and argue those thoughts on the basis of evidence and reason.

Quote

The fact that someone says something doesn't mean it is true. Doesn't mean they're lying, but it doesn't mean it is true...Carl Sagan

Clearing

Lubricate all hinges, keyholes, or other squeaky items.

Question

What do you want to be spending more time on?

Affirmation

I choose to make others feel good about themselves, including myself.

Stepping Stone August 6

Listen, listen, listen and then...listen some more. Hearing is not the same thing as listening. Listening means using all of the senses that you have available to you and shutting off your own chatter. Mostly when we listen to others, we "chatter" opinions, judgements about what is being said, or we are devising what it is that we are going to say next.

Action

Spend a day walking and taking photos in the city.

Challenge

Pay It Forward when someone does something nice for you.

Quote

The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary...Thomas A. Edison

Clearing

Make a change today, toward email reduction.

Question

What do you want to change in your environment?

Affirmation

I choose to feel that I am more than enough.

Stepping Stone August 7

Live by The Code - Ten Intentions For A Better World. The Intenders of the Highest Good show you how to set your intention to have that which you desire come to you as easily and effortlessly as possible. They have a brilliant Code of Conduct poster at Intenders.com

Action

Spend a little time each day to concentrate on the contribution you are making to the rest of the world.

Challenge

Plan a short trip to go camping with just yourself.

Quote

The general view among scientists that novel phenomena must be fitted into an explanatory framework or hypothesis, for them to be taken other than as an epiphenomenon or oddity, is illogical and should be ignored...Montague Keen

Clearing

List specific and dated steps to achieve a particular end, and do them.

Question

What do you work hard at not feeling?

Affirmation

I choose to always live in the confident knowledge that I have enough.

August Bonuses 1

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Stepping Stone August 8

Live like you are a living magnet. Know that the law of attraction is at work in your life whether you use it to advantage or not. Your thoughts will begin to attract to you what you think about most. Start living in that knowledge, and work on thought replacements that will move you towards what you want for your life. Quit thinking about what you do not want, and start taking the actions for what you do.

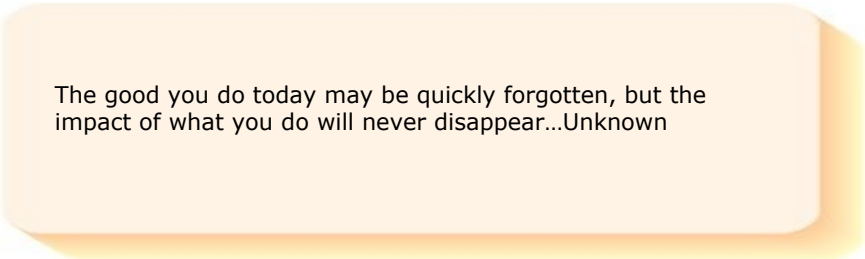
Action

Spend a whole day reading a favourite, or a new book.

Challenge

Plan as much as you are able, to avert problems before they can even start.

Quote



The good you do today may be quickly forgotten, but the impact of what you do will never disappear...Unknown

Clearing

Make a list of activities that you will stop. Then stop or finish them.

Question

What does successful friendship look like to you?

Affirmation

I choose to feel increasingly satisfied.

Stepping Stone August 9

Live more consciously. With each action, know what is your intended outcome. Get clear on why you choose take the actions that you do, why you have the habits that you do, why you think the thoughts that you think. If what you are doing is not moving you towards the results that you desire, then it must be moving you away from your intended outcomes.

Action

Spend at least 20 minutes a day outdoors during daylight hours.

Challenge

Plan four hours of today and stick to that plan.

Quote

The great composer does not set to work because he is inspired, but becomes inspired because he is working...Ernest Newman

Clearing

Have a list of things you can do while watching favourite television shows.

Question

What does your ideal life look, sound, and feel like?

Affirmation

I choose to be satisfied with myself.

Stepping Stone August 10

Look around for all that you really can do without. These can be tangible objects, people who take down your energy, activities that are time wasters, or thoughts that leave you feeling disempowered. Now start weeding, a little day-by-day.

Action

Spend more time doing what you love to do, not as a cliché, really start doing it.

Challenge

Plan your day in advance and stick to your plan.

Quote

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it...Michelangelo

Clearing

List things you have started and never finished, then schedule, or discard!

Question

What empowering meaning could you attach to failure?

Affirmation

I choose to feel that I am satisfied with my life.

Stepping Stone August 11

Make a list of those things about yourself that you consider being good qualities. We all need to occasionally counter-balance those negative, berating things that we say about ourselves (consciously or unconsciously), thousands of times per day. This exercise is a terrific way to remind yourself of who you really are. Give yourself a huge pat on the back after you have completed your list.

Action

Spend more time outdoors than usual. Give yourself some space to breathe.

Challenge

Practice personal acceptance.

Quote

The greatest discovery of my lifetime was that a person can change the circumstances of his life by changing his thoughts...William James

Clearing

Have handy duplicates of all your keys.

Question

What future do you want to create?

Affirmation

I choose to have satisfaction.

Stepping Stone August 12

Make a positive difference to someone else today and once every day. Thinking about someone else gets you out of your own head and into someone else's life for a few moments. Give yourself a break and a buzz of 'feel good' vibes. It need not be large. It could simply be a phone call to somebody you have not spoken to for ages.

Action

Spend some extra time with your children, or someone else's.

Challenge

Practice speaking more softly and more slowly.

Quote

The greatest mystery is not that we have been flung at random between the profusion of matter and of the stars, but that within this prison we can draw from ourselves images powerful enough to deny our nothingness...Andre Malraux

Clearing

Tidy up before going to bed and before leaving the house or office.

Question

What gets you to perform at your peak ability?

Affirmation

I choose to feel more and more deserving.

Stepping Stone August 13

Make arrangements and set aside one day that is 100% selfishly, for you. You are allowed to pull away occasionally and pause for reflection! In fact, it is a brilliant tool for expanding creative thought. You have likely experienced an idea for your business or project popping into your head, when you are participating in something totally unrelated. So you know what I am talking about, now...go and have that break!

Action

Spend time with a child to get a look at their unique perspective on life.

Challenge

Practice unconditional acceptance of life and what it brings.

Quote

The hero, in living her own life, in being true to herself—radiates a light by which others may see their own way...Lawrence G. Boldt

Clearing

Use travelling or waiting time, by always having those small jobs with you.

Question

What gift do you bring to the world that you could give away?

Affirmation

I choose to deserve.

Stepping Stone August 14

Make Feng Shui a part of your life. Feng Shui (pronounced fung schway) is, in simple terms, the ancient Chinese Art and Science of placing things in our immediate environment in such a way as to improve our health, balance, security, and prosperity. The key to good Feng Shui is in the movement and flow of energy, or Qi (pronounced chee.)

Action

Spend twice as much and buy half as much. Allow yourself only great quality in your life.

Challenge

Practise, playing a musical instrument consistently for at least one month.

Quote

The human mind, once stretched by a new idea, never regains its original dimensions...Oliver Wendell Holmes

Clearing

Make short and long term plans for the year.

Question

What great information do you allow to enter your mind each day?

Affirmation

I choose to feel that I deserve.

August Bonuses 2

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Music

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Stepping Stone August 15

Make progress every day. To accomplish your personal goals, you **MUST** take action. I see many people wishing and hoping yet not taking even the first step toward their desired end-result. Think of one thing you could do today that will move you a step closer, even if it is making a list of things you need to do toward achieving a goal. You will not achieve if you do nothing.

Action

Stand in the sunshine or daylight for 15 minutes today.

Challenge

Practise, being completely open to change.

Quote

The indispensable first step to getting the things you want out of life is this: decide what you want...Ben Stein

Clearing

Have a way to keep charged, your phones, and any other important tools.

Question

What habit could you replace with a better habit?

Affirmation

I choose to accept all of life's gifts, regardless of how deserving I feel.

Stepping Stone August 16

Manage your priorities. Not having enough time is not a fundamental truth. It is purely a symptom of how you manage your personal priorities and where you choose to direct your energy. Reduce your commitments, or increase your requests of others. Learn to say yes or no effectively, to match your highest priorities. If something is working, improve it and expand on it. If something is not working, get it out of there!

Action

Start a journal. Include images, poems, and fond memories.

Challenge

Practise being non-judgemental.

Quote

The inspiration is a receptacle for emotions that come from all over the place: from the sky, from the earth, from a scrap of paper, from a passing shape...Pablo Picasso

Clearing

Make sure your computer's virus protection is up-to-date.

Question

What habits or actions would you change when you become conscious of their most likely consequences?

Affirmation

I choose to always deserve.

Stepping Stone August 17

Many problems do not exist except in our imaginations. This week, see if you can only deal with what is actually in front of you and within your realm of influence. Leave any 'worry' that will produce no result. In fact, when has worry actually ever produced a result, other than a negative impact on your body? If you are a "worry wart" then allow yourself a specific, limited time slot for worrying, then move on, and get into action on something!

Action

Start a new daily habit, even if only a small one.

Challenge

Every time it wanders, practise bringing your mind back to the task.

Quote

The man who goes farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore...Dale Carnegie

Clearing

Make sure your vehicle is getting regular maintenance.

Question

What happens to your goals after you create them?

Affirmation

I choose to accept.

Stepping Stone August 18

Master the art of making choices. Write down three areas where you believe that you feel you "have to do" or have "no choice" in a situation. For each item, answer the following questions: Why do I believe that I have no choice? What do I want? How am I going to achieve it?

Action

Stop trying to be interesting, and become interested.

Challenge

Practise gratitude with everything, today.

Quote

The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it...Unknown

Clearing

Make the entrance of your home inviting.

Question

What has stopped you in the past from moving forward?

Affirmation

I choose to feel more and more accepting.

Stepping Stone August 19

Mind how you phrase your goals and all language that you use. "Whatever is expressed is impressed. Whatever you say to yourself, with emotion, generates thoughts, ideas and behaviors consistent with those words."

~Brian Tracy~

Action

Surprise someone with a candlelit dinner or a picnic lunch.

Challenge

Practise not gossiping, all day.

Quote

The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse...Helen Keller

Clearing

Make time for improvement. Regularly set time to improve daily systems.

Question

What has to happen for you to get what you want?

Affirmation

I choose to always accept.

Stepping Stone August 20

Miracles are not accidents. "My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment." ~Oprah Winfrey~ You put something in motion by saying certain words, thinking certain thoughts and/or taking certain actions. That in turn gets wheels turning and cogs rolling, towards what is showing up in your life today. It is all sourced in something that you started weeks, months or even years ago. The butterfly effect.

Action

Surrender some valuable seconds to study what the wind feels like against your skin.

Challenge

Each moment, practise thinking, about nothing else except what you are doing.

Quote

The minute you settle for less than you deserve, you get even less than you settled for...Simone De Beauvoir

Clearing

Many grocery stores deliver groceries and fresh produce, use that service.

Question

What has to shift in you to become the person you most desire to be?

Affirmation

I choose to feel that I am accountable.

Stepping Stone August 21

Mistakes are a part of being human. Allow yourself a little room for errors. Quit being so hard on yourself and ask often...in 100 years from today, will this really matter?

Action

Take 10 long and deep breaths while thinking of a favourite place.

Challenge

Push aside and replace any thought of trying to rule over another or, of outdoing them.

Quote

The more the years go by, the less I know. But if you give explanations and understand everything, then nothing can happen. What helps me go forward is that I stay receptive, I feel that anything can happen....Anouk Aimee

Clearing

Never leave dishes in the sink.

Question

What has worked for you when setting goals?

Affirmation

I choose to hold myself to account.

August Bonuses 3

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Music

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Stepping Stone August 22

Motivation is not a one-time deal. You cannot go to the gym one time to build a gorgeous looking body. You cannot go on a diet one day to provide the energy your body needs. Similarly, you cannot just motivate yourself one day and that will last the distance for life. Continually feed your mind with empowering thoughts and fresh ideas.

Action

Take a bike ride.

Challenge

Put something on priority, and decide not to have time for anything else.

Quote

The most important scientific revolutions all include, as their only common feature, the dethronement of human arrogance from one pedestal after another of previous convictions about our centrality in the cosmos...Stephen Jay Gould

Clearing

OK, have you simplified something? Go back to it, and simplify it further!

Question

What have you created about which you could get excited in life?

Affirmation

I choose to always be accountable.

Stepping Stone August 23

Move toward your desired lifestyle one new habit at a time. You may transform overnight and 'morph' into that desired persona or lifestyle. It is a rare occurrence though! Consider how you got where you are today. In that very same way, you can get to where you want to be.

Action

Take a bus in the city, without concern for destination. Enjoy the scenery.

Challenge

Quit multi-tasking and manage just one task at a time, to be more productive and effective.

Quote

The most successful people in life are those who, when confronted with a problem, question WHY they should spend their time and effort solving the problem at all..."Breakthrough Thinking" Gerald Nadler, Ph.D.

Clearing

Only have directly in front of you, the project on which you are working.

Question

What have you decided recently that is producing your current reality?

Affirmation

I choose to feel more and more accountable.

Stepping Stone August 24

Move yourself to inspired, rather than forced, action. You have probably come across this saying, many times - "Success is not the result of spontaneous combustion. You must set yourself on fire." It is up to you to change your perspective on things if what you see is not to your liking. List three things that you do not enjoy about life now and put a different spin on each so that your glass is half-full rather than half-empty on each of those three issues.

Action

Take a drive, or walk, along a pretty road.

Challenge

Quit taking things personally, not everything is about you.

Quote

The only real prison is fear, and the only real freedom is freedom from fear...Aung San Suu Kyi

Clearing

Opt out of receiving advertising mail.

Question

What have you decided to achieve, yet you have not yet taken action?

Affirmation

I choose to feel that I have peace of mind.

Stepping Stone August 25

Negative thought? Ask and answer: "So, what DO I want?" Rather than complaining or wondering why, simply ask your self that question: "Well then...what DO I want?", and answer the question of course. This way you will cause yourself to switch your focus on the intention rather than on a negative. Remember that, whatever you focus on WILL expand!

Action

Take a few moments today to go to a park and connect with nature and people.

Challenge

Read a variety of self-improvement books that have been best sellers.

Quote

The percentage of mistakes in quick decisions is no greater than in long-drawn-out vacillations, and the effect of decisiveness itself `make things go' and creates confidence....Anne O'Hare McCormick

Clearing

Organize a shelf in your linen cupboard.

Question

What have you given today?

Affirmation

I choose to feel more and more peace of mind.

Stepping Stone August 26

Never blame another person or external events. There is no 'blame'. There are only actions and results. Give power back to yourself and keep things in perspective. How were you the source of events in your life and how can you now respond to make a positive difference to current circumstances?

Action

Take a long, luxuriating bath.

Challenge

Read an e-book that you had bought and yet left sitting in a file.

Quote

The problem is never how to get new, innovative thoughts into our mind, but how to get the old ones out. Every mind is a building filled with archaic furniture. Clean out a corner of your mind and creativity will instantly fill it...Dee Hock

Clearing

Organize all those messy electrical wires under your computer desk.

Question

What have you given up on that you could restart?

Affirmation

I choose to have peace of mind.

Stepping Stone August 27

No matter what your present circumstances, the first step to achieving any goal is your whole-hearted commitment. Until one is committed there is hesitancy, the chance to draw back, always ineffective. Concerning all acts of initiative there is one elementary truth, the ignorance of which kills countless ideas and endless plans. That the moment one definitely commits oneself then providence moves too. ~Goethe~

Action

Take a moment at the start and end of the day to send love out to the whole, global family.

Challenge

Record your progress; be more aware of the fact that you actually are moving forward.

Quote

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem...Theodore Rubin

Clearing

Organize and clear out all the containers in your bathroom areas.

Question

What have you let stand in the way of your fun?

Affirmation

I choose to always notice when my mind is at peace.

Stepping Stone August 28

No one can insult or hurt you without your permission. Mind how you interpret events. All your thoughts about any event or conversation are simply your interpretation based on experiences. Bring a new, empowering interpretation to the new event or conversation.

Action

Take a moment to fill your heart with love.

Challenge

Redesign the layout of your furnishings, even if you decide to take no action.

Quote

The reason most people never reach their goals is that they do not 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

Clearing

Organize and clear out all containers in your garden shed or garage.

Question

What holds you back from experiencing success, if it is not perfectionism?

Affirmation

I choose to create peace of mind.

Stepping Stone August 29

Nothing in life arrives by luck or accident. Take on board this belief for one entire week and see how differently you live the moments in your days. You may find yourself being much more aware and deliberate with every thought you have and every action you take.

Action

Take a walk by the water. A river, lake, or sea.

Challenge

Reduce the level of waste that you create. Change a few patterns of wasteful behaviour.

Quote

The reluctance to put away childish things may be a requirement of genius...Rebecca P. Sinkler

Clearing

Organize and clear out all the containers in your kitchen.

Question

What in your life, could you "streamline" to be more efficient and effective?

Affirmation

I choose to feel more and more that I love what I do.

Stepping Stone August 30

Nothing is too good to be true. Keep your dreams alive. Talk about them often, create visual displays, have pop ups show up on your computer, stick post it notes all through your calendar, send letters to yourself, create an audio of yourself sharing about your greatest desires, keep taking the actions forward toward your end target. We can so often be our own greatest roadblock to our success

Action

Take a walk in the rain without an umbrella.

Challenge

Remember, you occasionally have to say no to people to stay true to your objectives. Practise it today.

Quote

The secret to productive goal setting is in establishing clearly defined goals, writing them down and then focusing on them several times a day with words, pictures and emotions as if we have already achieved them...Denis Waitley

Clearing

Organize and clear out all the containers in your laundry.

Question

What in your life excites you the most?

Affirmation

I choose to always love what I do.

Stepping Stone August 31

Notice how often you ask your 'head' rather than 'heart'. Sometimes we do things because we believe it is the "right" thing to do or the thing that we "should" do rather than the thing that really lights us up. Check in with your heart for why you might be taking certain actions.

Action

Take a kung fu or belly dancing class.

Challenge

Remind yourself of your passions and why you started what you are involved with, today.

Quote

The society that scorns excellence in plumbing because plumbing is a humble activity, and tolerates shoddiness in philosophy because it is an exalted activity, will have neither good plumbing nor good philosophy. Neither its pipes nor its theories will hold water...John Gardner

Clearing

Organize and clear out all the containers in your office spaces.

Question

What is "perfect rest and relaxation" for you?

Affirmation

I choose to feel that I love what I do.

August Bonuses 4

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Stepping Stone September 1

Notice the Law of Cause and Effect in your own life. When you send out good vibes there is nothing you can do, to prevent them from getting back to you. Similarly with the bad ones! Continue to practise appreciation and when you least expect it, your negative moments will disappear.

Action

Take on board a brand new rule for yourself that will help you to be a better friend.

Challenge

Remind yourself that you do not need much to be happy.

Quote

The story goes that Picasso was sitting at a cafe enjoying the summer morning sun, when a lady came up to him and asked him to sketch a portrait of her. "Oui Madam" he replied, reaching for his drawing book. Within a matter of minutes he had finished the rendition of his subject, and turning the page to show her, scribbled his price for the portrait on a napkin. She exploded! "You must be crazy, asking that much! It took you 3 minutes to draw my portrait!" "Yes Madam" Picasso replied in a slow drawl, "but it took me 40 years to learn how."

Clearing

Organize any paperwork related to your workplace.

Question

What is a courageous decision on which you could follow-through today?

Affirmation

I choose to enjoy what I do.

Stepping Stone September 2

Notice what you learn. Have you ever said to yourself, "I wish I knew then what I know now"? What are some of those things that you know now, and wished you had known then? Can you get in touch with those lessons and make full use of them today? Will a piece of your past knowledge make a difference to some of the decisions that you will make for yourself today? On the other hand, do you ignore the lessons?

Action

Take some tasty treats to share at work.

Challenge

Remove any external blame from any circumstance about which you are displeased.

Quote

The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun. It is the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun...Napoleon Hill (1883-1970, Author of Think And Grow Rich)

Clearing

Have your postage needs in one place. Envelopes, stamps, cards etc.

Question

What is funny about the way you live your life?

Affirmation

I choose to always have positive, growing relationships.

Stepping Stone September 3

Now is the perfect place to start. ...And, if you are waiting or holding back, of what is that really a symptom? It is a symptom, a signal that something needs exploring and further questioning. If you are not taking the first step, the first action, then find out what is going on within you that's putting on the brakes.

Action

Take someone's dog for a walk.

Challenge

Remove at least one of the anchors that have you transfixed to one spot.

Quote

The successful person has the habit of doing the things failures do not like to do. They do not like doing them either necessarily. But their disliking is subordinated to the strength of their purpose...E.M. Gray

Clearing

Organize your bookshelves and give some books away.

Question

What is it costing you to keep clutter in your life?

Affirmation

I choose to feel more and more globally connected.

Stepping Stone September 4

Observe, rather than judge. Practise this and after a while, it will be your usual way of responding to your environment. You have a choice as to whether you react or whether you respond to life's circumstances. When you are not judgemental and come more from a place of 'observation' then you are more likely to 'respond' rather than 'react' and overall, you will feel more at peace.

Action

Teach someone (who would like it), something in which you are an expert.

Challenge

Repeatedly fill your mind with thoughts of calmness and composure.

Quote

The traveler was active; he went strenuously in search of people, of adventure, of experience. The tourist is passive; he expects interesting things to happen to him. He goes 'sight-seeing'...Daniel J. Boorstin

Clearing

Organize your DVDs and CDs.

Question

What is it that you believe to be "impossible"?

Affirmation

I choose to have global connection with others.

Stepping Stone September 5

Often, ask and answer the question "What End Result Do You Want?" If I can give no authentic response to that question then I must be living from someone else's agenda. It cannot be any other way. My thoughts and activities cannot have been allocated a specific focus if I find myself aimlessly bobbing on the waves.

Action

Tell a joke to a stranger you meet somewhere.

Challenge

Replace one poor habit with an empowering habit.

Quote

The two terrors that discourage originality and creative living are fear of public opinion and undue reverence for one's own consistency...Ralph Waldo Emerson

Clearing

Organize your friends and family contact detail lists.

Question

What is it that you say, "you must" do today?

Affirmation

I choose to be globally connected.

Stepping Stone September 6

Operate from where you want to be. Have the end in mind, as you move through your day-to-day activities. "Be" the person who already has or does what you are working to create for the future. Stand in the result as though you are already there. You may find that you make very different decisions about some of the things that "come at you" during the course of your current day to day.

Action

Tell someone that you love him or her.

Challenge

Replace your advance worrying with thinking and planning.

Quote

The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you. Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved...William Jennings Bryant

Clearing

Organize and clear up your garage or shed.

Question

What is it that you will do today?

Affirmation

I choose to feel more and more personal growth.

Stepping Stone September 7

Pause and reflect. When I was teaching, it was important to include activities that allowed my students to have reflection time on what they had learned. Give your mind time to connect all the pieces when you are beginning or exploring any new ideas or projects. When you allow that space, you will be amazed at how much work your subconscious does in the background when you stop the frantic activity for a little while. You will have new creative ideas come to mind more easily.

Action

Test-drive the car of your dreams.

Challenge

Restructure your life and spend more energy on what really matters.

Quote

The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it....Rosemary Fillmore Rhea [New Thought for a New Millenium]

Clearing

Organize your pen containers and notepads near phones.

Question

What can you do today to improve your life forever?

Affirmation

I choose to grow and expand my thinking.

September Bonuses 1

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Stepping Stone September 8

Pay attention to the "coincidences" that occur today. You may be surprised to learn that 'there are no accidents' and that 'you cause your own luck'. There is a lot for which you are directly responsible in your life. This may be good news to some of you and perceived as bad news to others. What could you do today that will increase the 'luck' and positive 'coincidences' in your life?

Action

Thank someone for something they did.

Challenge

Return all borrowed items or money that you owe.

Quote

The worst bankrupt in the world is the man who has lost his enthusiasm. Let a man lose everything else in the world but his enthusiasm and he will come through again to success....H. W. Arnold

Clearing

Arrange your loose photos into albums.

Question

What is it that you have a burning desire to achieve?

Affirmation

I choose to feel that I am growing and expanding my thinking.

Stepping Stone September 9

Pay yourself first. This is not just simply in monetary terms. You cannot give away what you do not have. Is there a plentiful supply of love for yourself so that you can love others? Have you given yourself a little relaxation and breathing space so that you could nurture the soul of another person? Check in with yourself for what you need and give to yourself today.

Action

Think about some favourite past events and enjoy your memories.

Challenge

Review things that you have to be happy about and dwell on those.

Quote

There are always those who thrive when masses are dying of sickness. There are always those who thrive economically when economic decline seems to be the order of your nation. There are always those who are clear-minded, in environments of confusion. You do not need everyone or anyone else to align with your desire—only you need to align with your desire....Abraham-Hicks

Clearing

Organize your wardrobe into clothing types e.g. all shirts in one section.

Question

What is limiting your life?

Affirmation

I choose to always grow.

Stepping Stone September 10

People can only guide and help you but you **MUST** choose and act yourself. Are you waiting for permission from "someone" to give you the "go ahead"? It is time to get real, to wake up and recognise that **THIS** is **YOUR** life. It is the only one you will have (though you may believe in reincarnation and you are waiting to live in that future). What will you do with the today that you know is available to you now? Make firm decisions and act on these personal decisions.

Action

Think of a small way in which you could deliberately celebrate your life, today.

Challenge

Ride a bike someplace not familiar to you.

Quote

There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down - until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living...George Sheehan

Clearing

Pace yourself more evenly, schedule so not everything is a 'now' project.

Question

What is mostly on your mind, which you will certainly manifest?

Affirmation

I choose to feel more and more growth.

Stepping Stone September 11

People who are crazy enough to think they can change the world, are the ones who do. Are you crazy enough to think that you can impact this world's future? What is it that you would like to see changed. Start taking a few actions in that area. What could you do today to make a change?

Action

Today, live in the belief that simply who you are, is enough.

Challenge

Rise 30 minutes earlier in the morning, than you might have otherwise.

Quote

There are two kinds of people in this life. Those who walk into a room and say, 'Well, here I am.' And those who walk in and say, 'Ahh, there you are.' Let us each strive to be an 'Ahh, there you are' person...Leil Lowndes

Clearing

Pay an extra amount on your credit card or other debt.

Question

What is perfect about where you are in your life right now?

Affirmation

I choose to experience unlimited joy.

Stepping Stone September 12

Pick more daisies! If I had my life to live over, I would dare to make more mistakes next time. I would relax, I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and fewer beans. If I had to do it again, I would travel lighter than I have. I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies -Nadine Stair

Action

Touch a tree and really feel its bark and leaves.

Challenge

Risk initiating a conversation with someone you do not know.

Quote

There are two ways of being creative. One can sing and dance. Or one can create an environment in which singers and dancers flourish...Warren Bennis

Clearing

Pick up as you go.

Question

What is perfect about you and your life right now?

Affirmation

I choose to feel that I am joyful.

Stepping Stone September 13

Do something that will take you out of your comfort zone and that will make you feel wonderful for having challenged yourself and surpassing your image of yourself. You will find that your personal growth expands exponentially when you make this a regular practice in your life.

Action

Treat others the way you would like to be treated.

Challenge

Risk your sense of comfort. Do something to create a better quality comfort zone.

Quote

There is always an inner game being played in your mind no matter what outer game you are playing. How aware you are of this game can make the difference between success and failure in the outer game...Tim Gallwey

Clearing

Display this quote in your office, "Whatever you focus on WILL expand".

Question

What is ruling your life?

Affirmation

I choose to have joy.

Stepping Stone September 14

Place less (or no) emotion into having things. There is not enough money in the world to make you feel secure. The function of money is using it. It is a tool to buy experiences. Know what experiences you want to create for your life, determine your purpose in life. Have clear goals for collecting money. How do you want to use it when you have it?

Action

Treat yourself at your favourite café.

Challenge

Say 'I love you' to the person in the mirror, and mean it.

Quote

There is no reason to ever quit unless of course you had no plans to ever succeed, that is called 'Delusional Success'...Doug Firebaugh

Clearing

Polish wooden doors and retouch scuffs, clean all the door handles.

Question

What is showing up in your life that is a reflection of your expectations?

Affirmation

I choose to feel more and more joy.

September Bonuses 2

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Stepping Stone September 15

I have come across so many who live their life while looking in the rear view mirror, rather than looking through the front windshield. Enjoy 'the now', stay with your current moments and savor them, plan your future and create what you want to manifest with inspired focus and gratitude for the gifts you were given today.

Action

Treat yourself the way you would like others to treat you.

Challenge

Say less today than you have on any other day in your life.

Quote

There is no single face in nature, because every eye that looks upon it, sees it from its own angle. So every man's spice-box seasons his own food...Zora Neale Hurston

Clearing

Prepare for the morning the evening before.

Question

What is something you could get done that you know needs doing?

Affirmation

I choose unlimited joy.

Stepping Stone September 16

Plan effective forward steps. You will not get to where you want to 'get' by accident. It must have a plan. A blueprint for how you will accomplish your dreams. Take time to create your plan of action and then do as your plan says.

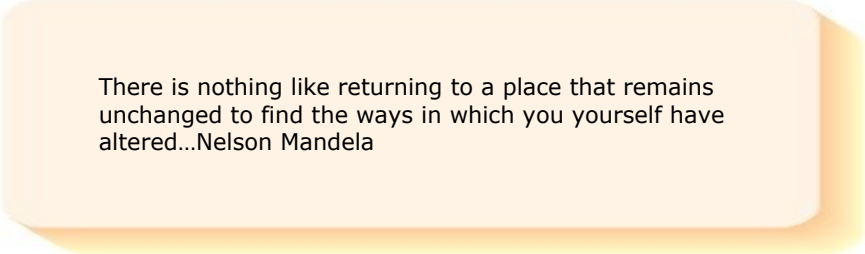
Action

Try a stretch or exercise that is not in your usual routine.

Challenge

Say 'no' more often today.

Quote



There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered...Nelson Mandela

Clearing

Print your own space-clearing ideas, set a timer, grab a card, and go!

Question

What is the best use of your time, right now?

Affirmation

I choose to feel that I lead a contented life.

Stepping Stone September 17

Practice abundance daily. Practicing Abundance requires letting go of stuff, and believing that there is more. Every day, give something, share something, or be a bigger person because you know there is enough to go around. Each act of generosity on your part sends a signal to the world that you are in touch with your Abundance.

Action

Try out a brand new coffee shop or restaurant each month.

Challenge

Say no to something that might usually have got a yes from you.

Quote

There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it...Napoleon Hill

Clearing

Purge one item every time you bring a new one into a space.

Question

What is the best way to maximize your energy level?

Affirmation

I choose to feel more and more contented.

Stepping Stone September 18

Practise silence today. Can you listen to someone else without your own internal chatter? Without thinking of the words that you will say next, when they stop talking? Without your commentary, opinion, or judgement about what they just said? Could you really hear what they are communicating including the 'bits between the lines'? Give it your best shot today... Remember, 'hearing' is not the same thing as 'listening'!

Action

Try relaxing and rethinking a whole situation, this may result in a positive turn.

Challenge

Say nothing all day except in answer to direct questions.

Quote

There is only one thing more painful than learning from experience and that is not learning from experience...Archibald McLeish

Clearing

Put a bin tidy in each room of your home.

Question

What is the big step that you keep not taking and would like to take?

Affirmation

I choose to have contentment.

Stepping Stone September 19

Prepare the way, so that in the next 12-months can hit the ground running. Do you often declare a resolution for the New Year and then nothing comes of it? Be a little different this year. Set up a time to list at least 100 accomplishments for last year and then prepare a plan for action for the next 12-months, to accomplish what you want for that year.

Action

Avoid talking about bad news whenever possible.

Challenge

Say 'yes' more often today.

Quote

These days the business world is knee deep in beautifully crafted mission statements. A finely polished declaration of a corporation's principles is nice, but it is service rather than sonorous prose that generates repeat business. So if you feel compelled to write your own mission statement, remember these points: keep it to two or three do-able standards, and work like hell to put each one of them into practice every day...Unknown

Clearing

Put a 'Lazy Susan' turntable in your fridge or pantry, for visibility.

Question

What is the biggest challenge that you are facing?

Affirmation

I choose to always be content.

Stepping Stone September 20

Priorities come before goals. You need to have as much of a clean slate as possible before you have space to create. It may be worth perusing the Clean Sweep program before moving ahead with new goals and targets. You will move forward with greater power.

Action

Turn your favourite song up loud.

Challenge

Say yes to something that might usually have got a no from you.

Quote

Think of your life as a canoe and your decisions and actions as your paddles. You will get where you are going one stroke at a time with the decisions and actions you make....D. J. "Eagle Bear" Vanas

Clearing

Put a tissue box in each room of your house.

Question

What is the dominant emotion that you live with each day?

Affirmation

I choose to respond rather than react.

Stepping Stone September 21

Productivity is not the same as check marks on a list. Your actual results toward fulfilling your desired outcome, count. You may have spent 10 minutes to achieve a confirmed appointment for a personal 2 hour visit with Oprah Winfrey, yet spent 3 days on writing a single article for publication. On a checklist they have equal weight, however in actual results, which action do you believe will move you closer to your wanted end-result?

Action

Unplug your phone for a few hours, or all day!

Challenge

Schedule your calendar to write a new Abundance Cheque each month.

Quote

This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men...Captain J. A. Hadfield

Clearing

Put a simple system in place, to track and record expenses and income.

Question

What is the immense sea for which you long? Alternatively, do you still spend your days working on tasks?

Affirmation

I choose to feel that I respond appropriately every time.

September Bonuses 3

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Stepping Stone September 22

Put your beloved gadgets back in their proper place. Decide on the purpose of your email service, why you originally purchased a mobile phone, what was behind you getting a faster Internet connection, etc.? Are you running them for their intended, original, and main purpose, or are these gadgets running you? Time to get back to viewing these as tools to serve your over-riding, initial, and main goals. Get back to basics.

Action

Use your best crockery for setting a dinner table for tonight's meal.

Challenge

See another's point of view, no matter how unreasonable it appears.

Quote

Those who dream by night, in the dusty recesses of their minds wake in the day to find that all was vanity; but the dreamers of the day are dangerous men, for they may act their dream with open eyes, and make it possible...T.E. Lawrence

Clearing

Bundle 'like' things - elastic bands, clothes pegs, batteries, and light globes.

Question

What is the most meaningful experience you have ever had?

Affirmation

I choose to always keep things in perspective.

Stepping Stone September 23

Put your dreams into motion. Nobody else will do this for you. It is your dream, no one else's. Who has the greatest self-interest in seeing that dream come to fruition? Take deliberate action steps this week toward what you envision for your personally designed future.

Action

Value yourself and others as individuals who have much to offer.

Challenge

See any coincidences today as not being accidents at all.

Quote

To be a genuine individualist requires a great deal of strength and courage. It is never easy to chart new territory, to cross new frontiers, or to introduce subtle shadings to an established color....Toller Cranston

Clearing

Put on to disks anything that can be saved that way and eliminate papers.

Question

What is the next personal challenge you will set for yourself?

Affirmation

I choose to feel more and more appropriately responsive.

Stepping Stone September 24

Put yourself in the driver's seat. Take a closer look at where you say you want to go and where you are actually heading. Are you driving or being driven? Are you a passenger or do you have your hands on the wheel? Are you in possession of a road map or are you wandering and wondering?

Action

Visit a library or gallery.

Challenge

See more today with your heart, rather than with your eyes.

Quote

To be nobody but yourself in a world that's doing its best to make you somebody else, is to fight the hardest battle you are ever going to fight. Never stop fighting...E. E. Cummings

Clearing

Put reminders/alarms "in your way" to remind you of new habits.

Question

What is the next step in your evolution?

Affirmation

I choose to be patient.

Stepping Stone September 25

Putting yourself down reduces the effort you put into your other aspirations. Control and blaming others is really related to self-esteem, which is one of the qualities of high-performance people - they will create situations in which they are always building on their self-esteem, their attitude and reputation with themselves. One of the things that detract from self-esteem is blaming someone else, giving your power to someone else - blaming the weather, blaming this, blaming that. High-performance people do not do that.

Action

Visit a lovely nearby town and mail yourself a postcard from this scenic place.

Challenge

See opportunity where others see loss.

Quote

To be satisfied with what one has, that is wealth. As long as one sorely needs a certain additional amount, that man isn't rich...Mark Twain

Clearing

Display, "Do what you have to do, so you can do what you want to do".

Question

What is the subject of your predominant focus these days?

Affirmation

I choose to feel that everything happens at the best time.

Stepping Stone September 26

Question everything. Are you sure that you are 'right'? Your patterns of daily behaviour are determined by your beliefs. Altering your beliefs causes breakthroughs in behaviour, habits, and thought patterns.

Action

Visit an aged care facility and ask if anyone needs a visitor today, then visit him or her.

Challenge

See the good, and not the bad, qualities in people, including you.

Quote

To change and to improve are two different things...German proverb

Clearing

Use a bulletin board to post things to remember or keep, for brief periods.

Question

What is your created and declared purpose, for your years of life?

Affirmation

I choose to have patience.

Stepping Stone September 27

Quit making worrying a habit. Worrying drains energy. Has it ever produced a tangible result for you? Remember that worrying is not an action! Mark Twain once said, "I am an old man and have known many troubles, but most of them never happened".

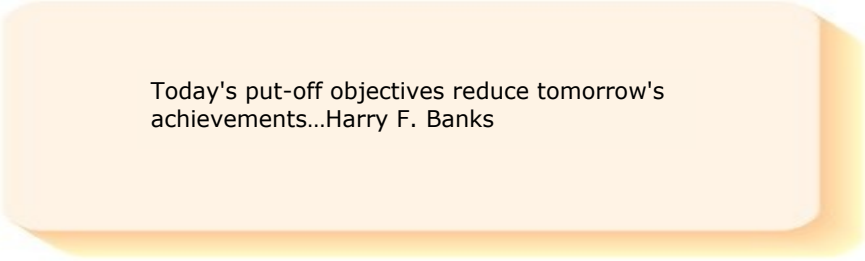
Action

Visit the seaside and watch the ocean waves, no matter the weather.

Challenge

Send an email introduction between two people who could help each other.

Quote



Today's put-off objectives reduce tomorrow's achievements...Harry F. Banks

Clearing

Put your mission statement or inspiring quotes in a place of daily viewing.

Question

What is your dream for the rest of your life?

Affirmation

I choose to feel more and more patient.

Stepping Stone September 28

Raise your consciousness. Since reality is holographic in nature, when any one of us makes a shift in our own energy field (consciousness,) the effect is felt throughout the entire collective energy field of humanity. That is why when we do something to raise our own consciousness, we raise the consciousness of humanity and contribute to its' awakening. Your individual contribution therefore is extremely valuable and important.

Action

Visualize and use your imagination in different ways to help syphon tensions.

Challenge

Set an alarm before starting a task so that you know when your personally set time limit is over.

Quote

Treat a man as he is, and he will remain as he is. Treat a man as he could be, and he will become what he should be...Ralph Waldo Emerson

Clearing

Productivity isn't doing many things; it is achieving your important things.

Question

What is your most effective time usage strategy?

Affirmation

I choose patience.

Stepping Stone September 29

Raise your standards. That does not mean, be a snob, or think you are better than others. Rather, become someone of value to others. Strengthen yourself inwardly and in your external environment, so that you have more to contribute. Learn and grow. Do something every day that expands you as a person and that increases your opportunity for personal happiness.

Action

Visualize your way out of tension by picturing yourself in a very calm setting.

Challenge

Set an outrageous goal, and achieve it!

Quote

Trust your hunches. They're usually based on facts filed away just below the conscious level...Dr. Joyce Brothers
[Psychologist and Television Personality]

Clearing

You can choose to be proactive or reactive in how you respond to events.

Question

What is your next step to creating what you want?

Affirmation

I choose to feel that everything is perfect as it is, right now.

Stepping Stone September 30

Ramp up your sense of personal purpose! If you are dragging your feet, and finding daily life uninspiring, or your personal projects are just not moving forward at sufficient pace then get back in touch with why you are doing any of what you are currently doing. Get reconnected with your original insights, the ones that got you started, and the ultimate outcomes you want to achieve. Create a new display for yourself, to remind and energize you each morning.

Action

Walk a little faster than usual and put a spring in your step.

Challenge

Set several short-term personal targets, for stages through your day.

Quote

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover....Mark Twain

Clearing

Remove and dust all of your lampshades and light fixture covers.

Question

What is your personal definition of success?

Affirmation

I choose to feel more and more complete confidence, trust, and belief.

September Bonuses 4

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Stepping Stone October 1

Learn to recognize when your feelings are low energy or high energy. Practise this regularly and practise shifting your energy. You do have a say in the matter. It only takes practise, with living consciously, with being aware in each moment.

Action

Walk along a beach and hunt for seashells.

Challenge

Set up weekly reminders for one full year, for something important to you.

Quote

Unless you join the generation of the future, you will be relegated to living in the past. Unless you are comfortable with the information superhighway, you will be road kill on it...Denis Waitley

Clearing

Remove everything from the front/back porch or your balcony, and give it a thorough clean.

Question

What is your blueprint or plan for your personal development?

Affirmation

I choose to have complete confidence, trust, and belief.

Stepping Stone October 2

Reconstruct your life to better reflect your goals. Success is won step-by-step, habit-by-habit, day-by-day, moment-to-moment, action-to-action. If you just change one daily habit, I will bet that it flows through many other areas of that day. Keep that one new habit in place, and once entrenched, decide on a next habit to change, or include. Continue this pattern of life changing until you become the person who attracts your goals.

Action

Walk barefoot in sand.

Challenge

Set yardsticks for measuring your progress in your goals.

Quote

Until one is committed there is hesitancy, the chance to draw back, always ineffective. Concerning all acts of initiative there is one elementary truth, the ignorance of which kills countless ideas and endless plans. That the moment one definitely commits oneself then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favour all manner of unforeseen incidents and meetings, and material assistance which no man could have dreamed would come his way. Whatever you can do, or dream you can, begin it. Boldness has genius power and magic in it. Begin it now...Goethe

Clearing

Remove or finish, three things that you have had hanging over your head and were not being done.

Question

What is your quest in life?

Affirmation

I choose to always trust and believe.

Stepping Stone October 3

Your state of “being” is something that you choose. Whether I choose to ‘be anxious’ during the next hour or whether I choose ‘being at ease’ for the next hour, changes my perception of what occurs in that hour and shifts how I respond to circumstances, ultimately changing outcomes and my future. When I choose to operate on automatic and merely ‘react’ to what happens in that hour, then that too will produce a particular result.

Action

Walk barefoot on grass.

Challenge

Setting time limits for tasks is a great way to increase efficiency.

Quote

Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it....M. Scott Peck

Clearing

Remove some more clutter; your flow of energy is stifled by clutter.

Question

What is your response to fear and could you change that?

Affirmation

I choose complete confidence, trust, and belief.

Stepping Stone October 4

Sometimes we cannot see the wood for the trees. Do yourself a favor and find somewhere to visibly record your accomplishments, large or small (in your perception). It is a terrific reference for those days you feel unmotivated or a little lost about what you say that you are actually setting out to achieve. Such a list will support you staying in action on a consistent and long-term basis.

Action

Walk through a city garden or local nature spot.

Challenge

Slow down your pace and really connect with people.

Quote

Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best...William Blake

Clearing

Remove the programs on your computer that you never use.

Question

What is your theme for this year?

Affirmation

I choose to feel increasingly advantaged.

Stepping Stone October 5

Replace disempowering thoughts with a power statement. You will not get rid of negative thoughts by focusing on getting rid of negative thoughts! When I say, "Think of a pink elephant" and then say, "Do not think of a pink elephant", what do you see? However, when I say, "Think of a purple unicorn" then where is the pink elephant in that instance? Your mind will not hold two thoughts simultaneously so replace the thoughts that you do not want.

Action

Watch an uplifting, inspiring movie.

Challenge

Smile and be friendly all day.

Quote

View life as a series of movie frames, the ending and meaning may not be apparent until the very end of the movie, and yet, each of the hundreds of individual frames has meaning within the context of the whole movie. View your life from your funeral, looking back at your life experiences, what have you accomplished? What would you have wanted to accomplish but didn't? What were the happy moments? What were the sad? What would you do again, and what you wouldn't?...Victor Frankl

Clearing

Reorganise and clean up any office area noticeboards.

Question

What is your typical behaviour to unexpected situations?

Affirmation

I choose to always improve on a situation.

Stepping Stone October 6

Respect everyone and all living creatures. Discrimination comes from your ego's sense of self-importance. Loving yourself and feeling that you are better than others, are two different things. We all share this home called planet Earth and any change you wish to see must first come from you.

Action

Watch some children playing in a playground.

Challenge

Smile and laugh much more often today. It is good for your health.

Quote

Vision is not enough, it must be combined with venture.
It is not enough to stare up the steps, we must step up
the stairs...Vaclav Havel

Clearing

Repair or clean all fencing and gates, check gate and fencing locks for maintenance.

Question

What is your wealth vision?

Affirmation

I choose to feel complete confidence, trust, and belief.

Stepping Stone October 7

Reward yourself for even the smallest of achievement. Get your mind and body to recognise subconsciously what you want in your life. Rewarding yourself and celebrating achievements is a way to accomplish that recognition. It is not unlike Pavlov's dogs that salivated at the thought of food each time a bell rang. Your mind and body need to become comfortable with success and recognise it. You will tune in to the activities that bring these feelings and start to automatically develop success habits. Train yourself.

Action

Watch the sunrise or sunset with a friend.

Challenge

Spend a day with someone who has nothing in common with you.

Quote

Vision without action is a daydream. Action without vision is a nightmare...Japanese Proverb

Clearing

Replace all light globes with energy saver globes.

Question

What keeps you going during times, at which success does not show up?

Affirmation

I choose to improve.

October Bonuses 1

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Stepping Stone October 8

Run your own show. "All the world is a stage, and all the men and women merely players: They have their exits and their entrances; and one man in his time plays many parts." -William Shakespeare. If you are not the one running your show then whose boards are you treading?

Action

Wear your best or favourite clothing today.

Challenge

Spend as little as 10 minutes each day planning your activities and deciding what is most important.

Quote

We are all given the choice of reacting negatively to the demands made on us or choosing to live abundantly. Attitude is all. If you do not endow your life and your work with meaning, no one will ever be able to do it for you...Sarah Ban Breathnach

Clearing

Repot your pot plants.

Question

What kinds of thoughts do you dwell on most?

Affirmation

I choose to always improve myself.

Stepping Stone October 9

Seize opportunities when they present themselves. I know you have 20/20 vision in hindsight. I am certain that there have been many times in your life when you have looked back and said to yourself, "I wish I had acted on...". What could you put into practice these days, so that you have fewer of those experiences and more of the, "Gosh, I am so glad that I....", type experiences in your life? Get to work on manifesting those now!

Action

Wear your favourite clothes to work today.

Challenge

Spend deliberate time to think about the wonderful things in your life.

Quote

We are more like an acorn, which contains within it all the potential to be a magnificent oak tree. We need nourishment, encouragement and the light to reach towards, but the oak treeness is already within...John Whitmore

Clearing

Schedule 30 minutes and phone someone you have been meaning to call.

Question

What memories will you create today for your tomorrows?

Affirmation

I choose to feel more and more surplus in my life.

Stepping Stone October 10

Self-development is something you do (not read, watch or hear). Each time you take actions that step beyond how you know yourself to be, you will cause a breakthrough in that area. Initially it may feel uncomfortable to you. Over time, it becomes a part of you and you cannot imagine life not thinking or being that way. This is how any poor habits formed and it is how you can begin to incorporate positive habits.

Action

What could you be doing that you are blaming on another for not doing for you?

Challenge

Spend less time fooling around and more time achieving definitive results.

Quote

We are taught you must blame your father, your sisters, your brothers, the school, the teachers-you can blame anyone but never blame yourself. It is never your fault. But it is always your fault, because if you wanted to change, you are the one who has got to change. It is as simple as that, isn't it?...Katherine Hepburn

Clearing

Schedule callbacks or email replies, for a set time during each day.

Question

What will you learn today because you chose to listen without judgement?

Affirmation

I choose to feel that a surplus of resources surrounds me.

Stepping Stone October 11

Set a clear, personal intention for everything you do. If you know your intended outcome then your actions will be more direct and in line with the direction in which you intend to go. Action for the sake of action may get you near something that looks a little like what you wanted - know for sure what your target is and you will be much more certain of actually hitting it!

Action

When was the last time you walked in the rain? If it is raining, do that today.

Challenge

Spend some time to really think about anything that you read today.

Quote

We can easily forgive a child who is afraid of the dark; the real tragedy is when men are afraid of the light...Plato

Clearing

Schedule regular times to take care of phone calls, marketing, paperwork, client follow-up, and e-mails.

Question

What neat trick will you put in place to increase your time effectiveness?

Affirmation

I choose to feel more and more in surplus with what I need.

Stepping Stone October 12

Set a new standard for yourself. Now...did you automatically assume this means more effort on your part and improving your work performance? If you did, then you have been working too long and too hard. Perhaps you might set a new standard with regard loving your family or loving yourself. A new standard in how you appreciate the gifts of life. A new standard with regard making assumptions and jumping to conclusions!

Action

Whistle while you take a walk down the street.

Challenge

Spend the day being a builder and creator, rather than a problem solver.

Quote

We do not need more money, we do not need greater success or fame, we do not need the perfect body or even the perfect mate. Right now, at this very moment, we have a mind, which is all the basic equipment we need to achieve complete happiness...Dalai Lama

Clearing

Schedule to maintain and back up your computer files each week.

Question

What new, empowering interpretation could you give a negative thought?

Affirmation

I choose to have surplus.

Stepping Stone October 13

Set an intention for each day. Select a thought and make it your theme for the day. Leaving it to chance where your mind wanders will only serve to give you more of what you already have. Live consciously. This takes practice.

Action

Write a letter with your latest news, to copy and send to friends and family.

Challenge

Spend the day immune to what outsiders think about you.

Quote

We improve ourselves by victories over ourself. There must be contests, and you must win...Edward Gibbon

Clearing

Segment your office drawer, post it notes in one, highlighters in another, ink stamps in the next etc.

Question

What belief will you take on to speed up your decision-making processes?

Affirmation

I choose to always create a surplus.

Stepping Stone October 14

Set aside time for yourself. We do this so rarely in a busy life like ours, yet a few moments of stillness can refresh our whole outlook and replenish creativity. It seems that appointments with others take priority over appointments with our self. Make an appointment for an important and "not to be missed" meeting, with yourself, every day.

Action

Write a love letter to yourself.

Challenge

Spend the day looking for and noticing, your experiences of being alive.

Quote

We should be careful to get out of an experience only the wisdom that is in it - and stop there, lest we be like the cat that sits down on a hot stove-lid. She will never sit down on a hot stove-lid again . . . and that is well . . . but also she will never sit down on a cold one anymore...Mark Twain

Clearing

Have a list of specific tasks that you plan to tackle in particular time segments today.

Question

What new boundaries are you willing to set and live by?

Affirmation

I choose to experience a surplus of all things.

October Bonuses 2

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Stepping Stone October 15

Set meaningful and achievable projects for yourself. Be certain that the types of projects you set, are not another tool for you to slink away from accomplishing them. Your goals need to hold a lot of meaning for YOU personally and need to be feasible for the time line that you set yourself. For example, before becoming a millionaire, become a thousandaire, before becoming a thousandaire, become a hundredaire!

Action

Write an appreciation note to someone you really admire.

Challenge

Spend time to picture vivid scenes of when you are performing successfully.

Quote

We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective...Dwight Eisenhower

Clearing

Separate personal and business items within your files, calendars and accounts.

Question

What new desirable habits have you recently formed?

Affirmation

I choose to feel more and more gracious.

Stepping Stone October 16

Setbacks hurt when you focus your mind on the pain. Pain is a process and that is good news because even if you cannot stop a process you can probably alter it. Second, pain is always at least partially “in the mind” or “emotional” in nature. For example, did you know that if you lived in Lithuania you probably would never suffer from whiplash?

Action

Write an encouraging letter to yourself and mail it to yourself.

Challenge

Spend today avoiding stereotyping or labelling, people or situations. Shift perspective.

Quote

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way....Viktor E. Frankl

Clearing

Set 5-15 minute reminder alarms on your mobile phone or computer, ahead of regular commitments.

Question

What new habits are you committed to developing?

Affirmation

I choose to always be gracious.

Stepping Stone October 17

Sit down and do nothing. When was the last time you were truly silent, completely 'with yourself', and your surrounds? Are you able to sit still for longer than 30 minutes without feeling driven to get up and attend to something that comes to view, or that occurs as a job that 'must be done now'. Practise sitting still and being still, for 30 minutes for several days in a row, this week. If you think you cannot, all the more reason for you to get the hang of this!

Action

Write to the editor of a paper to express an opinion about any issue.

Challenge

Spend today with an elevated personal perception of your own potential.

Quote

Wealth creation is a game. Which means it has must have rules, and it must be fun. If you do not know the rules, you can't win the game. And if it feels like hard work, you are doing the wrong thing...Roger Hamilton

Clearing

Set aside a single location to put all your receipts as you get them.

Question

What newfound evidence to dispel an old belief, are you willing to accept?

Affirmation

I choose to feel that I am accumulating wisdom.

Stepping Stone October 18

Sitting on the fence can be painful. It is time for you to throw your hat over the fence. Think about your breakfast of bacon and eggs. The chicken is merely interested, the pig, is committed. Do not be a chicken!

Action

You are only sure of today, do not let yourself be cheated of it.

Challenge

Stand in knowing that you can handle anything that comes your way, today.

Quote

Wealth isn't how much money you have. It is what you are left with if you lose all your money...Roger Hamilton

Clearing

Set aside a "thinking session" as often as you are able, weekly, or monthly. Record or write your ideas.

Question

What no longer makes you feel fear and can now bring you a smile?

Affirmation

I choose to accumulate wisdom.

Stepping Stone October 19

Something is never a failure if you enjoyed the process. Are you enjoying what you do and what you are creating? Your life can be about the outcomes and intentions, however you only have now. Are you "living" the way you would like to "live" in this moment? The end does not necessarily justify the means when it comes to your life.

Action

You are wise. Talk to yourself and listen!

Challenge

Stand up and pace while you talk on the phone today.

Quote

Well disease is really just dis-ease, which means 'to move away from ease'. Ease is obviously a feeling of effortlessness or comfort and it really is just when the human body or our physical environment get out of balance, and disease is just our body's way, and our body is our own internal body or our external environmental body, it is our body's way of saying 'Hey, something's not quite right here' ...Andrew McCombe

Clearing

Set aside one morning each week that is purely for errands. Do them all in one go.

Question

What non-negotiable decision are you willing to make and stick to?

Affirmation

I choose to always imagine large visions for my future.

Stepping Stone October 20

Speak in the affirmative at every opportunity. Listen to your own language for the level of power it provides. For example, rather than saying, "I won't forget to ...", consider replacing that with "I will remember to ...".

Action

Leave the change from your coffee purchase in a donations box.

Challenge

Start a financial budget, and set a time to finish it.

Quote

Well, the very first thing we need to do is really get a handle on what successful means to you. And the problem that a lot of people have with this work, and I call it work just for the lack of a better term, is that they very often try to attract, or their ideas of success is something that was defined by somebody else...Bob Doyle

Clearing

Set up a donate/sell container, or area, in your home and arrange to sell or donate these each few months.

Question

What old, habitual paths do you keep walking?

Affirmation

I choose to feel more and more creative.

Stepping Stone October 21

Speak less. Make this a conscious goal for the week. You will be amazed at what you learn in listening to others. Remember that your viewpoint is not THE right one; it is simply another ONE viewpoint among many millions. Hear some of the alternative millions.

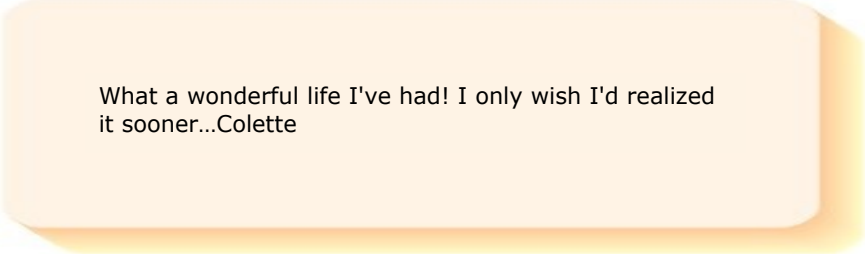
Action

Share your favorite inspirational quote with three friends.

Challenge

Start each month with a completely empty email inbox.

Quote



What a wonderful life I've had! I only wish I'd realized it sooner...Colette

Clearing

Set up a location to place items when you walk in the door e.g. a bowl for your keys, and coin jar for loose change.

Question

What one belief could you change, right now?

Affirmation

I choose to have creative thoughts.

October Bonuses 3

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Stepping Stone October 22

Spend your time and energy focusing on what you want. In a safe driving course in which I participated, I was taught to observe the horizon when braking, to avoid hitting a target. If I looked at the rear of the car that I did not want to hit then I would be certain to hit it. Looking beyond the target would allow my peripheral vision to take care of the situation. Similarly, when aiming for goals, look beyond your goal at an expanded vision and provide your sub-conscious some room to manoeuvre.

Action

Really mean it and listen for the answer, when asking people how they are doing.

Challenge

Start on a new venture, it could be as simple as learning something new.

Quote

What are the critical success factors of your job? What must you be absolutely, positively excellent at doing to be successful?...Brian Tracy

Clearing

Set up a "winding down" routine at a particular time each day, so you actually have an "end" to your day's work.

Question

What one habit could you replace with another and practise using it?

Affirmation

I choose to seize opportunities.

Stepping Stone October 23

Spend more time with people who have qualities you admire. The people with whom you associate often will influence your thinking and actions. They are part of the supportive environment that must surround you if you are designing a created future.

Action

Take a moment to reflect on, and remember someone from your past.

Challenge

Start to appreciate the way some higher-tech setups work and adopt a couple that could really help you.

Quote

What is the most important thing that you should do right now? It is easy to figure out the answer - the most important thing is usually the item you least want to do. So jump on it. Get it out of the way. Then go on to the next thing you do not want to do and get rid of that item by completing it. You will be amazed at how it frees your spirit not to have them hanging over you...Tom Hopkins

Clearing

Set up the beginnings of a sustainable master plan in a calendar, to take your life to a completely new level.

Question

What one special thing could you do for a friend and yourself?

Affirmation

I choose to feel increasingly intuitive.

Stepping Stone October 24

Spend time each morning to truly create your day. "I am taking this time to create my day and I am infecting the quantum field. Now, if in fact the observer's watching me the whole time, and there is a spirit aspect to myself, then show me a sign today, that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I am as surprised at my ability to be able to experience those things, and make it so that I have no doubt that it is come from you." [Dr. Joe Dispenza D.C., taken from 'What The Bleep' movie]

Action

Send a handwritten greeting card or note to a friend.

Challenge

Stay focused on an important task and finish it.

Quote

What this power is, I cannot say. All I know is that it exists...and it becomes available only when you are in that state of mind in which you know exactly what you want...and are fully determined not to quit until you get it...Alexander Graham Bell

Clearing

Set up timely reminders for birthdays so that you have time to purchase a card or gift.

Question

What part of your life have you sacrificed by not telling yourself the truth?

Affirmation

I choose to attract luck.

Stepping Stone October 25

Start out with promises that you can, and will keep. If you have been a committed couch potato for the past ten years and you decide to set a goal for completing a record-time run in this year's New York City Marathon, then a logical move is not to run the 42.2km distance on day 1, of your training! Step one may be to buy a high standard pair of running shoes and to map your daily training plan, between today and the day of the race. Then, when you keep that first promise, you can move on to a second promise, etc.

Action

Book a dental appointment, within the next three weeks.

Challenge

Stick to a challenging task a little longer, one you might otherwise let go.

Quote

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from...T.S. Eliot

Clearing

Sew all buttons onto clothes, or stitch repairs.

Question

What perceived dangers are you avoiding?

Affirmation

I choose to feel that I am lucky.

Stepping Stone October 26

Start where you are. Allow. You do not need to do a quantum leap. Know the direction you want to travel and by when you would like to get there, then map out a plan. If it is not feasible and it does not look fun, change the plan so it fits amongst all the other things to which you are committed to achieving. Have some compassion for yourself and be a little generous. Taking daily steps toward the goal will grow your accomplishments exponentially. Just keep taking the steps that you know you need to take.

Action

Book a hairdresser appointment, within the next three weeks.

Challenge

Stop having mental arguments with the things you think should not have happened.

Quote

What we do today, right now, will have an accumulated effect on all our tomorrows...Alexandra Stoddard

Clearing

Shake out and/or vacuum all rugs and mats in, and around, your home.

Question

What positive contributions do you make through your work?

Affirmation

I choose to always be lucky.

Stepping Stone October 27

Stay focused on "one thing" if you tend to be easily distracted. So many things can keep us interested and sidetracked from where we say we want to be going. Place reminders everywhere about your primary targets and take actions daily that move you toward those intentions. If you are an easily distracted person, design one, single, super goal and stay on target with that until it is accomplished. Then create another. Juggling several goals may not be for you!

Action

Put on your favorite CD or audio and listen to it, without multi-tasking.

Challenge

Study babies. They fall, get up, and try repeatedly, and then they walk.

Quote

What you want in your life occasionally shows up, what you must have always does...Doug Firebaugh

Clearing

Sharpen all the knives in your kitchen.

Question

What practice do you have in place to manage your thoughts consistently?

Affirmation

I choose to feel more and more imaginative.

Stepping Stone October 28

Stop fighting yourself! Everything can be gradually changed for the better. Perfection is not the goal, progress is. Are you making progress? Then all is right with your world. Be less impatient and observe what is happening and how you can affect the situation. What actions can you take within your current means and with current resources?

Action

Go to a global action site and sign a petition or click on an action link.

Challenge

Take a deliberate 30-minute break to simply 'be with' yourself.

Quote

When building a team, I always search first for people who love to win. If I can't find any of those, I look for people who hate to lose...H. Ross Perot

Clearing

Shift your focus away from hours and thinking more about what is actually being accomplished, increasing productivity.

Question

What price do you pay for negative feelings?

Affirmation

I choose to imagine a wonderful life.

Stepping Stone October 29

If you have been driving home a goal and been doing that relentlessly 24/7/365, yet you are not making as much progress as you'd have liked, then perhaps it is time to declare a break. Sometimes you get a great, inspirational idea while standing under the hot water of your shower? This is because we have relaxed and let go. In your declared break time, truly let go of the goal, as though it does not exist in your life at all. You may be surprised at what shows up which may be a breakthrough in an area of your goal where you have been "struggling" for a while.

Action

Prepare a pleasant surprise for someone in your workplace, or at home.

Challenge

Take advantage of the way your mind works.

Quote

When I dare to be powerful - to use my strength in the service of my vision, then it becomes less and less important whether I am afraid...Audre Lorde

Clearing

Shop and buy ahead of time, larger quantities of the basics needed in your home.

Question

What progress will you make today?

Affirmation

I choose to feel that I have a great imagination.

Stepping Stone October 30

Stop waiting for answers outside yourself. You already do "know". Trust yourself and move toward your desired outcomes. Each day and moment by moment, you are creating your future with decisions that you make each minute. Wake up and begin to consciously create that future. You have a big say [and should have the biggest say] in the matter of what your life looks like. This IS your life.

Action

Spend 30 minutes on your favorite hobby or past time.

Challenge

Take an action today in an area about which do not feel confident about your ability to do so.

Quote

When I say "I", I mean a thing absolutely unique, not to be confused with any other...Ugo Betti

Clearing

Sort each day's mail over the recycling bin to make quick work of unwanted catalogues, coupons, or ad circulars.

Question

What promises have you made to yourself?

Affirmation

I choose to have many opportunities.

Stepping Stone October 31

Study people who have been successful in the area you are interested in. As Anthony Robbins says...success leaves clues. Look for the clues and the efficient strategies that can leverage your success, by observing those who already experience success with similar goals to your own.

Action

Begin creating a vision board or personal inspiration notice board.

Challenge

Take an action toward financial independence, could be as simple as an extra payment on a loan.

Quote

When it comes to your dreams, do not take no for an answer.
Your wholehearted commitment will attract the support you need...Unknown

Clearing

Sort out any notes or notepaper and organize them for effective use.

Question

What provokes the production of your brain clouds?

Affirmation

I choose to feel more and more opportune moments.

October Bonuses 4

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Stepping Stone November 1

Take a leap! "Come to the edge, he said. They said: We are afraid. Come to the edge, he said. They came. He pushed them and they flew."

~Guillaume Apollinaire~ There will be many times in your life when your head says no, yet your heart says yes. Will you have the courage to listen to your heart and follow your own hunches?

Action

When shopping, be on the lookout for personal birthday and gift items to have ready for the year.

Challenge

Take even the smallest action today, toward financial independence. Practice this daily.

Quote

When marrying, ask yourself this question: Do you believe that you will be able to converse well with this person into your old age? Everything else in marriage is transitory...Friedrich Nietzsche

Clearing

Sort through that pile of business cards and add details to your address book.

Question

What qualities do you search for in potential relationships?

Affirmation

I choose to experience a surplus of opportunity.

Stepping Stone November 2

Take action, now! Are you frustrated by a situation in your life right now? Rather than stewing, brooding, complaining, and wondering... what action could you take today, that would transform that entire area of your life? Before another day is spent, get right to it and take that action, with the proviso that it is an action for the highest good of all.

Action

Take a 30-minute break to do some exercise, or get sunshine and fresh air.

Challenge

Take on board, being 100% responsible for everything that shows up in your life today.

Quote

When one door closes another opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us...Alexander Graham Bell

Clearing

Speedily return or exchange bought items that do not work.

Question

What questions do you regularly ask yourself?

Affirmation

I choose to feel that opportunity surrounds me.

Stepping Stone November 3

Take at least one step each day towards your dream. Never mind the staircase. Just take the first step! As our good friend, Martin Luther King Jr. would say. Some days you will accomplish more than others. Be sure to include at least one action toward a personal goal, every day.

Action

Get out of your comfort zone and take a break from work to spike creativity.

Challenge

Take on doing something a little beyond your comfort zone.

Quote

When someone's character seems impossible to fathom, observe his friends...Japanese proverb

Clearing

Spend 15 minutes doing a job in your garden.

Question

What really matters most to you about your friendships?

Affirmation

I choose to feel more and more personally wealthy.

Stepping Stone November 4

Take care of yourself physically, with good nutrition, rest, and exercise. When I plan a long journey from one end of Australia to the other and decide to drive in my car, would I simply take off without preparation and giving that car the best possible treatment? On route, there would also be vehicle maintenance items to manage. Then why do I believe that I can take a goal filled journey of 70 to 90 years without attending to the 'machine' that's supporting my life journey?

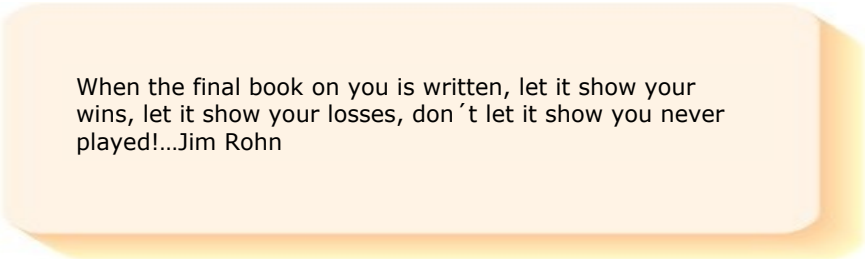
Action

Sleep well; it helps clear the mind for a rush of new ideas to come in.

Challenge

Take on the role of creator and paint a masterpiece for your future.

Quote



When the final book on you is written, let it show your wins, let it show your losses, don't let it show you never played!...Jim Rohn

Clearing

Spend 15 minutes on a preventative maintenance job.

Question

What really matters to you?

Affirmation

I choose to have personal wealth.

Stepping Stone November 5

Take the time to build and fortify your personal foundation. Do you spend 90% of your time 'putting out fires' and only 10% for planning or doing what you truly 'want' to be doing. What are you manifesting? What are the results of your life up to now? Are these congruent with your core values and what you want for yourself? Who are you at your core? Are you living in integrity with who you are? What drives you toward your behaviours? What determines your actions?

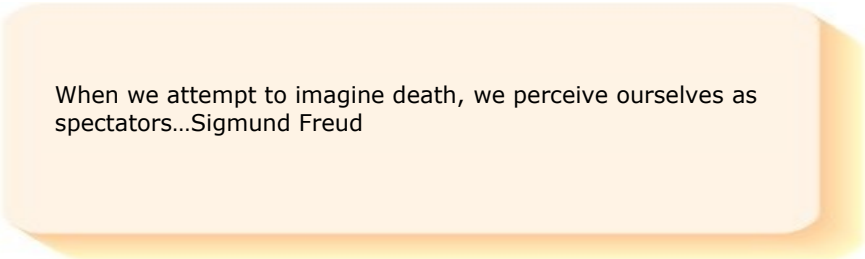
Action

Take a mini holiday today; it can be an hour or several hours.

Challenge

Take the attitude that life is a challenge that you are worthy to face.

Quote



When we attempt to imagine death, we perceive ourselves as spectators...Sigmund Freud

Clearing

Spend 15 minutes toward a task for this year's tax.

Question

What self-care do you know you need to include in your life?

Affirmation

I choose to always attract personal wealth.

Stepping Stone November 6

Take time this week to make a list of the activities you had planned to do someday and give at least one of the items a deadline. Remember that "Someday" is not a day of the week! Imagine reaching your older years (pick any age here...), looking back at your life and having not even one, single regret.

Action

Break a pattern in your mind and do something very different today.

Challenge

Tell yourself often, "I can handle it."

Quote

When we begin to take our failures non-seriously, it means we are ceasing to be afraid of them. It is immense importance to learn to laugh at ourselves...Katherine Mansfield

Clearing

Spend a little time today on the things that you can destroy, for example, old tax files or out dated reports.

Question

What specific and critical action will you take toward achieving a goal?

Affirmation

I choose to feel increasingly wise.

Stepping Stone November 7

Take time to note a milestone (regardless of its size). When creating actions to accompany goals, remember to note the milestones along the way and to celebrate these. It is a reminder that you are on the right path and that you are making progress. Particularly useful for those times when you feel that nothing is happening.

Action

Decide on which people you want to be like, hang out with them more often.

Challenge

The next time you are ready to criticize, pause for a minute. Perhaps you will change your mind.

Quote

When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be towards others....Eda LeShan

Clearing

Spend money on services or things that save you time.

Question

What strategies could you use to adjust faulty thinking?

Affirmation

I choose to use my creativity in all things.

November Bonuses 1

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Stepping Stone November 8

The little things? The little moments? They are not little. Look back over the life you have already lived. What do you see? Very often, it is brief moments. Very often, they are the little things and the little moments. Now...guess what will be there when you are 96 years old and looking back over the life you lived? Again, I would assert it would be a collection of "moments". What moments are you creating today?

Action

Think of someone who wants an apology from you, then go and apologize.

Challenge

There is evidence to suggest that people who smile a lot live longer!

Quote

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be...Patanjali

Clearing

Start each day with a clear desk.

Question

What strategies do you use to stay positive?

Affirmation

I choose to feel that creativity and imagination are my strength.

Stepping Stone November 9

The mind is for creating actions, not for storing them. If you are in overwhelm then you might need to examine for what you use your mind. Use calendars or other capture tools for your plans of action. Trash anything on which you know you are never going to take action. Use external tools for managing your actions.

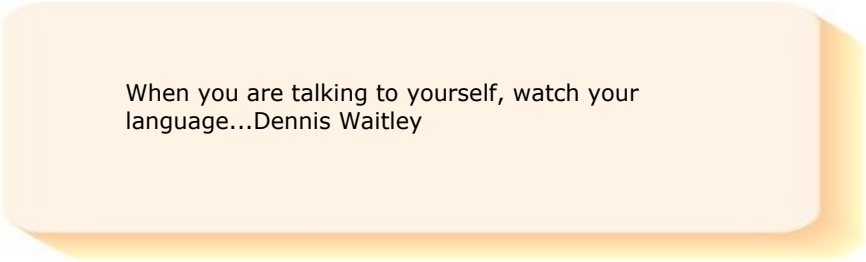
Action

All day, act and truly feel like you deserve the very best.

Challenge

There is rarely the 'perfect' time or way to do something, accept a few imperfections today.

Quote



When you are talking to yourself, watch your language...Dennis Waitley

Clearing

Start your day with the most unpleasant task first.

Question

What strengths do others perceive in you?

Affirmation

I choose to always increase wisdom, wealth, and health.

Stepping Stone November 10

The more specific you are in recording what you want to manifest, the better. Detail is vitally important. Collect pictures, draw a diagram, go out, and experience what you want e.g. test-drive that car you desire, write a list of exactly what you want. Take a great deal of time for this. Do not compromise, remember, you get what you ask for!

Action

Invest time each day to remind yourself what you are grateful for.

Challenge

There is nothing wrong with adopting tools that another person recommends, as long as they work for you.

Quote

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn...Harriet Beecher Stowe

Clearing

Step back from your work and examine how much time you are investing

Question

What can take you down when life is going great?

Affirmation

I choose to feel more and more healthy, wealthy, and wise.

Stepping Stone November 11

The more you fear, the more you draw fears to you. Focus rather on what you can do and will do. Stretch these bit-by-bit and step-by-step. Learn to trust your feelings and your own opinions. After all, the opinion of another is only another 'one' opinion. No more or less in value than your own opinion.

Action

Ask a friend for their thoughts and ideas even when you already have the answer.

Challenge

Think five minutes a day about one topic or project, exclusively.

Quote

When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself...Isak Dinesen

Clearing

Stop subscriptions, online or physical, to magazines you do not read.

Question

What task could you break down into 'bite size' chunks and start?

Affirmation

I choose to be a financial genius.

Stepping Stone November 12

The only 'real' problem you ever have is, how you think. I have the personal power to change my perspective on any situation in which I find myself. If I am unhappy with the interaction I have just had with another person then I need only look to myself and ask - what could I have thought that would have changed entirely how that interaction evolved?

Action

If doing a favor for a friend, give much more than what they asked for.

Challenge

Think of everything you do today in terms of the service it might give others.

Quote

When you produce results you gain credibility. When you have credibility, you will have an easier time producing results...Brian Koslow

Clearing

Store seasonal, holiday items in one location so you can easily access them all when they are needed.

Question

What things do you believe as truth, which in fact is not?

Affirmation

I choose to feel that I am a financial genius.

Stepping Stone November 13

The subconscious mind only understands the present. Record your goals in the present tense. If you say that success in an area is "just around the corner", guess what? It will always remain so..."just around the corner". Declare everything as though it has already occurred or is happening in this moment.

Action

Show the world, your best "you"!

Challenge

Think of getting something that is totally out of your reality, and find a way to have that.

Quote

When you see a thing clearly in your mind, your creative 'success mechanism' within you takes over and does the job much better than you could do it by conscious effort or willpower...Maxwell Maltz

Clearing

Store elsewhere your out of season clothes, instead of hanging in your closet, taking up valuable space.

Question

What things do you daydream about doing?

Affirmation

I choose to have knowledge.

Stepping Stone November 14

The universe always gives us what is most on our mind. Do you spend much of your energy thinking about and talking about the things you do not like? Then, all that is on your mind is what you do not like and what you do not want. That ensures that you will get more of it. Change those thoughts immediately!

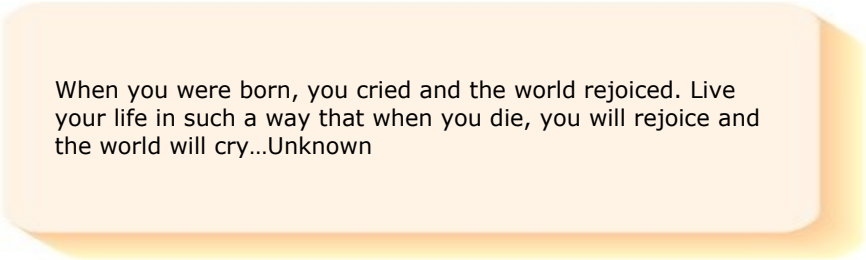
Action

Your attention is your most precious asset. Give more of it away, to those close to you.

Challenge

Think of the whole of today as an adventure, see it through those eyes.

Quote



When you were born, you cried and the world rejoiced. Live your life in such a way that when you die, you will rejoice and the world will cry...Unknown

Clearing

Streamline your mornings by preparing some things the night before.

Question

What thought patterns prevent you from creating the life you want?

Affirmation

I choose to feel more and more knowledgeable.

November Bonuses 2

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Stepping Stone November 15

The Universe loves speed. This includes the speed of your own personal vibration. The energy that we emit either makes us super attractive and highly visible or else obscure to those around us. There are people who we want to be near all the time and there are those we tend to avoid, and we cannot always quite put our finger on, why. It is all related to vibrational energy.

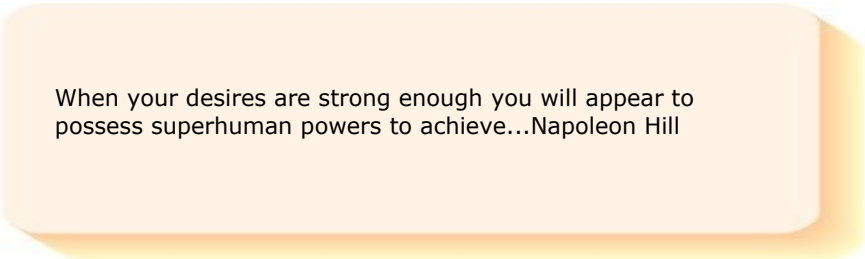
Action

Decide to live your life "your way" from today, and each day from now on.

Challenge

Think of yourself as a container for wealth, making sure it is a big container.

Quote



When your desires are strong enough you will appear to possess superhuman powers to achieve...Napoleon Hill

Clearing

Sweep ceiling corners, and sweep or dust other nooks around the home.

Question

What thought provoking question could you ask yourself today?

Affirmation

I choose to surround myself with knowledge.

Stepping Stone November 16

There are many areas of our lives where we can make room for success. When your office or desk is cluttered with stacks of papers, where is the room for success? If your closet is cluttered with clothing you no longer wear, where is the room for more? If your garage is cluttered with stuff, where is the room for a new car? When you begin to make room for what you want, it will begin to appear in your life as if by magic. Try it and see!

Action

Surround yourself with people who trust each other.

Challenge

Think up five ways that you can improve your productivity and results; then start making them happen.

Quote

When your views on the world and your intellect are being challenged and you begin to feel uncomfortable because of a contradiction you have detected that is threatening your current model of the world or some aspect of it, pay attention. You are about to learn something...William Drury Sr.

Clearing

Sweep clean an area of your home or yard.

Question

What thoughts could you replace to increase your state of happiness?

Affirmation

I choose to feel that all my actions are profitable.

Stepping Stone November 17

There is more than one way to do everything. When you are feeling trapped, blocked, or stopped - consider all of your possible options. For example, think of the thousands of different ways and places that you could hold a gathering with friends, the myriad of ways you could increase your fitness level, the countless ways you could let someone know that you care. There is always another way to respond to a situation. Allow yourself a little space and time to ask yourself the right question(s).

Action

Never put your dreams on the back burner, and remind your friends of theirs.

Challenge

Thinking of positive outcomes more often than you envisage negative outcomes today.

Quote

When you are in solitary confinement and you are six feet under without light, sound, or running water, there is no place to go but inside. And when you go inside, you discover that everything that exists in the Universe is also within you...Rubin "Hurricane" Carter

Clearing

Sweep the smooth floor surfaces in your home.

Question

What thoughts strengthen you?

Affirmation

I choose to feel more and more energy and passion.

Stepping Stone November 18

There is no pillow so soft as a clear conscience. Who do you need to speak with? What do you need to untangle? What needs decluttering in your environment? Which outstanding jobs do you need to complete? Go to work on a few of these areas and be amazed how well you sleep tonight. Full satisfaction with the way that you spent your day is a wonderful remedy for insomnia.

Action

Become a better listener for what is not being said.

Challenge

Through the day, clear your mind of distractions and really hear your inner voice.

Quote

When you are in your 90's and looking back, it is not going to be how much money you made or how many awards you have won. It is really 'What did you stand for? Did you make a positive difference for people?'...Elizabeth Dole

Clearing

Take a closer look at all foyer areas. Consider how the area looks when a visitor enters your home or office.

Question

What thoughts weaken you?

Affirmation

I choose to have my days filled with profitable actions.

Stepping Stone November 19

There is no such thing as 'over night success'. Yes, I know...sometimes there is, in very rare instances. Success for most comes by way of "one foot in front of the other" and "one step at a time", with a blueprint for action. Do you have your blueprint mapped out? Do you know the "next step" for you?

Action

Some days you need not look any further than the person you see in the mirror.

Challenge

Today do one of each of these - learn, love, laugh, leap, wonder, and explore.

Quote

Where many people go wrong in trying to reach their goals is in constantly looking for the big hit, the home run, the magic answer that suddenly transforms their dreams into reality. The problem is that the big hit never comes without a great deal of little hits first. Success in most things comes not from some gigantic stroke of fate, but from simple, incremental progress...Andrew Wood

Clearing

Take a few moments to look around your work area. What have you surrounded yourself with?

Question

What triggers your positive emotions?

Affirmation

I choose to always act with passion and energy.

Stepping Stone November 20

There is no such thing as 'finding yourself'. You create yourself. You get to say who you are and what your life will be about. Start creating and designing that life you desire. Begin today with one step forward.

Action

Replace the word "they" with the word "we".

Challenge

Today, behave as though nothing at all bothers you, or could bother you.

Quote

Wherever you see a successful business, someone once made a courageous decision...Peter Drucker

Clearing

Look down your footpaths and driveways; does anything need attending or maintenance?

Question

What value do you bring to the 'market place'?

Affirmation

I choose to act profitably.

Stepping Stone November 21

Thinking too long can leave you waiting until 'this' or 'that' happens. If you are waiting for something before taking action, is it possible that you really do not want the goals for yourself after all? Alternatively, is it that you have some fear to challenge? Remember that action conquers fear. So, take an action. Any action, big or small, toward that desired result. Do it today and now!

Action

Constantly increase your focus on proving to others, how much they can trust you.

Challenge

Today, create a memory that you will cherish for many years to come.

Quote

Why do people accept the opinions of others about themselves as truth? Who is going to live the rest of your life anyway?
Now THAT is TRUTH!...Doug Firebaugh

Clearing

Take dated, unused medications to a pharmacy that has a disposal program

Question

What vision do you hold, yet you have not taken the smallest of actions?

Affirmation

I choose to feel more and more profitable.

November Bonuses 3

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Stepping Stone November 22

This one-day, cannot be exchanged, replaced or refunded. You cannot do it over! How are you going to spend today's minutes? You have been given yet another 1440 minutes, called a day? There is only one to a customer. It is brand new. Treat it in the way that you would a brand new video player, new car, or new pair of shoes.

Action

Invest time to really define the difference you would like to make, and then take a first step.

Challenge

Today, do everything with excellence.

Quote

Why do not you just go with the flow and find out that part of your personality, that part of your character. You have been endowed with these enormous gifts, every single one of us has been endowed with these enormously beautiful, divine, talents and gifts, even our flaws are gifts in a way. ..Fred Gratzon

Clearing

Take everything off the walls and clean those items and the walls.

Question

What will bring you permanent victory in whatever area you choose?

Affirmation

I choose to always act profitably and productively.

Stepping Stone November 23

This too will pass. Notice that the only constant in life, is change. You can count on change. If something seems dismal today, the whole situation could turn around in an instance. With awareness of that knowledge, how would you respond differently to some of your current situations?

Action

Ask a trusted friend on how you could improve yourself.

Challenge

Today, if an opportunity comes along, take it.

Quote

Wisdom is knowing what path to take next. Integrity is taking it...Robyn Elpruhzlein

Clearing

Take fewer long breaks and include more short breaks in the day.

Question

What will keep you on target?

Affirmation

I choose to feel that success is beyond the surface representation.

Stepping Stone November 24

Though much is taken, much abides. Do you keep looking at the hole and rarely see the donut? I read somewhere that if you earn more than \$3 a day (or per week) then you are more financially wealthy than 50% of the world's population. Develop an attitude of gratitude.

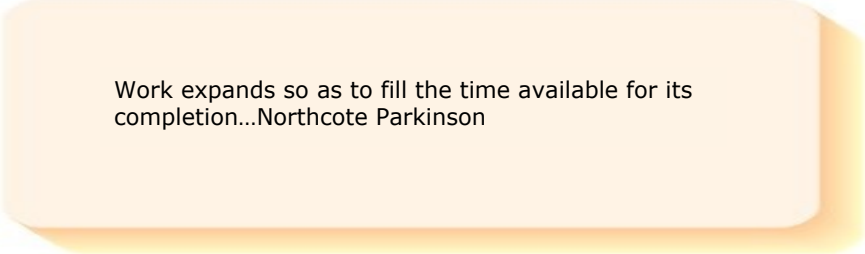
Action

Get clarity on your passion, and then start building your life around that.

Challenge

Today, practise letting go of everything except where you are.

Quote



Work expands so as to fill the time available for its completion...Northcote Parkinson

Clearing

Take out your camera and take pictures for your insurance inventory.

Question

What will keep you 'walking' when you want to turn back and quit?

Affirmation

I choose to look beyond the surface representation.

Stepping Stone November 25

Time = the space between cause and effect. That statement may or may not be 'the truth'. However, take it on board as 'true' for this week and see if it empowers you the way that it has me. I felt that it caused me to move forward in a more straight line, in a shorter amount of time, toward the 'effect' that I wanted to produce.

Action

Rather than direct support, look for where you can help someone to help himself or herself.

Challenge

Today, you do not have to be perfect at anything, and you do not have to do it all.

Quote

Yeah, it just becomes you, so jumping into the new state, somehow you start to very rapidly tune in into the thoughts and feelings of the way you can feel when you get the things you are trying to get. So you may not know how it feels exactly before you get there, because you have never been there before, but you can approximate and then you get there very rapidly. ..David Cameron

Clearing

Teach the children to put away their things when finished with them.

Question

What will you do to step up, and improve yourself or your surrounds?

Affirmation

I choose to always recognize that thinking is doing.

Stepping Stone November 26

Time to review. If time is your most valuable asset then when was the last time you took stock, took inventory? Are you spending it to best advantage and using it toward those things, you say you want? We are nearing the end of a year and I bet you had some things you said you would have in place by end of this year. Are you even half way there?

Action

Keep your energy high by eating right and getting the right rest and relaxation.

Challenge

Train yourself and practise increased confidence.

Quote

Yes, risk taking is inherently failure-prone. Otherwise, it would be called sure-thing-taking...Tim McMahon

Clearing

The bigger your wastebasket, the less you are likely to keep something.

Question

What will you do, to the advantage of another person or group, today?

Affirmation

I choose to feel more and more focused on now.

Stepping Stone November 27

Turn competition into opportunity for growth. We are all human beings sharing one globe. Do you really need to be competitive? Is there a more co-operative view that you could take today? Risk, being extremely generous, towards someone who you consider to be in competition with you? You never know, it may dispel an old belief that is currently keeping opportunities from your door. "A rising tide raises all boats." ~John F. Kennedy~

Action

When with other people, make a decision to listen.

Challenge

Travel to work or shopping using a different route or mode of transport.

Quote

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand...Woodrow T. Wilson

Clearing

The little things, done consistently, make the biggest difference. Include effective habits in your days.

Question

What will you realize when you have accomplished your goals?

Affirmation

I choose to feel that thinking is doing.

Stepping Stone November 28

Unleash your creativity. If life no longer brings you joy then it is time to sit down with yourself again and get creative. What are the things you used to love doing and could again include in your life? What are the things that you wish for in your life and can make a start with this week? What are the things you have not yet thought of and you haven't given yourself some quiet space to let the mind wander so that they appear?

Action

Always look inside yourself first for any solutions you want.

Challenge

Trust someone close to you with, what you consider to be, your dark secret.

Quote

You are the person who has to decide. Whether you will do it or toss it aside; You are the person who makes up your mind. Whether you will lead or will linger behind. Whether you will try for the goal that's afar. Or just be contented to stay where you are...Edgar A. Guest

Clearing

Store away the things that do not get used daily.

Question

What will your legacy be?

Affirmation

I choose to feel more and more belief in my success.

Stepping Stone November 29

Waiting will not do it! People are always blaming their circumstances for what they are. I do not believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. ~George Bernard Shaw~

Action

Be keener on recognizing other people's interests.

Challenge

Try something you have never tried before.

Quote

You can achieve magnitudes more in a few minutes through state of being and deliberate thought than by years of hard work. The wealth gap in this world is proof of this. Effortless success involves intent and detachment, not struggle and control...David Cameron

Clearing

Think twice before forwarding emails and copying everybody on your messages.

Question

What would ease your worries, and what will you do about it?

Affirmation

I choose to have belief in my own success.

Stepping Stone November 30

Walk away from the 97% crowd. Do not use the excuses that everyone uses. Take charge of our own life. If you say you want something then find a way to take the actions to have that. There is always a way. If you need to start in a way that you perceive to be 'small' then start 'small'. Who you are for yourself will shift and exponentially grow with every action you take toward a desired goal. Simply be clear about the goal and intended result.

Action

Let it go, you will never change another person, only your response to them.

Challenge

Try to see another point of view no matter how unreasonable it appears.

Quote

You can create! You can create anything, big or small. It depends a little bit how fluid you are, how fluent functioning at that level. But that's the level where thoughts are really powerful.....Dr John Hagelin

Clearing

Thoroughly dust/wash your front door, and doorsteps around your home.

Question

What would it take, for you to be 'comfortable in your own skin'?

Affirmation

I choose to always believe in my personal success.

November Bonuses 4

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Stepping Stone December 1

We always have a choice. There are costs and benefits associated with every decision, there are results and consequences for every action and non-action. It is not so much that we are "stuck" in any set of current circumstances; it is more a case of being unwilling to accept the costs and consequences of moving toward a different set of circumstances.

Action

Create the room for taking action on what you really want.

Challenge

Turn your computer and television off by eight o'clock tonight.

Quote

You can rest assured that if you devote your time and attention to the highest advantages of others, the Universe will support you, always and only in the nick of time...R. Buckminster Fuller

Clearing

Throw away pens, and any smaller daily tools that do not work.

Question

What would it take, for you to forgive yourself for past mistakes?

Affirmation

I choose to believe that I can.

Stepping Stone December 2

We are defined by what we fear. Increase your level of courage, take action in those areas you say that you want success. Move a little beyond your fears each day and conquer them step-by-step. Consider your first day at school or first day in the workplace and observe how you are in relationship to these events today. Keep moving forward and you will grow into your "success shoes", they'll be a perfect fit soon, even if seemingly a little out of comfort today.

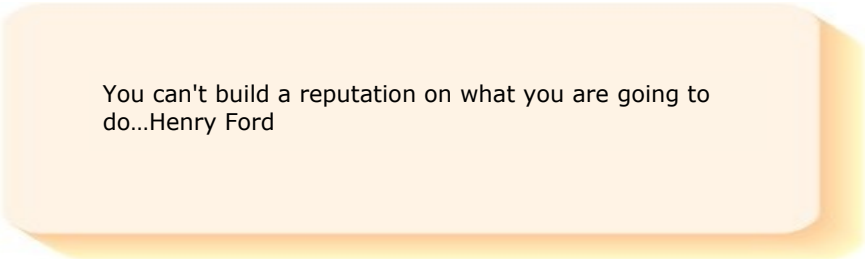
Action

Turn a difficult situation into something easier to handle.

Challenge

Underestimate your challenges and overestimate your ability to achieve.

Quote



You can't build a reputation on what you are going to do...Henry Ford

Clearing

Throw out or repair any shoes that no longer do the job.

Question

What would it take, for you to increase your desire for success?

Affirmation

I choose to feel increasingly receptive to my success.

Stepping Stone December 3

We do not 'use' time we 'spend' it. As Wayne Dyer says, "When you change the way you look at things, the things you look at change." Think of time as something that you spend and invest, rather than use. You design your life by the choices you make in the moments. Live aware and choose how you spend your time. You are allocated the same hours as everyone else, so time can never be your excuse.

Action

Show someone your appreciation for what they do and what they accomplish.

Challenge

Use the Internet or head for the library, and learn more about fear.

Quote

You can't cross the sea merely by standing and staring at the water...Rabindranath Tagore

Clearing

Tidy any drawer in your home or office and clean it thoroughly.

Question

What would it take to trust yourself to succeed?

Affirmation

I choose to always remember the names of other people easily.

Stepping Stone December 4

We imagine how we appear to those around us. If you were able to observe your own funeral ceremony, you would likely be amazed at what your friends and family would say in remembrance of you. Take care with what you say to yourself, about yourself. It is only one opinion and it may not be the most objective observation of who you are to those around you. Show a little love, compassion, and generosity for yourself.

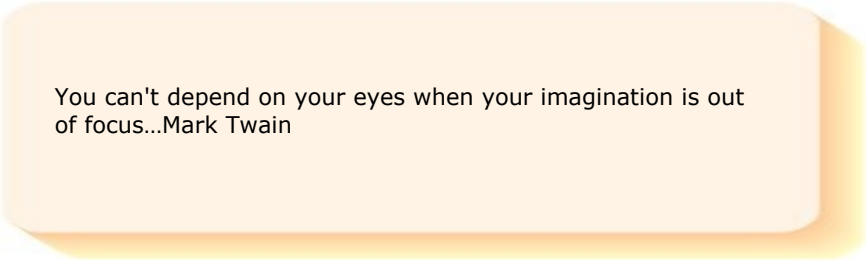
Action

See the potential and opportunity in very one of today's circumstances.

Challenge

Use intuition more often than your knowledge, to make decisions today.

Quote



You can't depend on your eyes when your imagination is out of focus...Mark Twain

Clearing

Tidy the notice board in your office space.

Question

What would you like to be feeling and how will you create that?

Affirmation

I choose to feel that I can remember the names of other people.

Stepping Stone December 5

We interpret events and the actions or words of others. Notice the meanings that you attach to the words or actions of another. They may not at all be how the other person wanted those to be perceived. Many times, we add past experiences to our current day events. Respond to what is actually in front of you, rather than reacting to what you perceive is the situation.

Action

Really enjoy seeing your friends, colleagues, and family succeeding.

Challenge

Volunteer for a local conservation project.

Quote

You do not have to be a fantastic hero to do certain things - to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals...Sir Edmund Hillary

Clearing

Today, take the time to do things right, and practise calm in a rushed world around you.

Question

What would you like to be thinking and feeling?

Affirmation

I choose to remember the names of other people easily.

Stepping Stone December 6

What are you hearing? Are you listening to the gremlin that sits on your right shoulder? Why not give it the flick and start listening to the angel sitting on your right shoulder. Thoughts lead to actions and that leads to results. If you are not producing desired results, it is time to change your thoughts

Action

Be quicker to acknowledge what others do and say, including you.

Challenge

Walk faster everywhere you go today. It will make to you look and feel more confident.

Quote

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face; you must do the things you cannot do...Eleanor Roosevelt

Clearing

Trim a plant in your garden or on your balcony.

Question

What would you like to change or improve?

Affirmation

I choose to always have a highly pleasing personality.

Stepping Stone December 7

What could you let go of, to have more in your life! Many of our accumulations and things to which we are attached wind up cluttering our mind. If you feel heavy and serious a lot of the time, and you have forgotten how to have fun, then perhaps it is time to take a good look at what you could let go of in your life (people, things, ideas, beliefs).

Action

Visualize successes in detail. Win everything in your mind, first.

Challenge

Watch no television and hear no radio today.

Quote

You get what you expect to get. The only question is, 'What do you want?... Mark Victor Hansen

Clearing

Try out having containers on a stand in your bathroom, one for hands/feet items, for daily make up or body, and one for hair items.

Question

What would your ideal life look like?

Affirmation

I choose to feel more and more pleased with my work.

December Bonuses 1

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Stepping Stone December 8

What is the most valuable use of my time, right now? Brian Tracy suggests that this is the very best question that you can memorize and repeat, over and over. What do you think?

Action

Solve problems in the place you find them, do not carry them around with you to other locations.

Challenge

Wear your nicest clothes today and enjoy that feeling.

Quote

You gotta dance like nobody's watching, dream like you will live forever, live like you are going to die tomorrow and love like it is never going to hurt....Meme Grifsters

Clearing

Turn on your answer machine while you are working. Check your messages during breaks.

Question

If a goal is scary, could you create a large vision to encompass the goal?

Affirmation

I choose to have a highly pleasing personality.

Stepping Stone December 9

What is your wiser-self telling you? If you have no answers for your life, then whom should we ask? Having problems getting in touch with what you want or what is next? Try taking on the persona of a higher authority than yourself and ask them. Do a little role-playing and have some fun with it. Maybe even ask a friend to participate, and be each other's gurus for an hour or so.

Action

Do what you say you will do.

Challenge

Weed through your regular activities and eliminate the ones that are not valuable for you.

Quote

You have brains in your head. You have feet in your shoes.
You can steer yourself in any direction you choose...Dr. Seuss
(from "Oh! The Places You will Go!")

Clearing

Turn your mattress and vacuum both sides of your bed's mattress.

Question

When is the last time you really had fun?

Affirmation

I choose to create synergistic, positive relationships.

Stepping Stone December 10

What isn't tried will not work. I often hear people say, "I've tried everything, and it didn't work". However, when we really look to see what exactly was tried, and to what extent the person committed to the action for that duration, it is very evident why the things they say were tried, did not work. You know in your heart of hearts whether you gave 100% or 85% and there is a huge chasm of difference between the two. Get honest with yourself today.

Action

Be results driven and people focused.

Challenge

What you say about others reflects on you. Notice what you say about others today.

Quote

You have to decide what your highest priorities are and have the courage - pleasantly, smilingly, non-apologetically - to say "no" to other things. And the way you do that is by having a bigger 'yes' burning inside...Stephen Covey

Clearing

Unsubscribe from unnecessary subscriptions in your email in-box and postal mail.

Question

When did you last really look, at where you spend most of your time?

Affirmation

I choose to feel more and more synergistic.

Stepping Stone December 11

What small step can you take today toward that large goal? Ninety percent of any task is starting it. Ten minutes on a task begun soon turns into two hours on that same task. "The man who removes a mountain begins by carrying away small stones." ~Chinese proverb~

Action

Much comes down to how well you can get along with others.

Challenge

When attending events, choose a seat much nearer to the front row than you might usually.

Quote

You have to find something that you love enough to be able to take risks, jump over the hurdles and break through the brick walls that are always going to be placed in front of you. If you do not have that kind of feeling for what it is you are doing, you will stop at the first giant hurdle...George Lucas

Clearing

Update your schedule so that regular activities are entered in your calendar.

Question

When was the last time you took a risk?

Affirmation

I choose to cause other people to believe in me.

Stepping Stone December 12

What the mind dwells upon, the body acts upon. Where is your mind engaged most of your time? If the results and circumstances in your life are not pleasing to you, then change those thoughts. Start getting rigorous with your predominant thoughts and be deliberate with what you think about. This takes practice, so start practising.

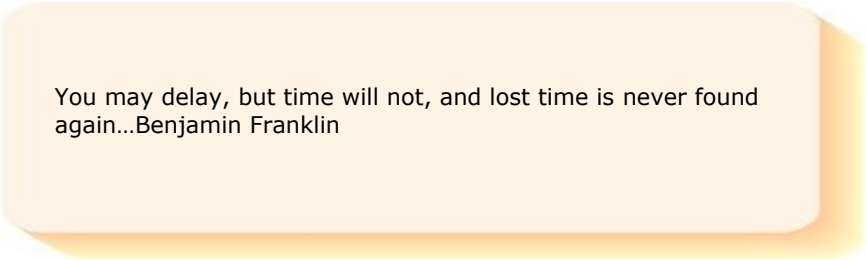
Action

Consciously appreciate the little, basic things that you often take for granted.

Challenge

When you finish today, be done with it, and leave it in the past.

Quote



You may delay, but time will not, and lost time is never found again...Benjamin Franklin

Clearing

Use alarms in your calendar. These can be entries ahead of timelines or programmed alarms in electronic calendars.

Question

When was the last time you took time to simply "be still"?

Affirmation

I choose to feel that I create synergistic, positive relationships.

Stepping Stone December 13

What you contribute, you will get. This Universe works on energy exchange and it is up to you to determine your contribution. To get full value from your life, you need to give value. If you feel you are not winning at your game of life, begin looking for what you can give rather than what you will take. "If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way." ~Buddha~

Action

Help others build relationships, and encourage them to do the same for you.

Challenge

When you make a mistake, admit it.

Quote

You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down...Mary Pickford

Clearing

Wash and thoroughly clean, all hairbrushes and combs.

Question

When you feel successful, what shows up in your life?

Affirmation

I choose to always create synergistic, positive relationships.

Stepping Stone December 14

What you resist, persists. Ever noticed that the harder you wish for something to not come toward you, that more of this 'thing' starts showing up in your life? Move your focus toward what you do want, and truly want. Decide what you want and begin stepping in THAT direction. Quit expressing your goals as things that you want to move away from, and rewrite them as affirmative statements for what you now want to create.

Action

Adopt behaviours and habits that will create your desired reputation.

Challenge

When you realize you have made a mistake, take immediate steps to correct it.

Quote

You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you...Walt Disney

Clearing

Wash inside of windows and sills.

Question

Where are you giving away your time and stealing from your dreams?

Affirmation

I choose to feel more and more pleasing to myself and other people.

December Bonuses 2

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Stepping Stone December 15

Whatever you are putting off, do not put it off any longer. Anything incomplete and anything you are tolerating or putting on the back burner, is slowing your progress and dwindling your energy and enthusiasm. If you feel tired, then I would assert that there are things in your life to which you need to attend and for which you need to take responsibility. What are you avoiding or procrastinating about?

Action

Always share the rewards and the benefits that have come from your successes.

Challenge

When you shop, take a list and stick to that list one hundred percent.

Quote

You must have long range goals to keep you from being frustrated by short-range failures...Charles C. Noble

Clearing

Weed a patch of garden.

Question

In your life, where are you going and whom are you taking with you?

Affirmation

I choose to hold myself and other people in high esteem.

Stepping Stone December 16

What is not a part of you, you cannot see in others! If you find yourself getting annoyed with another's behaviour or being judgemental about another's traits, take a close look at what part of yourself you are in fact rejecting. Moreover, vice versa, if you want someone to display more of a particular trait, look at what you may want to develop in yourself.

Action

Forgive others, and clear your mind for your future.

Challenge

Where there are injustices, learn to speak up.

Quote

You must know that in any moment a decision you make can change the course of your life forever... the very next movie you see or book you read or page you turn could be the one single thing that causes the floodgates to open, and all of the things that you have been waiting for to fall into place...Anthony Robbins

Clearing

What could you do today, about your old towels and face washers?

Question

Will you take 100% responsibility for an area in which you say you failed?

Affirmation

I choose to feel that I hold myself and other people in high esteem.

Stepping Stone December 17

When something 'works' for you - find the switch, lever, or dial! When something is working and going right, know who you are 'being' and the specific actions that you took to produce that outcome and record it somewhere for yourself. You want to be able to refer back to that "blueprint of a working model" in those times when things are running off the rails.

Action

Before stepping out your front door, choose how you will treat the world today.

Challenge

With all tasks today, if everything that can be done, has been done, then follow through.

Quote

You need to claim the events of your life to make yourself yours. When you truly possess all you have been and done, which may take some time, you are fierce with reality....Florida Scott-Maxwell

Clearing

When organizing, do not ask yourself where to put something. Ask yourself where you will look for it.

Question

Where does your power come from?

Affirmation

I choose to have rapport with other people quickly and easily.

Stepping Stone December 18

When was the last time that you checked in on your beliefs? If you have not discarded any old beliefs or taken aboard a few new ones then you may be a little disillusioned with the direction in which your life is moving right now. (If it is moving at all). What empowering belief could you accept and use to replace a "fixed" belief that is 'nailing your foot to the floor' and got you at a standstill with regard your dreams? How about putting the 'foot to the floor' in another manner...full speed ahead! Challenge a belief today.

Action

Give up spending any energy on things you cannot, and will not, influence.

Challenge

With all your new ideas today, make things more concrete by writing them down on paper somewhere.

Quote

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete...R. Buckminster Fuller

Clearing

When was the last time you cleaned your coffee maker?

Question

Where could your greatest thinking take you?

Affirmation

I choose to feel more and more movement towards the results I desire.

Stepping Stone December 19

When was the last time you asked a young person for advice? Age is not always right you know. Many amazing and very fresh ideas can come from 'the mouths of babes'. Try it. There is no rule that once you hear advice then you 'must' take it.

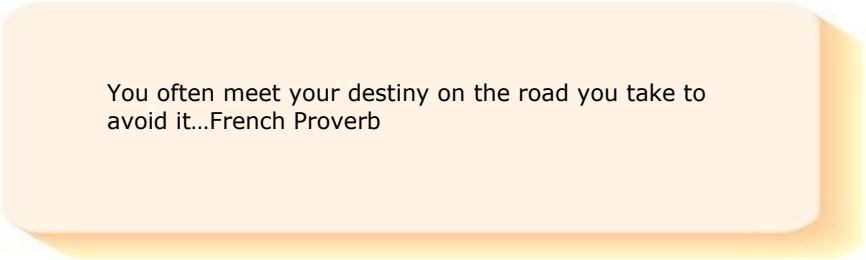
Action

Know who you are, and what you are, and live your life by staying true to those.

Challenge

Work because you like to, not because you have to. Pretend, if you need to do that!

Quote



You often meet your destiny on the road you take to avoid it...French Proverb

Clearing

When you are not actively working in your email account, shut it off.

Question

Which values sustain you when things get a little rough?

Affirmation

I choose to have all the energy I need.

Stepping Stone December 20

When you throw a pebble into the water, it creates ripples. Know what you want to create as a result, and never wonder about where and how to start. Just start with one baby step, and the rest begins to show up as you go along. You can adjust and revise as you go along. The pond will eventually expand into a lake and eventually your ripples will become waves.

Action

Look for ways to serve people around you, and for ways to help all of us grow.

Challenge

Work on improving your ability to prioritize and stay calm amid chaos.

Quote

You see, I do something real good for three people. And then when they ask how they can pay it back, I say they have to Pay It Forward. To three more people. Each. So nine people get helped. Then those people have to do twenty-seven. Then it sort of spreads out, see. To eighty-one. Then two hundred forty-three. Then seven hundred twenty-nine. Then two thousand, one hundred eighty-seven. See how big it gets?...Trevor [12-year-old hero of Pay It Forward]

Clearing

Whenever you buy something new, something old must be given away to avoid future clutter build up.

Question

Who and what are you listening to?

Affirmation

I choose to feel that my body repairs and heals itself quickly.

Stepping Stone December 21

Whenever something terrific happens, say to yourself "I love it when that happens!" You want to notice the wonderful gifts in your life and train your subconscious to recognise those and to celebrate those, moment by moment. Remember, like attracts like.

Action

Keep perspective; every now and again take your mind away by doing something else.

Challenge

Write 6 must do jobs for next day, before night's sleep.

Quote

You seldom get what you go after unless you know in advance what you want...Maurice Switzer

Clearing

Where can you use color-coding effectively? Use one idea.

Question

Who are you, which you do not need to tell people you are?

Affirmation

I choose to feel increasingly clear about the specific results I want.

December Bonuses 3

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Stepping Stone December 22

Where could you apply the 80/20 Rule? The 80/20 Rule means that in anything, a few (20 percent) are vital and many (80 percent) are trivial. In Pareto's case, it meant 20 percent of the people owned 80 percent of the wealth. You can apply the 80/20 Rule to almost anything, from the science of management to the physical world.

Action

Make sure that you are always practicing what you are preaching.

Challenge

Write a 30-second advertisement for yourself. Recite it aloud several times during the day.

Quote

You will achieve 80% of your financial goals in the last 20% of the time you spend working toward them...Brian Tracy

Clearing

Where could you put Velcro sticky strip to good use e.g. hanging items inside a door? Use one of your ideas.

Question

Who, or what, really controls the use of your time, resources, and money?

Affirmation

I choose to have my body repair, and heal, its self quickly.

Stepping Stone December 23

Whether you believe you can do a thing or not, you are right. Change your beliefs and the stories that you tell yourself every day and you will change your life. This takes vigilance and being rigorous with your thoughts and the language that you use day to day. Whether you are speaking to yourself or aloud to others, stay aware and speak consciously.

Action

Do something for another without expecting something in return.

Challenge

Write a letter to the editor of a newspaper or magazine about an issue that touches you.

Quote

You will become as small as your controlling desire; as great as your dominant aspiration...James Allen, 1864-1912, British-born American Essayist, Author of "As a Man Thinketh"

Clearing

Where necessary, delegate to a specialist. It is sometimes very much more productive and effective.

Question

With what have you stood still or slowed down?

Affirmation

I choose to always have all the energy I need.

Stepping Stone December 24

Who is in charge here? Are your surrounding circumstances, or well meaning friends and family still leading you? At what point in your life do you think it will be time for you to choose your life's direction? Will you wait for the last minute, when it is too late to even begin? How long do you know you have? How long do you believe you have? Isn't it only this moment, right now, about which you can have any certainty?

Action

Surround yourself with people who possess traits that you would like to develop in you.

Challenge

Write an encouraging and motivating letter to yourself.

Quote

You will never find time for anything. If you want time you must make it...Charles Buxton

Clearing

Wipe clean all light switches and door handles around your home.

Question

With what project will you follow through to the end, no matter what?

Affirmation

I choose to feel more and more in a peak state of absolute certainty.

Stepping Stone December 25

You can be different and still be OK. "I think the reward for conformity is that everyone likes you except yourself." ~Rita Mae Brown~ Consider how you respond to those who are themselves and unafraid to be so. Aren't they the people we admire most? Aren't they most happy with their lives? Tension is who you think you should be. Relaxation is who you are.

Action

Decide on the way you will see yourself, the way you will see your life, and the way you will see the world.

Challenge

Write down the things you have accomplished, the good things in your life, and the lack of bad things.

Quote

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere...Charles F. Kettering

Clearing

Wipe clean all the doors and door handles in your home or office.

Question

With who are you spending most of your time?

Affirmation

I choose to move easily and quickly towards the results, I desire.

Stepping Stone December 26

You can only grow as high as you reach. What do you reach for? Are you reaching at all? Are all your days lived in survival mode? Do you have anything in mind for which to strive? "The secret to living the life of your dreams is to START living the life of your dreams." ~Mike Dooley~

Action

If you are not making choices in your life, then someone else is probably making them for you.

Challenge

Write into your Gratitude Journal each day.

Quote

Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission...Ralph Waldo Emerson

Clearing

Write a list of things you want to start and never started. Decide what to do with each.

Question

With who could you be spending more/less time?

Affirmation

I choose to feel that I have all the energy I need.

Stepping Stone December 27

You cannot be standing when you are sitting! We cannot be in two places at once, which is why choice and priorities are so important. You must define what your life will be about and set your daily priorities accordingly. On the other hand, will you be swept along by everyone else's agendas?

Action

Define the potential learning you will decide to extract from today.

Challenge

Write out a problem, mail to yourself, and then write advice back to yourself.

Quote

You are never as good as everyone tells you when you win,
and you are never as bad as they say when you lose...Lou
.. ..

Clearing

Write out a menu plan for the week so you will only have to grocery shop once a week

Question

With whom could you make a difference today?

Affirmation

I choose to always be living a life of design.

Stepping Stone December 28

You may become discouraged if your goals seem impossible to achieve. If you are a couch potato and you have suddenly today, decided to be an Olympic medallist in the marathon then please do not attempt to run the full marathon distance on your first day! I think you can see already what I am getting at here. Wouldn't you be so much better off putting together a measured, consistent, and daily plan of action to achieve your end goal? So ...what huge goals have you decided to accomplish and do you have that plan in place?

Action

Let your actions do more of the talking for you.

Challenge

Write your biography, even if it is just a shortened version.

Quote

You are scouring your conscience. Raking through your memories - But that was the River This is the Sea! ...Waterboys

Clearing

Update your Will and Last Testimony. Always have it up to date for your family.

Question

With what will you be courageous today?

Affirmation

I choose to love and accept myself unconditionally.

Stepping Stone December 29

You must begin where you are, with what you are and with what you have. Some of us are waiting for changes in our circumstances and ourselves. You need to effect that change yourself. Begin moving toward where you want to go and momentum will begin to take hold and expand on what you have started. The Universe likes speed so start moving forward.

Action

Have the confidence to admit when you have made a mistake.

Challenge

Write your 'Bucket List' [see the movie] and take action on one.

Quote

You have got a lot of choices. If getting out of bed in the morning is a chore and you are not smiling on a regular basis, try another choice.....Steven D. Woodhull

Clearing

Go wireless. You can get a wireless version of just about anything today.

Question

Where will you fine-tune your use of time in the next 12 hours?

Affirmation

I choose love and complete acceptance of myself, as I am.

Stepping Stone December 30

You never own anything. Everything is here for you to enjoy for a time, and will be passed forward to others when you are no longer here. Begin enjoying the things that are around you now. Do not let your material 'things' own you!

Action

Work with what you have, while you build what you need and want.

Challenge

You know exactly what would be a personal challenge for you. Take on one of those today!

Quote

You have got to jump off cliffs all the time and build your wings on the way down...Ray Bradbury

Clearing

Your productivity is based on your energy being high. Raise your energy level.

Question

Which three of your 'flaws', could you now perceive as gifts?

Affirmation

I choose to dare to dream.

Stepping Stone December 31

Your brain wants to be organized and to work on problems. When you take up a new habit, it throws around both of those automatic ways that the brain loves to work. You have just disorganized by changing usual patterns and you have given your mind a 'problem' to attend. Therefore, you need to live with much greater awareness whenever you take up a new habit. Set up any new habit within the context of your current habits and remain vigilant by keeping your focus on solutions.

Action

It is always what you do, or do not do, on a daily basis that creates success.

Challenge

Make a promise you do not know how to keep, then set out to achieve it.

Quote

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy...Martin Luther King, Jr

Clearing

Create a container of spare batteries, light globes, printer ink, discs, USB flash drives and similar.

Question

What changes will you make to live your own life?

Affirmation

I choose to continue creating the life of my dreams.

December Bonuses 4

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Concluding

I hope you made full use of all the contents of the book.

If you would like to write to me, and let me know of any impact that this book had for you over the year, then I would love to hear from you.

My contact details and more copies of the book, to share with friends, are available at the book's main home site...

www.timeformylife.com

Remember to stay in touch, at the My Forward Steps Member site that you will find at...

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You can even have the pages of this book emailed to you each day. Just go to the free gift bonuses web page [below] for information.

Thank you and have a magnificent year.



Thea

P.S. Your free bonus gifts that come with this book, can be found at <http://forwardsteps.info/TFMLbonusgifts> use your Gift Code: TFML365... and you can take advantage of a free Membership <http://forwardsteps.info/FreeMember>

Acknowledgements

Everyone has special people in their life, who keep them moving forward and champion them to greater heights. I have been extremely lucky in my life to have a better share than most, of these kinds of friends.

Naturally, my partner, Greg Norman gets the biggest mention. Without his wonderful support and endless patience and love, it is unlikely that this book would be here for you to enjoy.

I cannot possibly list everyone at this page. I will mention a select few, who were particularly influential in me completing this book. Thank you...

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- ◆ Donna Reiss www.metaphysicallyspeakingblog.com
- ◆ John Mackay & Gary Rutherford - who I meet every Friday morning
- ◆ Fernando Longo – we had some brilliant weekly calls
- ◆ Patricia Schiavone www.thrivingtogether.com
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