

MAKING YOUR DREAMS COME TRUE!



Self-improvement Talk Radio was originally designed to compliment our radio program, 'Making Your Dreams Come True'.

Our website has brought you some of the most creative ways to 'Grow Your Life'. As we are no longer servicing our website, we have taken many of the highlights from past programs and written articles and created this pdf copy that you can download and refer to at your leisure.

Use the personal growth, self-help, and self-improvement information provided to grow in Knowledge, Clarity, Focus, Purpose, and Insight!

Be 'DELIBERATE' - Be 'DECISIVE' - 'DREAM BIG'!

Continue Growing!
Dr. Anne Marie Evers, D.D.
JD Michaels,
The Curriculum Guy

Purpose for PDF Copy and Disclaimer

The information provided is for educational purposes only and is not intended to be used, nor should it be used, to treat any medical or psychological condition.

For diagnosis and treatment, always consult your physician or other health care professionals.

You are advised to talk to your doctor and/or healthcare professional about your specific medical and/or psychological condition, treatments, and the use of these strategies outlined in this resource, and other literature (electronic/digital or paper-based), and books for sale.

The information provided is intended as a supportive and complimentary tool to the recommended treatment by a health care professional. It is not a substitute for professional diagnosis and treatment.

1. The activities and strategies identified in this document can be applied to any area of your daily life!
2. The activities of this site were researched, developed, designed, presented, and maintained on a completely voluntary basis.

Permissions

You are permitted to share copies with others for educational purposes. It is to be shared in the spirit in which it was created.

You are not permitted to use this material for personal financial gain.

Making Your Dreams Come True

Self-improvement Talk Radio was originally designed to compliment our radio program, 'Making Your Dreams Come True'.

On our first broadcast we committed to giving you easy-to-use, effective down-to-earth tools, strategies and methods so that you rise to the challenge of 'making your dreams come true', *one new thought* and *one new action* at a time.

Our goal through the publishing of the document is to continue to:

1. encourage you to dream BIG and then go for it!
2. inspire You to 'Dream the Impossible (the I'mpossible/I am Possible) Dream'!

LEARN MORE

More Characteristics of Dream Creation

Why People Don't Live Their Dreams

1. Life Happens, Life's Unexpected Turns, Circumstances, Changes, Other responsibilities take over one's life.
2. The lack of belief that one can live the dream.
3. A lack of the sense of worthiness and deservedness of achieving the dream.
4. A general lack of skill and general know-how of proceeding with the process of Dream Creation.
5. What other's may say or do influencing one to stop dreaming.
6. Limiting Internal and Environmental Factors and beliefs.
7. Don't Make time for the DREAM – keeping a busy schedule.
8. Comfort Zone (Living an Expansive life or a Contracted life)

Types of Dreamers

Dream Initiators

Dream Pursuers

Dream Analyzers

Dream Controllers

Dream Supporters/Dream

Helpers Dream Stealers

Dream Joiners - tag-along dreamers

Dream Promoters

Day Dreamers

Dream Joyriders (get high on the dream

process and challenges - adrenaline highs

Dream Achievers

AN IMPORTANT INTERLUDE



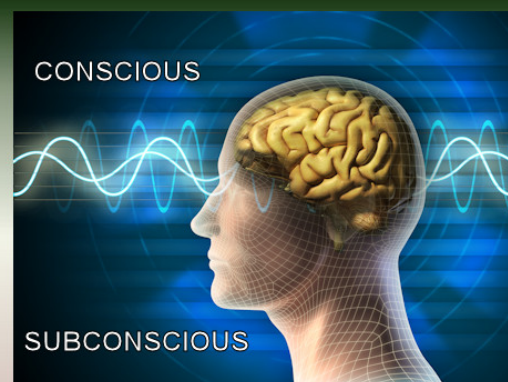
**To be successful
be deliberate
be decisive
be diligent**



**Develop
Strategies
that work!**



**mind your
thoughts, words,
and deeds**



**surround yourself
with positive
life-affirming
individuals**



**make life-long
learning part of
your daily living!**



**Dream BIG!
A Dream Worth Dreaming
is
Worth Dreaming BIG!**

Inspirational Thought

"To dream anything that you want to dream, that is the beauty of the human mind.

To do anything that you want to do, that is the strength of the human will.

To trust yourself, to test your limits, that is the courage to succeed."

The Foundations to Successful Dream Creation

I am the DREAMER.

I am the DREAM.

I am the Dream Activator, Dream Supporter or the Dream Stealer.

I am the recipient of the DREAM, the benefactor of the DREAM.

I am the creator, sustainer, preserver, and manifestor of the DREAM.

I alone am responsible and accountable for the DREAM.

...and as the DREAM, I **Dare to Realize Everything About Me!**

REMEMBERING that the Dream is "About ME" and the decisions and choices I make.

TODAY, I honestly acknowledge the degree to which
I AM at HOME in "MY" DREAM!

Some More Important News About Dreams

1. **Allow** your dream to be and to come true
2. **Attitude** possessing a positive attitude to get you through the rough spots
3. **Aptitude** ability to learn and understand the dream process and grow through it
4. **Attraction Principle/Law of Attraction:** That which I am seeking is seeking Me! More gathers More (*of the same*)
5. **Desire** is really made up of two words: de (of) and sire (to give birth to). Example: Siring a horse-You take the very best mare and stallion have them mate and bring forth a magnificent offspring. What are you siring today?
6. **Enjoyment** for entering the joy of living and journeying your dream
7. **Friendship and Family** with whom you share your dream
8. **Fullness** that you feel when you are living my Dream
9. **Food/Nutrition and Nourishment** for your dream. Your dream needs to be fed daily with gentle encouragement
10. **Honour** You honour your dream, myself, and others. You treat your dream, yourself, and others with the **greatest dignity!**
11. **Kindness (loving kindness)** not only for others but also expressed towards yourself
12. **Magnanimous** be generous - give out of the wealth of your abundance of experience and earthly goods
13. **Relax** into and be relaxed with your dream progress.

I AM AT HOME IN THE DREAM!" *Jacques Lacan, French Psychoanalyst.*

14. **Sympathy** is feeling "Sorry for" you come from a position of superiority. ie. "Oh you poor thing." Pat on the head-a rather condescending attitude.
15. **Empathy** is "Feeling with" You come from a place of equality and identification with the other person.
16. **Humility** – Be Humble and exercise humility
17. **Plan** your dream and work the plan to make your dream come true
18. **Keeping** your promises (to self and others ie. Keeping appointments, timelines, and commitments)
19. **Helpful** - helping others - your dream has to be bigger than yourself
20. **Future** - don't live in the future - - - deal with what is happening right now in the dream and do it now!

Inspirational Thoughts

"Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil." *James Allen 1864-1912, Author of "As a Man Thinketh"*

"If you have a dream, give it a chance to happen."

Richard M. DeVos , American Businessman, Co-founder of Amway Corp.

**Remember its in you to "Dare to Dream"
and
"Make Your Dream Come True"!**

**The Two Essential Components
of
Dream Creation
A Rule of Thumb**

T'win (To Win) at Successful Dream Creation

Every human endeavour consists of two winning (T'winning) components. They are 'Being' and 'Doing'.

The more these two overlap and the more they align, the more likely the dream will come true.

The greater the overlap, the greater the likelihood of dream creation. A decrease in overlap, the less likelihood of the dream coming to be.

1. **Being** requires me to "**Be-in' the DREAM**".
 - the level of my internal investment in the dream [my emotional, psychological (thoughts about), and volitional (willingness) commitment]
 - The expression of one's character, virtues, and strengths (patience, creativity, courage, diligence, humility, etc.).
 - The mastery of one's less desirable traits (envy, anger, impatience, greed, etc.).
2. **Doing** requires me to "**Do-in' the DREAM**".
 - Doing requires a level of commitment to formulating and working my 'Dream Action Plan'
 - The deployment of physical resources (energy, effort, time, financial)

Remember: Be (WHO) and Do (HOW) share the same genetic code. Their DNA is made up of the same three letters. They have the same parents. They really are *t'wins* (two wins) sharing the same basic elements. *Let them work together for you!*

TIME TO COMMIT

TODAY, I COMMIT to BEING at HOME in MY DREAM.

(as much as it is possible for me, today)

"I AM at HOME in MY DREAM"!

Consider the following quotation by Wolfgang Goethe

**"Until one is committed, there is hesitancy, the chance to draw back—
Concerning all acts of initiative (and creation), there is one elementary truth that
ignorance of which kills countless ideas and splendid 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 issues 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 have come his way

**Whatever you can do, or dream you can do, begin it.
Boldness has genius, power, and magic in it. Begin it now."**

**NOW is the Time to ACT on YOUR DREAM!
NOW is the time to "Dream the Impossible Dream",
that is,
NOW is the time to "Dream the I'M Possible/I AM Possible Dream"!
"DARE to DREAM"! and *"TAKE STEPS to Make Their DREAMS COME TRUE"!***

You can choose to sit on the sideline of your life and timidly ask, "Why?" or You can be engaged in your life and declare excitedly, "Why Not!"

*"There are those that look at things the way they are, and ask why?
I dream of things that never were, and ask why not."
Senator Robert Kennedy*

Make Your Dreams Come True (Be Deliberate, Be Decisive, and Be Laser)

1.1. Believe in the Dream and in the Dream Creator (That's You)!

2. (The Believe-ability Factor)

Your Believe-ability Factor

1.Less than 49% Believe-ability Factor

Full Stop

My 'Belief' is at 49%.

The other (my disbelief) has 51%.

My 'Disbelief' has the controlling interest.

2.50% Believe-ability Factor

Pause, Yield to the Other, Proceed with Caution

My belief is at 50%.

My belief and disbelief are tied at 50%.

I'm in a 'stalemate' and 'paralyzed', prompting inaction.

3.51% or Greater Believe-ability Factor

Advance

My 'Belief' is 51% plus.

My disbelief is at 49% or less.

What a difference 1% can make!

My 'Belief' now has controlling interest.

Always Remember to Ask these Question

(1) *"How strongly do I believe in my Dream?"*

(2) *"How invested am I in my dream?"*

(3) *"How passionate am I about realizing my 'DREAM'?"*

(4) *"To what lengths am I will to go, and endure, to see my 'DREAM' to its conclusion?"*

(5) *"What am I willing to put up with to get 'IT'?"*

Through such questioning, I establish the parameters of my dedication and

'fess-up' to the boundaries I have set in place as to the success or failure of my efforts in causing my dream to come into being.

2. Beware of Dream Stealers - Do Not Consort with the Enemy

The Characteristics of a Dream Stealer

1. They lack vision.
2. They are unable to act beyond their personal limitations and comfort zone.
3. They are fearful.
4. They view the world as a malevolent place.
5. They are protective.
6. They are contracted thinkers.
7. Their relationships are exclusive.
8. They foster separation and segregation from one another through the use of a divide-and-conquer strategy, fostering mistrust through miscommunication and misinformation.
9. They keep the status quo.
10. They usually conform to the cultural norm ("Whatever society says, that's good enough for me.").
11. They blame others, more often than not, so they don't have to take responsibility, be accountable, and change their lives.
12. They are usually satisfied with living someone else's dream or no dream at all.
13. They discourage others because they feel threatened and small when other people get ahead.
14. They usually lack commitment and dedication to fulfill their dream.
15. Dream stealers believe that they do not deserve to dream a dream.
16. Dream stealers often seek instant gratification and/or distractions so that they don't have to invest in and/or take action for their dream to come true.
17. Dream stealers are quick to point out, "Been there!" "Done that!" "Didn't work for me!" "Why bother?" "If it didn't work for me, why should it work for you?"
18. They are jealous of other's successes and do not want anyone to get ahead.
19. Dream stealers tend to want to bring others down to their level. They do this by belittling the dreamer and/or the dream (overt or covert attacks upon the individual and/or the dream).

20. The final thing about dream stealers is that they are not willing to invest the time, energy, effort and money to see their dreams come. Not willing to experience some of the growth pains that makes all dreams come true.

3. Support Your Local Dreamers Consort with Dream Supporters

The Characteristics of a Dream Supporter

1. They believe the world is a benevolent place.
2. They are creative.
3. They are value driven visionaries.
4. They are action oriented.
5. They are generous in sharing their life's achievements, belongings, and ideas.
6. They are inclusive in their relationships.
7. They believe in the unified field of the whole, that is that if you harm another being, it ripples out into the whole world and back to you. So when I hurt another, I am really hurting myself. When I help others, I am helping myself.
8. They freely share and rejoice in other's achievements and successes.
9. They share their dream openly and are willing to subject their dream to the critique of others.
10. They willingly take advice and consider others' opinions to make their dream a reality.
11. They exercise a high degree of trust and benevolent skepticism.
12. They hang out with dream supporters and other dreamers.
13. They dream with you, plan for you, act with you and evaluate the dream with you and then re-launch the dreams.
14. They live and create their dreams in the company of others.
15. They discern the difference between a childhood fantasy and a real dream.
16. They are able to move a dream from potential (potential is a dream at rest) to probability to making it happen, moving it from a one in four chance of happening; to a two in four chance manifesting; to a three in four chance occurring; to a four in four chance of completion.

Remember, it is Important to AFFIRM your DREAM.

It's like going to the gym to exercise your physical muscles.

Affirmations exercise your mental muscle.

That is, YOUR DREAM MUSCLES!

4. Affirm Your Life's Dream in Thought, Word, and Deed!



"We all do affirmations each and every day of our lives, whether positive or negative. Their powerful influence and results can be found written into the fabric of our daily lived experiences. They are expressed in our thoughts, words, and deeds, what we think, what we say, and what we do (what we commit to and what we omit from our life)."

Each of us is a living, breathing, walking, talking Affirmation.

Some Quick Notes About Affirmations

- To affirm is to assert strongly and state as a fact.
- The one who affirms, confirms, ratifies, supports, strengthens, and upholds is doing an affirmation.
- Affirmations can be either positive or negative in nature.
- Those who take a positive and affirming approach to living, choose language, and all manner of actions, that are largely positive, uplifting, encouraging, and supportive of oneself and others. The opposite is largely true for those who take a negative approach to affirmations and life.
- Affirm your dream each-and-everyday. Write and say your affirmation daily, but remember to be clear, concise, focused, and deliberate in the words you choose.

Fill Your Days with...

SO, Let's Learn More About Affirmations.

The Five Ws of Affirmations
What? Who? When? Where? Why?



What?

a wish a goal
an organized plan
a map to your
future



Who?

anybody
and
everybody



When?

morning
noon or
night





Where?

any place
and
anywhere



Why?

why not
create what you
want



A Quotation Worth Remembering Two Ways of...



"There are two ways of creating your reality — by *consciously programming* what we want out of life or by simply *accepting what comes our way*. Both work, but only the

former will ensure that you get what you want in life. Doing the Affirmation Program helps put you in charge of your programming and consequently firmly in control of your life. As you use affirmations daily and consistently, you will be breathing life into the future of your dreams."

Dr. Lee Pulos, Ph. D.,

Foreword to Affirmations Your Passport to Happiness 6th, 7th and 8th editions.

The Top Six Reasons People Do Affirmations

Our informal and anecdotal research identifies the following as the most commonly occurring reasons for individuals to engage in the Affirmation Process.



1. Relationships



2. Career/Job



3. Money/Finances



4. Health



5. Forgiveness
Self & Others

6. Self Esteem
Personal Growth

Basically, people do
AFFIRMATIONS because...



...and can be used in different situations and for different reasons.



To Learn More about Affirmations, *May We Suggest...*

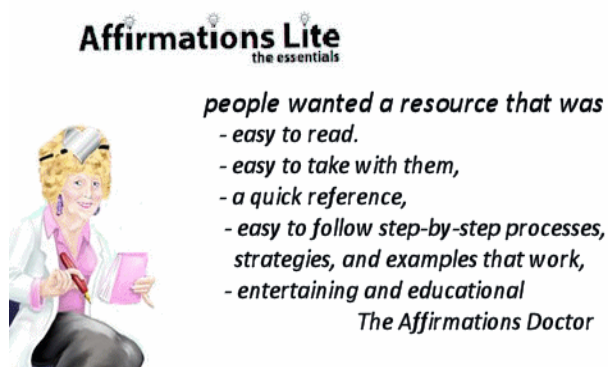
4. Some Facts about Affirmations Lite: the essentials

Everything you need to know about the *Wonderful World of Affirmations* in a concise, clear, entertaining, and an easy one-time read.

Sixty jammed-packed pages focusing on "the essentials" of writing and practising effective and successful daily affirmations.

This 60-paged lazer-edition contains the best of "Affirmations Your Passport to Happiness", 8th edition and much, much more!

*The best way to predict your future
is to create it!*



The mind is very powerful.
Easy to follow strategies and practices.
Humorous stories that I won't forget.

Available at Amazon.com

What our readers have commented:

This book is easy to read in one sitting and can be taken with you wherever you go.

I can leave this book on my coffee table and pick it up again when I need to read it again.

Entertaining, memorable illustrations, and stories.

Reminded me of experiences in my own life, especially the story of The Cat That Wasn't There.

Easy to follow step-by-step affirmation process.

WHEN CHOOSING TO AFFIRM YOUR DREAM

(CHOOSE YOUR WORDS CAREFULLY)

To IDENTIFY your 'KEY DREAM POWER WORDS''

CHOOSE WORDS that RESONATE with *the very core of your being!*

CHOOSE WORDS that excite You!

CHOOSE WORDS that hold a POSITIVE EMOTIONAL CHARGE for YOU!

CHOOSE WORDS that are MEANINGFUL to YOU!

You'll know you got the right words when no other word will do!

NEW YEAR'S RESOLUTIONS OR AFFIRMATIONS ALPHABET STEW

Dr. Evers' Recipe

A is for Acting. We need to act out what we desire and then Act As If it has already taken place.

A is for Affirmative Statements, which exactly describe your dream.

A is for Attention. It is important to give your family members your complete attention at all times and especially during the Christmas Season

A is for Affirmations. To realize dreams it is important to do Affirmations daily

A is for Attracting the ingredients to make your dream comes true.

A is for Appreciating everyone and everything good in your life.

B is for Belief. This is one of the most important ingredients of all. All dreams need the element of belief to make them happen.

B is for BIG, Make all your dreams big!

B is for Breathing. Breath into your dreams by taking the appropriate action.

C is for Creativity. Don't forget to stir the stew with the mixing spoon of creativity.

C is for Consistent. To make a good stew you need to be consistent. Dream Big and expect miracles on a daily basis.

C is for Christmas Carols which you sing with your family.

C is for Christmas Tree. Make decorating your Christmas Tree a family event.

D is for Dedication. Be devoted to your dream, keep it alive and give it power to grow and become.

D is for Desire. Make your desire to complete your dream more exciting than you can imagine.

D is for Dream. This is your dream and yours alone. You are the dreamer

D is for Dancing. It is time to dance and have fun with your family.

E is for Essence. Use of spice of essence to flavour your stew (the essence of you).

E is for Empathy. Sprinkle huge amounts of Empathy from the Empathy Shaker.

E is for Empty Stocking Fund. Give to others who are less fortunate than you.

E is for Excitement. Feel the excitement of this Christmas Holiday Season.

F is for Faith. If you have the faith of a seed of mustard you can perform miracles!

F is for Feeling and Fun. Mix these together to give your stew a delicious aroma and taste.

F is for Food. Enjoy every morsel of your Christmas or Holiday Dinner and all the trimmings.

F is for Family times, enjoying each other.

G is for Gratitude. Add a large, heaping tablespoon of gratitude. When you say thank you obligate the planet for more and open the floodgates of heaven for greater blessings.

G is for Gigantic. Make your Christmas Stew Gigantic. Make it Bigger than you ever imagined!
G is for Gifts. Give the precious gift of yourself. Be present in the now.

H is for Harmony. It is always a good idea to add Harmony. That is harmony in yourself and the Christmas Season. People that eat the stew will wonder why they feel so relaxed and accommodating.

H is for Hope. And Hope is an essential element of any Dream, Stew or idea. Hope means: 'Help Open People's Eyes'.

H is for Holy. Make this special time of the year Holy for you, your family members and everyone.

H is for Holly. Decorate your home with boughs of Holly.

I is for Inspiring. Inspire your dream with the miracle of knowings.

I is for Increase. It is time to increase your loving kindness with family members

I is for Invincible. Add this ingredient and you will win and your dream manifests before your eyes.

J is for Journey. This truly is your journey uncovering and discovering and of making your dreams come true!

J is for Joy. Be joyful in all things. This is one ingredient that must not be overlooked.

J is for Jump. After you have carefully decided what you desire, then Jump into your dreams

J is for Just. Be just and fair in all your dealings and it spills over into your dream manifestation.

K is for Key. It is for the key that opens the door to your dream reality.

K is for kindness. Show loving kindness to everyone.

L is for Love. Now put a huge pan of Love into your Christmas Alphabet Stew. Know that Love is the greatest gift of all!

L is for Lasting. Create lasting memories to inspire your dreams.

L is for the Natural Laws of the universe.

M is for Magnificence. Add a large measuring cup of magnificence. Be magnificent in all that you dream, do and are.

M is for Magnify. Magnify the good things in everyone you meet

M is for Magic Magnetic Circle. Create a magic magnetic circle of love that surrounds you every morning.

N is for Nurturing. Oh and don't forget to add the element of nurturing yourself and others.

N is for New. Make your alphabet soup new and exciting! Make it different than anyone else. And make it unique!

N is for notoriety. No one can do it like you can.

O is for Openness. We must be open to new experiences, people and new places.

O is for observant. Then it is also important to add the element of being observant. Always notice what is taking place around you.

P is for Persistence. This is the glue that sticks the stew together.

P is for Patience. This is another important element. Practice patience especially at this busy time of the Holiday Season.

P is for Prayer. Spend time on your knees praying with your family.

P is for Practice. Practice loving kindness.

Q is for Quietness. Be sure and add Quietness to your stew. Now is the time to go into the silence, focus on your breathing and be quiet. You are in the space that bridges the present to the future.

Q is for questioning. Sprinkle the element of questioning into your Stew. Question things. You can glean more information and learn more when you listen and ask questions. Never just sit back and take things for granted.

R is for Real. Now stir the stew with the ladle of Real. Be real. Be the real YOU. Never try to be someone else or what another person wants you to be. Stand up and be counted. You are the captain of your ship and the only decision maker in your universe.

R is for Reason. Practice being reasonable. When people during this holiday season hold on to outdated ideas or old traditions practice being reasonable. It may mean a great deal to them and their families.

R is for Random Acts of Kindness.

S is for Service. Stir in, in great quantities Service. Be of service to another. Christmas is a time of finding ways to serve. Help out at the Food Bank or Empty Stocking Christmas Fund, etc.

S is for Sweetness. Throw in a large bowl of sweetness.

S is for Self-Esteem. Find ways to increase your self-esteem and when you increase your self-esteem and really truly learn to love, respect and approve of yourself, you give others permission to do the same.

S is for the Spirit of Giving at this Holiday Season

S is for Song of Christmas

S is for Season. The true meaning of Christmas S is for Star. Attach your Dream to a star, hold on tight and there you are!

S is for Specific. Be specific when creating your dream.

S is for sync. Be in sync with your dreams, yourself and all others.

T is for Truth. Put ample amounts of truth into your Christmas Stew. Stand on the truth and the truth shall set you free. Also when you tell the truth, you never have to remember that you said previously.

T is for Thankfulness. Temper it with a huge amount of Thankfulness. Say thank you, thank you, thank you for your blessings. When you say thank you, you obligate the planet for more and you open the floodgates of heaven for even more blessings.

T is for Take. Take time for yourself.

U is for Universal. Stir in a huge amount of Universal Love for all.

U is for united. Live in a united way, knowing that you are a part of the whole.

V is for Virtue. Now add a huge helping of virtue. Be virtuous in all that you do.

V is for victory. Add a huge helping of victory, knowing that you dream is now manifesting as affirmed.

V is for Vision. Have a clear, steady vision of where you want your dream to take you.

W is for Wisdom. Now add a cup of Wisdom. Ask for guidance to change the things you can and not the things you cannot and for the wisdom to know the difference. W is for wealth. Add a huge helping of wealth. It is your birthright to be healthy, wealthy and happy. It is your duty to claim it now!

W is for wellness. It is your birthright to be healthy, happy and prosperous!

W is for Wrapping. Wrap all your gifts with absolute love.

X is for the sign of the cross.

X means everywhere.

Y is for YOU! Add a cupful of YOU. You are the only thinker in your universe and the captain of your ship

Y is for Youth. Sprinkle grains of youth, health and happiness.

Z is for Zealousness. Add the ingredient of zealousness. Be zealous in all your dreams and affirmations. Sprinkle on the grains of being in Zinc. Be in zinc with what you are doing.

Another Person's Recipe

A is for affirming and acting for my Dream

B is for Braving and Believing in my Dream

B is for Being the Cause and being at Cause of my Dream

C is for Consciously Committing to Create my Dream

C is for the change I willingly make to allow my Dream to come true

C is for celebrating each and everyday of the Dream

C is for clarity and being carefully clear about my Dream

D is for Daring to Dream

D is Deliberately and Decisively Deciding to Do my Dream
D is the Destiny that my Dream entails

E is for Embracing my Dream with all of my Heart
E is for the Encouragement I give others in their Dreams
E is for all the Dream Elements I have in place
E is for the Enthusiasm I have for my Dream

F is for fulfilling my Dream's heart desire
F is for giving most favored status I give to my dream to make it come true
F is for Focus I need in the Dream

G is my Dream that is to the Good of All
G is for Gratitude I Practice each day for each-and-every small and great blessing along the way
G is for Gathering Dream Support

H is my Heart-felt gratitude I express each day
H is for the hope that my dream inspires in me

I is for the insight about myself and others that my Dream inspires
I is the intelligent choices I make to make my Dream come true
I is the for investment of time, energy, effort, and money

J is for the Joy that my Dream Imparts
J is for the Joy with which my Dream Starts

K is for the Knowledge that I have done all that I can do to make my Dream come true

L is lessons learned along the way
L is for liberating myself from my self-imposed limitations
L is for living my dream fearlessly
L is for the lightness of being that I felt in the dream

M is for living moment-by-moment for Dream time is Now!
M is for Mastering Peacefully those things that stop my Dream
M is for monitoring the dream-encouraging its progress to its completion
M is for moving my dream towards action
M is for the Mastermind for the dream that I am
N is for Now, the time when all things get done
N is for now the only time when my dream is and comes true

O is for the Openness to all Opportunities that come my way when I Dare to Dream on my life's way
O is for my outcomes clearly defined

P is for the principles and principals that support my Dream
P is for the Dream Practice I do each day
P is for the movement of my dream from potential to probability
P is passionate desire to realize my dream

Q is for the Quest that my Dream instills, calling for answers as I travel each my Dreams Highway
Q is for the Six Master Questions I learned long ago

R is for releasing all things and any dream stealers that hold my Dream back

R is for reading about other people's dreams - I learn from others, what they did to see their dream come true - I might do the same

R is for resting in my dream

S is for Keeping it Simple and Straight forward

S is for step-by-step as I make my Dream a Reality

T is if the thoughtfulness I practice always

T is for "Thank you, that's all I can say!"

T is for thinking about my dream from many different points of view

T is for trusting in my dream

U is for Us all-in-it-together, my other self Dreaming. U is for the unique nature of my dream

U is for the urgency of my dream

U is for the ultimate trip my dream is taking me one

V is for small Victories encountered each day

V is for visualizing my dream in art, music, body movement

W is winning in all that I do; a win for me is a win for you!

W is for "WOW" I did it! The wonder I did it!

X marks the spot and that's where I'll be

X is for the x-treme, x-hilaration and x-citement I feel when my Dream I do Live

Y is for You and Y is for me! (Your - There is our in your)

Y is for yesterdays never remembered

Y is for Yeah! I did it! Did you?

Z is for zeal that I experience each day, the zeal that propels me to my Dream Day

Z is for being in the zone

Z is for the zest I feel and with which I get my dream done

Z is the zenith, the summit when my dream comes true

Z is for 3, 2, 1, zero - blasting off to my new reality!

Complete your personal Alphabet Stew. Do it as a Family, A Group of Friends or as your Master Mind Group. See what you can come up with and commit to!

5. Master Mind Your Dream Create a Dream Team - Dream Supporters

Confidentiality is a priority for open and honest conversations.

Key Points to Creating a Master Mind Dream Team

1. Partner with like-minded persons who are committed to the best outcome for everyone in the group;
 2. Commit to a precise length of time that the group will meet (weeks, months, a year plus);
 3. Set clearly defined ground rules as to how the group will operate;
1. The format of the meeting (agenda or reporting back to the group, minutes to be kept, etc.);

2. Determine when you will meet (for breakfast, lunch, or evening meal). It is important that the group meet at the same time each week, unless circumstances arise that make it impossible to physically meet at this time. You could always elect to do a group conference call or skype, google chat, or zoom the meeting, so as not to interrupt the momentum of meeting;
3. Where you will meet (public place or in participant's homes).

Resources to Creating, Maintaining, and Closing a MasterMind Group

Forming an Effective, Powerful, and Affirming MasterMind Group

**"You can get everything in life you want,
if you'll just help enough people get what they want!"** Zig Ziglar, author

In the Section we shall:

1. Define what a MASTERMIND Group is;
2. Determine what type of MasterMind Group you want to form;
3. How to Create, Maintain, Close/End a MasterMind Group;
4. Some examples of Mastermind Groups.

1. Definition of a MASTERMIND Group

1. A MasterMind Group is a group of people who meet on a regular basis with the same goal and focus.
2. They share the same desired outcome and support one another in achieving their goal(s).
3. Each individual brings his/her own skills set, background and life experience providing a different perspective when reviewing strategies to create the desired outcome.
4. A MasterMind Group consists of Dream Supporters and Possibility and Probability Thinkers

2. Determine what type of MasterMind Group you Want to Form

There are essentially two types of MasterMind Groups:

- a) **The Advisory Group** (Much like a Board of Directors). They are usually corporate Teams, community groups and/or charity groups. They have one goal/outcome in mind and all work toward its completion. When the goal is realized, the Mastermind Group

disbands and/or sets new priorities and goals or other projects. The Hospice Project is an example of this type of Group.

b) **The Mutual Support MasterMind Group**(A group of people meet to help each other to accomplish or achieve their personal goals and desired outcomes). This is the most common type of MasterMind Group. The Common Goal is not a particular project or group outcome, but to further each member's individual desire to achieve a specific outcome.

Open Discussion About MasterMind

Families can form a Home MasterMind Group.

This is very important to develop the mutual encouragement and support of the group and for the MasterMind Energy to grow. When we speak of the growth of the MasterMind energy, we are speaking about the natural outcome of the development of a group mind (energy) as the group coalesces over time. The level to which it rises is dependent upon the level of honesty and trust the group members enjoy.

The MasterMind Principle is implemented through a MasterMind Group. The MasterMind group consists of two or more persons (2-6 is ideal), who meet regularly in an atmosphere of trust and harmony for the purpose of providing mutual support and encouragement - and to believe for each, things which each alone may find difficult to conceive and believe for him/herself.

A MasterMind Group is not established so that individual members can solve each other's personal problems. Rather, such a group is established to surrender to the Master Mind problem areas, challenges, needs for healing, or any other positive desires of each member. When such requests are fully and properly made of the Master Mind answers and solutions occur in a most amazing way.

MasterMind Group meetings may be conducted in a home; a place of business, a church or any other mutually agreed upon location that provides a certain amount of quiet and privacy. Meetings should be limited for the intended purpose. It unusually is sufficient to meet once a week and if possible at the same location.

Conduct your MasterMind Group Meeting in the Following Manner

Establish an atmosphere of excitement and expectation by open with a brief period of sharing. This is a time for progress reports, in which group members share successes, goals achieved or prayers answered.

One member serves as chairperson and opens the meeting by reminding the group of the presence of a Power great than themselves waiting to respond to their needs in a focused, personal way; all they need do is ask.

The chairperson then guides the group through the steps, one at a time. Each member responds out loud to each step, addressing the Master Mind in the presence of the group. The person serving as leader is responsible for keeping the group directed and focused on the MasterMind purpose.

Each member makes known his or her personal request and receives, in the process the full attention and support of every other member. As each person states his or her requests, other members respond in turn with an affirmation such as, I know the MasterMind has heard you and is providing you with what you have asked for.

Controlling Who is Speaking

Talked about having a 'Talking Stick' or 'Talking Feather' so that one person speaks at a time with no side-talking. All the focus and attention is on the person who is holding the stick or feather.

If one member dwells on his/her problems or attempts to usurp the group for their purpose, ask them to leave the group. This can be avoided by choosing your MasterMind Groups members carefully and having clearly defined rules that guide the group's functioning and activities.

MasterMind Group is not to complaint or Therapy Session. Listen empathically and give assistance/feedback as required.

3. WHAT IS A MASTERMIND PARTNER?

Dr. Anne Marie Evers shares some ideas about Master Mind Partners,

A MasterMind Partner is a person with whom you meet regularly in a spirit of harmony, trust and love and with whom you follow the prescribed steps into the MasterMind consciousness. A MasterMind partner listens attentively to the requests you make and affirms his or her complete support for you to become and achieve all you have requested.

A MasterMind partner is in a very real way, a member of a support group comprising the two or more people in the Master Mind Group. Members of a MasterMind group choose the person with whom they wish to be in partnership. All existing members of the group must agree upon admittance of any new partner.

A MasterMind partner is someone to call upon when support or guidance is needed. MasterMind Partners remain in close contact with each other, either in person or by telephone. The knowledge that spiritual support is as close as the telephone can be a source of strength and comfort when a group member is experiencing difficulties. There also is joy in being able to instantly share news of an answered prayer/affirmation with one who understands and joins you in your spirit of gratitude. MasterMind Partners listen and care. When necessary MasterMind meeting can be done by telephone with your facilitator.

A Master Mind partnership is community of equals. There is no one that is above anyone else. One partner is chosen or volunteers to be the caller, reminding other members of the meeting. The chairperson guides the others through the steps into the MasterMind consciousness (group think).

A Master Mind partner respects confidentiality. Because of the closeness of a MasterMind Alliance, deeply personal facts and feelings may sometimes be shared. Each member's ability and willingness to honor those confidences is essential to maintain the spiritual bond between members and within the group.

A MasterMind Partner believes in the miracle working power of the MasterMind. He or she has experienced dramatic improvements in one or more area of life - traceable directly to the Power of the Master Mind.

4. EIGHT STEPS INTO THE MASTERMIND CONSCIOUSNESS

1. I SURRENDER MY FEAR AND...

The strength of the MasterMind Group is founded upon the strengths and life experiences of its member jointly creating a collective consciousness or third mind if you will, which is greater than each individual mind. In terms of surrender, you must surrender your fear and mistrust in favor of trust, vulnerability, honesty, and openness with the other group members. This is something you grow into as a group. **This is why the group, at its initial meeting, determines the ground rules to be observed is so important. The clearer the rules and their assent by all, the more quickly the group will coalesce as a single unit and get on with the task at hand.**

2. I BELIEVE

I come to believe that by participating in The MasterMind Group, I can change my life.

3. I AM READY TO BE CHANGED

I realize that erroneous self-defeating thinking is the cause of my problems, unhappiness, fears and failures. I am ready to have my beliefs and attitudes challenged and changed so my life can be transformed.

4. I DECIDE TO BE CHANGED

I make a decision to trust my life to the MasterMind Group, and through my participation and sharing, I trust to be changed at depth.

5. I FORGIVE - (Forgiveness of Others and Self is central to Advancement)

I forgive myself for all my mistakes and shortcomings. I also forgive all other persons who may have harmed me.

6. I ASK

I make known my specific requests, asking my partners' support, in knowing that the MasterMind Group is supporting me, right here, right now!

7. I GIVE THANKS

I give thanks that the MasterMind Group is so supportive of me, my dream plan. Live in an attitude of gratitude and thanksgiving.

8. I DEDICATE MY LIFE

I now have a covenant in which it is agreed that the MasterMind Group is supporting me in an abundance of ways in all things necessary to live a successful and happy life through the realization of my dream.

So...

I give in the service of others. Seek ye first the kingdom of heaven and all these things shall be added unto you.

I dedicate myself to be of maximum service and to live in a manner that sets the highest example for others to follow and to remain responsive to their own internal guidance.

I now go forth with enthusiasm, excitement, and joy-filled expectancy.

I am at peace.

The above process is adapted from the 12 Step Process of AA

AA an Example of a Mastermind Group

AA is an example of a MasterMind Group.

- a) Its goal or focus is the sobriety of its members;
- b) they meet on a regular basis;
- c) members are accountable for their sobriety and actions past and present;
- d) there is a mutual support network in place to assist members to achieve the desired goal of the group;
- e) and the group follows the prescribed 12 step process/guidelines.

Inspirational Thoughts

"Plan for more than you can do then do it. Bite off more than you can chew then chew it. Attach your affirmation to a star Hold on tight and there you are!"

"Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so." - Belva Davis

"Make it so!" and "Engage" - Cap't Jean Luc Picard, Star Trek the Next Generation

The space between your dream and achievement of your dream may be a MasterMind Group away!

Remember its in you to "Dare to Dream" and to "Make Your Dream Come True"!

6. Planning and Tracking the Progress of Your Dream (Journal and Mind Map Your Dreams)

Learn to Journal and Map Your Success

You can always change or refine your dream. Dreams are malleable and subject to revision and all manner of change..

Choose a single journal or notebook for each dream.
Update as progress is made. Visit and read your dream daily. Mark it completed when it is done.
Use a binder with plastic inserts for each dream.
Use pictures and cutouts from magazines to add colour to your dream. Place a big Check Mark over when dream is realized.
Use the frequent reading and visit to your journals to update and refine your dreamscape.

7. Be Inspired and Be an Inspiration (Surround Yourself with the Inspirational)

Avail Yourself to
Inspirational Art & Music,
Books, Screen Plays and Theatre

Be Inspired by Great Men
with BIG Dreams
Dr. Martin Luther King Jr.
&
President John Kennedy

"I Have a Dream"

Dr Martin Luther King's Speech –
Aug. 28, 1963.
The Mall in Washington, D.C.
Manuscript of Dr. King's Speech

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize a shameful condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we

have come to cash this check — a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvellous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

As we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied, as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no,

we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony

of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snow capped Rockies of Colorado!

Let freedom ring from the curvaceous slopes of California!

But not only that; let freedom ring from Stone Mountain of Georgia!

Let freedom ring from Lookout Mountain of Tennessee!

Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, When we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

Inaugural Address

President Kennedy -

January 20, 1961.

US Capitol

Washington, D. C.

Manuscript of President Kennedy's Inaugural Address



Vice President Johnson, Mr. Speaker, Mr. Chief Justice,
President Eisenhower, Vice President Nixon, President Truman, reverend clergy, fellow
citizens, we observe today not a victory of party, but a celebration of freedom—
symbolizing an end, as well as a

beginning—signifying renewal, as well as change. For I have sworn before you and Almighty God the same solemn oath our forebears prescribed nearly a century and three quarters ago.

The world is very different now. For man holds in his mortal hands the power to abolish all forms of human poverty and all forms of human life. And yet the same revolutionary beliefs for which our forebears fought are still at issue around the globe—the belief that the rights of man come not from the generosity of the state, but from the hand of God.

We dare not forget today that we are the heirs of that first revolution. Let the word go forth from this time and place, to friend and foe alike, that the torch has been passed to a new generation of Americans—born in this century, tempered by war, disciplined by a hard and bitter peace, proud of our ancient heritage—and unwilling to witness or permit the slow undoing of those human rights to which this Nation has always been committed, and to which we are committed today at home and around the world.

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, in order to assure the survival and the success of liberty.

This much we pledge—and more.

To those old allies whose cultural and spiritual origins we share, we pledge the loyalty of faithful friends. United, there is little we cannot do in a host of cooperative ventures. Divided, there is little we can do—for we dare not meet a powerful challenge at odds and split asunder.

To those new States whom we welcome to the ranks of the free, we pledge our word that one form of colonial control shall not have passed away merely to be replaced by a far more iron tyranny. We shall not always expect to find them supporting our view. But we shall always hope to find them strongly supporting their own freedom—and to remember that, in the past, those who foolishly sought power by riding the back of the tiger ended up inside.

To those peoples in the huts and villages across the globe struggling to break the bonds of mass misery, we pledge our best efforts to help them help themselves, for whatever period is required—not because the Communists may be doing it, not because we seek their votes, but because it is right. If a free society cannot help the many who are poor, it cannot save the few who are rich.

To our sister republics south of our border, we offer a special pledge—to convert our good words into good deeds—in a new alliance for progress—to assist free men and free governments in casting off the chains of poverty. But this peaceful revolution of hope cannot become the prey of hostile powers. Let all our neighbors know that we shall join with them to oppose aggression or subversion anywhere in the Americas. And let every other power know that this Hemisphere intends to remain the master of its own house.

To that world assembly of sovereign states, the United Nations, our last best hope in an age where the instruments of war have far outpaced the instruments of peace, we renew our pledge of support—to prevent it from becoming merely a forum for invective—to strengthen its shield of the new and the weak—and to enlarge the area in which its writ may run.

Finally, to those nations who would make themselves our adversary, we offer not a pledge but a request: that both sides begin anew the quest for peace, before the dark powers of destruction unleashed by science engulf all humanity in planned or accidental self-destruction.

We dare not tempt them with weakness. For only when our arms are sufficient beyond doubt can we be certain beyond doubt that they will never be employed.

But neither can two great and powerful groups of nations take comfort from our present course—both sides overburdened by the cost of modern weapons, both rightly alarmed by the steady spread of the deadly atom, yet both racing to alter that uncertain balance of terror that stays the hand of mankind's final war.

So let us begin anew—remembering on both sides that civility is not a sign of weakness, and sincerity is always subject to proof. Let us never negotiate out of fear. But let us never fear to negotiate.

Let both sides explore what problems unite us instead of belaboring those problems which divide us.

Let both sides, for the first time, formulate serious and precise proposals for the inspection and control of arms—and bring the absolute power to destroy other nations under the absolute control of all nations.

Let both sides seek to invoke the wonders of science instead of its terrors. Together let us explore the stars, conquer the deserts, eradicate disease, tap the ocean depths, and encourage the arts and commerce.

Let both sides unite to heed in all corners of the earth the command of Isaiah—to "undo the heavy burdens ... and to let the oppressed go free."

And if a beachhead of cooperation may push back the jungle of suspicion, let both sides join in creating a new endeavour, not a new balance of power, but a new world of law, where the strong are just and the weak secure and the peace preserved.

All this will not be finished in the first 100 days. Nor will it be finished in the first 1,000 days, nor in the life of this Administration, nor even perhaps in our lifetime on this planet. But let us begin.

In your hands, my fellow citizens, more than in mine, will rest the final success or failure of our course. Since this country was founded, each generation of Americans has been summoned to give testimony to its national loyalty. The graves of young Americans who answered the call to service surround the globe.

Now the trumpet summons us again—not as a call to bear arms, though arms we need; not as a call to battle, though embattled we are—but a call to bear the burden of a long twilight struggle, year in and year out, "rejoicing in hope, patient in tribulation"—a struggle against the common enemies of man: tyranny, poverty, disease, and war itself.

Can we forge against these enemies a grand and global alliance, North and South, East and West, that can assure a more fruitful life for all mankind? Will you join in that historic effort?

In the long history of the world, only a few generations have been granted the role of defending freedom in its hour of maximum danger. I do not shrink from this responsibility—I welcome it. I do not believe that any of us would exchange places with any other people or any other generation. The energy, the faith, the devotion which we bring to this endeavor will light our country and all who serve it—and the glow from that fire can truly light the world.

And so, my fellow Americans: ask not what your country can do for you—ask what you can do for your country.

My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.

Finally, whether you are citizens of America or citizens of the world, ask of us the same high standards of strength and sacrifice which we ask of you. With a good conscience our only sure reward, with history the final judge of our deeds, let us go forth to lead the land we love, asking His blessing and His help, but knowing that here on earth God's work must truly be our own.

Be an Inspiration and Inspire Others

Be a Contributor to your Community.

Volunteer

Start a Local Community Project

Get involved in a Local Community Project already underway where your talents will be an asset.

Practising Random Acts of Kindness (Personally or as a Group)

STRATEGIES FOR AFFIRMATIVE LIVING COMMUNITY SHORTS MEETINGS

Random Act of Kindness Program

Background

We conducted a monthly meeting of Strategies for Affirmative Living and would pass a hat or container around to everyone at the end of the gathering. If they wished, they could donate whatever they could afford and place it in the container. Each member of the group also placed their name tag in the hat/container so they could have the opportunity to participate in the activity.

We asked a member of the group to pick a name from the hat/container. The person who was chosen was given all the money that had been collected. They were to give it to an individual, family, or group they felt needed it. None of us knew how much money was collected.

We also gifted them with a copy of Dr. Anne Marie Evers' book, Affirmations: Your Passport to Happiness.

We only asked that they:

1. choose who was to receive the gift as it is given as a Random Act of Kindness on behalf of the whole group.
2. come back to the next gathering and report on what they had done with the donated money.

Here a few of the stories that the recipients of the money shared with us.

The Random Act of Kindness Pot of Gold Story by W. S.

"She had the biggest smile on her face and she was radiant and beaming. It made me feel good and fulfilled inside."

"I was very excited when I won the Random Act of Kindness Pot of Gold. I had a feeling that I was going to win it that evening, in fact I just knew it and I was thinking to myself what will I do with the money?"

It is such a great idea to collect this money from our Sunday Evening Group 'Strategies for Affirmative Living' and then perform a random act of kindness on their behalf.

I waited until I felt there was an opportunity. I chose a place where I thought it would have the most impact – a meeting where people get together to help others to love themselves and increase self-esteem.

I thought about it, reflected on it and I decided to give the huge basket of food that I had purchased from Save On Foods to the tenth person to walk through the door of a meeting I was attending. When I was carrying this basket out to my car after I had purchased it, many people commented on how beautiful it was. The girl I gave it to was very surprised and kept asking me what she could do in return. I explained it was not from me alone, but it was given on behalf of myself and a group of people. She was so excited and her excitement rippled out to others.

Then as I sat in my car, she walked past me and she did not notice me sitting there. She had the biggest smile on her face and she was radiant and beaming. It made me feel good and fulfilled inside. For me it was a powerful, positive and moving experience. And it felt so good to do an unselfish act!

My sister Vicky was so proud of me that she had tears in her eyes when I told my story to our group Sunday evening."

Random Act of Kindness Representative by S. S.

"It makes such a difference when we all practice positive thinking and loving-kindness."

I notice that when I work with seniors how most of them respond to kindness. I feel so honoured and happy to be in a position to say kind, encouraging words to them. I feel that I get my spiritual food to help them from the Sunday gatherings of 'Strategies for Affirmative Living,' and doing affirmations.

I talk about affirmations, which I learned from Rev. Anne Marie Evers and quote words from her book, Affirmations Your Passport to Happiness.

It is wonderful to help others to turn negative statements into positive ones. A negative thought can be changed into a positive one. It is also important to believe that you deserve good things in your life and to really love yourself.

I can always find something in the book to quote to help and uplift the people I work with. It makes such a difference when we all practice positive thinking and loving-kindness. To be able to look into a person's eyes and see the gratitude makes me feel that everything is worthwhile. I am also telling my co-workers about affirmations and am encouraging some of them to start doing them.

Random Act of Kindness Representative by D. S.

"I feel more open to receive and experience life in a deeper, more meaningful way. "Since I met you, Anne Marie and Michael and become a part of the monthly Sunday Meetings 'Strategies for Affirmative Living' and being actively involved in the Random Acts of Kindness exercises, I have received many benefits. Also I just love being involved in the Random Act of Kindness.

It is neat how we as a group donates whatever we feel led and then we pick a name of one of the people present and give them the group's money to perform a random act of kindness. The person has a month to plan, think about and decide what to do with the money. All they need to do is report back to our group and tell us what they did with the money, and how it made both the recipient and giver feel. No one ever knows where it came from. That entire person says is that it is from her and a group of people who want to make a positive difference in other people's lives.

In the process of giving, I have been become more open to receiving more good things in my life. To mention a few, I joined my daughter's group when they were doing a play. I tagged along hoping someone in the group would have an extra ticket. I knew it was a 'sold out' performance. A lady asked me if I was waiting to purchase a ticket. Later, she said she had an extra ticket. I asked her if I could pay for it and she said, "No I was given some extra tickets."

Also on Christmas Eve one of the people that worked in the grocery store offered me a whole box of poinsettias free. I said, "No thank you, I'll just take one." I do my affirmations regularly and feel that they really help me.

I feel more open to receive and experience life in a deeper, more meaningful way. If we are happy on the inside, it shows on the outside. It is all a matter of thinking, acting and being positive.

RANDOM ACT OF KINDNESS REPRESENTATIVE by K. W.

When my name was pulled at the weekly Strategies meeting to be the receiver of the Random Acts of Kindness donations, I was very honoured and wondering how I would handle the situation. I drove down town to conduct some business and I noticed a young homeless man living under the bridge. I said to myself, “If he is still there when I come back, I will give him the book and the money.” On my trip back to the North Shore I looked over and there he was. I beckoned to him to come to see me. Then I said, “I have something for you. First of all this book on Affirmations will help you change your life and keep on providing you with positive information, Affirmations, little exercises, etc. and also I want to give you this money.

This money will help you right now. The young man looked a little stunned at what was taking place and said, “Where are you from, what organization?” Keith smiled and looked at him and said, “Oh this is just from a group of Angels wanting to help and make a difference.” Keith reported that he had to make another trip later that day using the same route. When he looked over to where the young homeless man had been sitting, he saw him sitting there reading Dr. Evers’ book.

Keith reported his own feelings of deep gratitude in being able to actually help another person on this level. He said it gave him a good feeling all through his body, a type of gratitude and thankfulness he had never experienced before. He was rather surprised at how the giving of these gifts affected him—the giver.

RANDOM ACT OF KINDNESS REPRESENTATIVE by D.

I was very surprised when my name was drawn at the Strategies Meeting for me to be the give of the group Random Act of Kindness. I eagerly accepted the gift of the Affirmations book together with a can of money. I know that neither Anne Marie nor Michael knew how much money was in there.

I took the money home and showed my husband., I was wrestling with the idea of giving the book and this money to my friend, who was a single parent struggling to make ends meet. And I knew that Christmas was coming in a couple of months as well.

I talked it over with my husband and he asked me if anyone had specified how or where to give the donation. I said no all I was asked was to find a person that I thought would benefit and give them the money with no questions or stipulations. He thought for a moment and then said, “Well dear if they did not specify, why not give it to J., Lord knows she could really use it and the book could help her think more positively.”

I thought about what he said and decided to give the money to J.. Well let me tell you, it was just fantastic. We both sat on the floor and counted the money, coins and bills and came up to the figure of \$141.00!

We both cried and hugged each other, and she asked me where the money came from. I said for a group of concerned, lovely people. I will never forget that evening the feeling that came over me. I was so honoured to have the privilege of administering this wonderful Random Act of Kindness from the group.

Thank you, thank you, thank you for allowing me this privilege.

RANDOM ACT OF KINDNESS REPRESENTATIVE by S.

I was very excited when my name was picked to carry out this Random Act of Kindness duty or I should say Gift. I spend quite a bit of time thinking about how I would spend this money and who I would give it to. I was taking a class and was friendly with a young girl, Lisa. She always had a happy smile, but I could tell she was very poor. She confided in me that she would love to take a course that would enable her to work with seniors. She said she was saving the money and it cost around \$200.00. To this point she had saved about 47.00.

Just then the idea hit me. Why not help her take the course which would help her and the Seniors and be to the good of all that they always teach at the group. So I asked her to spend her lunch break with me. I would buy lunch. She was delighted. Just after we finished our lunch, I pulled out the Affirmations book and the money. I had put the money into a beautiful golden satin draw string bag.

“This is for you Lisa,” I said with a smile and my hand was shaking.

She looked at me and said, “For me?” How nice. I can’t thank you enough.”

I showed her the book and then I asked her to open the bag and see how much money was in there. I had not counted it myself and was curious myself.

She started counting the money and with tears streaming down her cheeks, said, “I can’t believe it, I can’t believe it. Is this really happening?”

Yes it was real. She asked where the money came from. I answered from a group of Angels on the North Shore to want to do their part to help people.” Totally amazing but there was \$152.80!

“Awesome, totally awesome” she said, "Now with the forty some dollars I already have I have enough money to take the course.”

She added the figures together and said, “Unbelievable it comes to \$199.80!”

I felt as if I had been given the greatest gift of all, the gift of love, help and money to give to her! She signed up for the course when we got back from lunch.

Everyone wondered why she was so happy and couldn't stop crying at the same time. She shared the story with the other students and it was neat to watch the look on their faces and their reaction.

Just think what ONE Random Act of Kindness can do!

Thank your Strategies Group for making this wonderful experience possible for me.

One Further Inspiring Story

James Harvey: The Man Behind the Affirmations Music Program

as told by, Dr. Anne Marie Evers

James was a homeless young man living on the streets of Vancouver, BC when he started reading a copy of my book, [Affirmations Your Passport to Happiness.](#)

He memorized the 'Short Form Affirmations' at the back of the book; and because he is a musician, he put the words to music and recorded them. This permitted him to listen to these positive Affirmations over-and-over again, whenever he needed to hear some positive words of encouragement.

Many unexpected things began happening in his life. One of which was, he found a wonderful place to live with a very special 87-year-old gentleman, Richard (Daddy) Babbs.

When James called me, he said, "Hello, Anne Marie, this is James, and you will never believe my story." I replied, "Yes I will."

We met a short time later at a coffee shop and he told me about the wonderful events that were happening in his life due to creating and repeating his affirmations.

He shared with me that he was receiving clothes, musical equipment, a computer, and many other useful things for which he had been affirming. He also said that he was now teaching preschoolers, and he made a commitment to actively pursue a musical career.

James asked me how he could give back for the blessings he had received. I asked him if he could put together a musical CD with positive, happy, fun lyrics that could be used in the children's anti-violence program. James agreed to do so, and he created the music and lyrics. James enlisted the support of a group of young street musicians he had met on the streets of Vancouver to help complete the project.

The music records the musical talent of this group of young street musicians and children singing happy, uplifting songs interspersed with Richard (Daddy) Babb's voice. Sadly, Richard passed away a few years ago, but his memory and voice will always be with us.

It is our hope that these songs continue to inspire and help children and families worldwide.

Thank you, James! You are a great inspiration to everyone

Inspirational Resourceconsider these!

Listen to inspirational teachers, podcasts, radio programs from the 20th and 21st Centuries on You Tube and other Social Media Platforms.

We strongly recommend listening to and taking any courses offered by these individuals.

Our Top Picks are listed below.

"The Strangest Secret" by Earl Nightingale

The Strangest Secret is a broadcast in which Mr. Nightingale outlines strategies to get what you desire most in your life. Available on You Tube.

"The Master Key" by Charles F. Haanel

The Master Key is a program written by Charles F. Hananel in the early 20th Century and is a program that is still used by many to this very day. It is a timeless and thoughtful work that many have used to their benefit. Available on You Tube.

"Master Key System to Riches" by Napoleon Hill

The Master Key System to Riches is a broadcast in which Mr. Napoleon Hill outlines 17 strategies to get what you desire most in your life. Available on You Tube.

Some Musical Scores Worth Listening To, Learning, and Singing



**Take a Moment to Listen to 'High Hopes'
sung by Frank Sinatra and a Group of Children**

Teach Yourself and your kids the whole song.

Sing along with the kids on the video.

Take a Moment to Listen to 'Ac-Cent-Tchu-Ate the Positive'

Johnny Mercer / Harold Arlen

Teach Yourself and your children to sing the chorus.

Both are Available on You Tube.

**IT'S TIME TO START FILLING
MY LIFE AFFIRMATION TOOL BOX
with
SOME NEW
LIFE AFFIRMING STRATEGIES**



**starting with these
never to be forgotten**

THREE KEY DAILY PRACTICES



Practice Daily Forgiveness

Forgiveness is the first step in moving forward in one's life.

One must learn to forgive oneself as much as forgiving others.

Forgiveness frees up the person who is doing the forgiving.

All the time, energy, and effort that is invested, in the alleged incident, is set free to be used for other more positive and productive activities of one's choosing.

Determine if holding onto unforgiveness is more valuable than forgiving.

Determine if the quality of life is improved by forgiving yourself and others.

Which is more valuable? Which holds the greater charge or feeling (emotional-connectivity)?

Important Note: Be aware that the resentment and anger one is carrying, as a result of one's unforgiving attitude, may be a solo activity because the other person, whom you are not forgiving, may be completely oblivious to the perceived infraction you allege they have committed against you. They may have moved-on long ago and are puzzled by your continued peculiar behaviour towards them.



Practice Daily Gratitude/Thankfulness

Practice an Attitude of Gratitude is not a new idea.

Practising an Attitude of Gratitude has been expressed throughout the sacred scriptures and in the philosophies of humanity across time and place.

The Practice of Gratitude (Giving Thanks) appears to be a social behaviour in which humans engage.

Why proclaim one day a year, "Thanksgiving Day"?

Make everyday, "Thanksgiving Day"!

Practising being thankful has physiological and psychological (feel-good) benefits.

Practising being thankful curtails cynicism.

Practising being thankful fosters an attitude of contentment.

Activity - Say, "I am thankful for _____ ." upon rising, at noon, and in the evening before retiring.

Activity - Record and Journal all you are Thankful for throughout the day for a time period of your choosing.

Say, "Thank you!" when someone does something kind for you.

Practice Daily Generosity

Myth-Generosity is limited to the act of giving money.

One can be generous with one's financial reserves, this is true, but generosity covers much more than this.

One can be generous with one's time - volunteering, visiting the elderly, shut-in, the lonely.

Be generous with one's expertise, knowledge, advice and wise counsel, insights, reflections, ideas and achievements, etc.

Be generous with one's skills and talents.

Be generous with one's person - sense of humour, voice/singing, sense of artistry, hobbies, etc.

Practising Generosity acts as a governing-rod to greed.

Practising Generosity, like being thankful, has positive physiological (feel-good) benefits.

One should never be guilted into generosity for the purpose of personal ego.

Give wisely. Do not be generous to a fault, that is to one's and/or another person's harm.

Be generous and give without expectation of return, especially with family and friends.

Practice Daily Forgiveness

Forgiveness is the first step in moving forward in one's life.

One must learn to forgive oneself as much as forgiving others.

Forgiveness frees up the person who is doing the forgiving.

All the time, energy and effort that is invested in the alleged incident, is set free to be used for other more positive and productive activities of one's choosing.

Determine if holding onto unforgiveness is more valuable than forgiving.

Determine if the quality of life is improved by forgiving yourself and others.

3. A Code for the Road Share Your Code with Others You Trust!

In 1969, Crosby, Stills, Nash, and Young released their hit song, "Teach Your Children", written by Graham Nash.

In the opening lines of the lyrics they sing,

“You who are on the road
Must have a code that you can live by
And so become yourself
Because the past is just a good-bye.”

Like all who have gone before, "you are on the road". And like them, You "must have a code that you can live by" and "so become yourself" because "the past is just a good-bye."

Before we proceed, let's take a moment to reflect upon and define the meaning and purpose of a code.

In our world we encounter all types of codes such as Building Codes, Codes of Conduct or Codes of Behaviour, Codes of Ethics, Penal or Criminal Code, Military Code of Conduct or a Military Code of Honour, and the such. We have Computer Codes, Genetic Code, Dress Code, etc.

Definition: A code is a series of statements, rules, or regulations that identify and determine a set of behaviours which inform its adherents to uphold. Failure to do so has consequences. It is similar to a set of guidelines, but usually possessing some legalistic qualities.

A Code identifies the narrow road upon which the adherent safely travels veering neither to the left or to the right. It is much like travelling a narrow pathway to reach one's final destination.

Codes either internally or externally created and enforced. A Code is like a plumb line

with which you can measure your relationship to the intent and pronouncements of the code.

Codes are not immutable nor eternal. Some aspects of Codes can be modified if not completely rewritten.

Listen to
"Teach Your Children", written by Graham Nash.
Sung by Crosby, Stills, Nash, and Young, released 1969

Available on You Tube

Basics for Writing Your Own 'Code for the Road'

Consider the following statements as a **possible default position from which to proceed** with your life.

1. I can take charge of my life and plan my destiny by equipping myself with proven and effective self-improvement, personal-growth, professional development, and self-help strategies.
2. I do not have to recreate everything myself; I can research and learn from what others have discovered on their life's journey. I can apply those principles that are useful to me in my current situation. "I Choose Wisely."
3. The best way to predict my future is to plan for it and create it.
4. My future is dependent upon the decisions I make today. My future lives in today's choices.
5. I can always change the direction of my life by making new choices. 'Course correction' is always an option open to me!
6. If I 'DARE to DREAM IT', it is up to me to 'DARE to LIVE IT'!
7. I can live a responsible, accountable, and fulfilled life to my good, the good of others, and the good of the planet.



Create Your Own Code for the Road

For our purposes, let's consider our code a series of guidelines, parameters within which we choose to live our lives.

Start by looking at some Codes that are available online to get some ideas.

Carefully choose the **BIG IDEAS** you want to include in The Code for My Life.

Try to write it in few words as possible.

Choose only the most powerful and meaningful

4. “To Thine Own Self Be True” A Quotation from Hamlet, William Shakespeare

Polonius is giving his son Laertes some advice about how to take care of himself when he ventures forth out into the world. This is the meaning of, “To Thine Own Self Be True” in Shakespeare’s Day and its meaning in Hamlet. It was a Code for the Road.



1. Fatherly Advice as His Son Readies to Sail

And these few precepts in thy memory

Don’t always say what you’re thinking, and be slow to act, don’t be quick to act on what you’re thinking.

Be friendly to people but don’t overdo it.

Hold your friends, those that are tried-and-true, close to your heart.

But don’t waste your time shaking hands and befriending every new person you meet, especially

those fair-weather friends.

Don’t be quick to pick a fight, but once you’re in one, hold your own.

Listen to every man but share your inner-most thoughts and insights with few.

Hear everyone’s opinion but reserve your judgment as to what is said.

Base your spending habits based upon the money you have. When you buy, spend what you can afford on clothes, and make sure they’re of quality, not flashy, since clothes makes the man. This is especially true in France.

Neither a borrower nor a lender be, since you will often lose both the friendship as well as the money, and borrowing lessens a person’s desire to work and earn a living.

And, above all, be true to yourself. As sure as night follows day, you won’t be false to any other person.

Good-bye, son. **I hope my blessing will help you absorb what I've said.”**

A Lesson from Grammar School Learn Your Traffic Signs for the Road Ahead



3.2. The Power of the 'Comma - Pause'

Take time for a brief pause from the run-of-the-mill to observe one's life, one's thoughts, words, and deeds; and then change the direction and quality of one's life's experience, if one desires to do so.



4.3. The Power of the 'Question Mark'

Ask, "What is the one thing that I can do differently today to change the quality of my life's experience?" Answer the question in the affirmative...and then commit to going and doing it!



5.4. The Power of the 'Exclamation Mark'

Declare what you are going to do and follow through. Exclaim, "The one thing that I do today to change the quality of my life's experience is _____!" ...and then go do it!

5. Be "Quotable" Leave a MEMORY of a Positive and Edifying Encounter

5. The Power of the "Quotation Marks"



Be the Cause of Your Life! and Cause the life you want to be!

Be Thoughtful and Make Every Moment of Everyday Count!

Prove Yourself to Be Worthy of Being Truly Human!

-- In Thought, In Word, and In Deed!

Be quotable for the right Reasons

Remember, Your actions will speak louder than your words!

7.

8. "Another Lesson from the School House" Learning to Ask the Right Question

1. The Power of the "Question"

In elementary school, one of the first lessons we learned about writing a really good story was to remember to ask and answer the six most basic questions a reader would want us to answer.

They were: **Who? What? How? Where? When? and Why?.**

Dare to ask these most basic questions to gain clarity about your life and

"Be the Cause of Your Life!" and in so doing **"Cause the life you want to be!"**

Every good author, screen writer, project manager, planner, and executive will have these questions foremost on their mind. They will want answers to these questions before proceeding with their projects.

Should it be any less important for us who are engaged in the personal project called, 'My Life'?

Warning: Always remember, "*Before you ask a question, be prepared, you may not like the response you get.*" If you ask such a question and get such a response, you may have some ground-work you need to do before you proceed with your Dream Action Planning. **Remember:** We question because we want to know; we want to discover!



The REALLY BIG QUESTION to ASK

“What is here for me to learn about *myself* and *others* that is not *immediately obvious and evident to me now*, in the present situation?”

2.The Importance of the BIG Question

Why is this question so important?

It recognizes that we are not always conscious of what we are doing and why we are acting or responding in such predictive and almost predetermined way.

Sometimes we are simply living in auto-pilot mode based upon a misunderstood event or an ill-spoken word long since forgotten and buried deep in our unconscious.

The question has some 'key words' that sound like other words allowing us to drill down into the subconscious.

One 'key word' is the word *apparent* which sounds like two separate words, 'a' and 'parent'. What is being asked then is, "What is the parent, the source code (DNA, parent file) from which my experience of the world proceeds when I am in situations like these.

A second 'key word' is the word *obvious*. This word clues us into the fact that the source and its ensuing behaviour(s) are observable, but just not to me, right now, for whatever reason. Others may be impacted by my actions and reactions, but I am unconscious and oblivious to their existence. If I am, I may say something like, "Its just the way I am."

The third 'key word' is the word *now*. This word focuses the attention of the question and questioner in the present situation. It sets the time frame in which the person is, in a specific time, space, and place.

Jacques Lacan, French Psycho-analyst, wrote, "I see from one point but am seen from many." This question drills down into our psyche and allows us to see that 'other' points of view exist.

This is something we often forget or don't want to acknowledge as it may undermine our cherished point of view.

If I can be mistaken about one thing. It opens me up to the possibility that I may be incorrect many other assumptions I hold dear and as indisputable and inerrant fact.

More from the Schoolhouse-I didn't Realize I Learned SO Much!

3.The Power of the Spoken and Written Word

4.Choose Your Words Wisely because

5.Words Can Cut Deeply or Edify Greatly!

Another lessons we learned about writing in elementary school was to "*say what we meant*" and "*mean what we said*".

We were taught to choose the word or words that said it best, a word that would do when no other word would do. We were taught to choose the word that would have the most impact upon the reader creating a memorable sensory experience.

We did this by **choosing our words wisely and in order to do this we had to improve our word selection capability and capacity by improving our vocabulary.**

We improved our vocabulary by reading exceptional literature, viewing award-winning cinema and documentaries, listening to prolific radio/podcast talk-show hosts, engaging in informative debates and dialogues, and listening to intelligent conversations of those around us. We learned to be better word-smiths through engagement in such activities, whether actively or passively, sitting on the side-lines.

Mind Your Words because

a 'word-in-kind'

may come back to you as

a 'kind word'!

3. More Strategies Worth Considering

9. Explore These Options...

10.1. As a Person Thinks, So the Person Is!

1. We all confirm and reaffirm our way of dwelling in the world, each and every day of our lives, whether in the positive or in the negative.
2. These self-affirming statements that we impose upon ourselves confirm and exercise a powerful influence on how each of us will live our lives.
3. The results are found written into the fabric and tapestry of our daily lived experiences.
4. They are expressed in our thoughts, words, and deeds, what we think, what we say, and what we do (what we commit to and what we omit from our life).
5. Therefore, think on these things, whatsoever is good, highest, and noble! *To your highest good and the good of others*

2. Take the Opportunity to Learn About Yourself and Others

Learning refers to gaining knowledge and skill through study, observation (one's patterns in speech and behaviour - thought, word, and deed), and personal experience.

Learning is a Life-long process. Every experience constitutes an opportunity to learn something about oneself and others. Learning, inherently, requires the acquisition of knowledge and skills. It may involve one in the process of unlearning old, ineffective, and troublesome patterns and, at the same time, introducing new and/or strengthening existing effective and highly beneficial strategies

3. Learn “Communication Styles-Using Neuro Linguistic Programming (NLP)”

1. The primary purpose of engaging in the use of NLP is to enhance communication among individuals, to encourage a healthy and fruitful dialogue.
2. This is accomplished by understanding one's own communication style and that of others.
3. Some individuals will use the strategies they have learned to dominate and manipulate the conversation's outcome in their favour. *Avoid the temptation to do this!*
4. Each of us has a dominant way with which we communicate. Learning this will be beneficial to you and others.

An NLP Approach to Communication

Neuro-Linguistic Programming uses the sensory system of human beings as its basis for determining Communication Styles

Visual (Sight – Seeing) Largest group in the population

Auditory (Hearing) 2nd largest group in the population

Kinesthetic – (Touch/Feel) 3rd largest group in the population

Gustatory (Taste) Least present in the population

Olfactory (Smell) Least present in the population.

Copyright 2007 Strategies for Affirmative Living and Learning Story

Important Note: It is my responsibility to initiate and open the channels of communication and understanding. Particularly if I understand the nature of the communication style of the person with whom I am communicating.

I transition to their communication style by using the words of their style.

I seek to understand and to be understood.

I do not insist that they change their style.

I change my style to match their communication style.

The Rule:

I work to understand you and make the necessary transitions and course (chorus) corrections in my language in order to have open dialogue.

In other words, this bares repeating, I match your communication style so the we can understand each other.

The one who knows about language styles is the one (won) who makes the transition. (No temper tantrums; No why is it always me!)

A Further Note: If I really value the relationship, the desired outcome, what I want to create, I am the one who must willingly make the transitions to the other's Communication Style with gratitude and joy.

I willingly transit the communication gap because I know when I do, I am that I improve the probability of getting that much closer to creating what I want in the relationship or what I want to create.

Copyright 2007 Strategies for Affirmative Living and Learning

Some Insights about Using a Communication Model

1. People respond to their map of the world, that is, everyone lives in his/her own unique model of the world.
2. There is no failures in communication, only outcomes/results.
3. The meaning of communication is in the response it gets.
4. If what you're doing is not working do something different.
5. You cannot, not communicate. However, you can miscommunicate or, better still miss-communicate, that is miss to communicate what you wanted to be communicated in the first place.
6. Individuals have all the resources they need to achieve their desired outcome.
7. There is an intent behind each and every behaviour.
8. People are more than their behaviour.
9. The positive worth of an individual is held constant, while the value and appropriateness of internal and/or external behaviour is questioned.
10. Mind and body are part of the same system and therefore changes in one part of the system affects the other parts.
11. Having a choice is better than having no choice.
12. People always make what they perceive to be the best choices available to them, given their unique model of the world and of the situation.
13. People have all the resources necessary to make any desired change.
14. There is no substitute for clean, open sensory channels.
15. Resistance you get is a comment about your inflexibility as communicator; if what you are doing is not working, do something different.
16. In interactions among people, the person with most flexibility and variation of behaviour can control the outcome of the interaction.

Copyright 2007 Strategies for Affirmative Living and Learning

How Do I Know the Other Person's Communication Style

Note: Most People have a dominant communication style from which they operate.

| Style | Language Alerts |
|--------|---|
| Visual | >>>> Images, Sight, Seeing I see what you're saying; I can see it now; Didn't you see it |
| Sight | coming; Didn't a red flag go up; Picture this; visualize; "I can see a bright future for myself" |
| Seeing | Things seem dark and cloudy; light and clear; it's black and white; Can't you see it; Didn't you see the signs; Imagine that; picture that; point of view; survey; glimpse; notice; observe |

| | |
|---------------------|---|
| Auditory Hearing | >>> Sounds I hear you, Sounds like; Sounds good to me; Didn't the alarm go off; I hear what you're saying; heed; listen; gage, measure, probe; express; I'd like to report;; state; declare; command; direct; signal; rephrase; utter; |
| Kinesthetic | >>> Touch or Internal Feelings How does that make you feel when...; Feels good to me; Feel great; I'm a little uneasy about...; Cool; "I can feel that we will be comfortable"; unhappy, happy, powerful, confident, I got a handle on that; That was harsh; sentiment; sensible; tenderness; impression; emotion, heartstrings; atmosphere |
| Gustatory | >>> Taste Sweet; Now that's a delicious tid-bit; relish; savor; a dash of; a hint of; now that's a mouthful; that wets my appetite |
| Olfactory | >>> Smell Ah, the sweet smell of success; a whiff of; That stinks to high heaven; aroma; fragrant; on the scent of the trail of...;detect, odor |

Copyright 2007 Strategies for Affirmative Living and Learning

Three Summary Stories which will Help Us Get the Big Picture (Visual Clue) about NLP Communication Styles

1. Almost A Divorce due to a Communication Failure

Dr. Evers related that she had an occasion to meet a friend for lunch. Her friend told her, her marriage was on shaky ground and she was contemplating a divorce. She indicated that although she still loved him, they were just unable to communicate. It had always been a problem and there didn't seem to be a remedy.

Dr. Evers asked her if she had ever heard of NLP before or anything like it. Her friend said she hadn't. Dr. Evers explained the basic structure to NLP to her friend who upon hearing it realized and understood the problem. She was primarily a Visual learner and communicator. Her husband was an Auditory learner and communicator.

Learning this she determined to take control of the situation and use her husband's communication style.

A year or two passed since their meeting and if by chance, Dr. Evers meet her friend again. Dr. Evers asked how she was doing.

She reported back that NLP had saved their marriage. They were now communicating with clarity and mutual understanding using each others communication style.

2. The Sweet Smell of Success

Dr. Evers related that she had an occasion to meet a businessman who met her at a place of his business. To Her surprise it was at a Waste Management Landfill Site. His Business was garbage removal and management.

They met at his office and then went outside.

He took a deep in breath through his nostrils and said with delight, “Ah, the sweet smell of success!”

Dr. Evers concluded he was right. He was olfactory. That smell equalled success, and more importantly, he knew the smell of financial success.

3. The Right Word

A school Administrator Principal relayed the following story about an encounter he had with a Grade thee student at the school.

The student had been involved in an altercation with another student at the school and was retelling his story to the Principal.

Once the child had completed his retelling of the events, the Principal thought he’d give a brief summary of what he heard to ensure that he had heard correctly. In the process of his retelling the student’s story, he said, “So, you’re telling me that _____.”

The student immediately replied, “No, I said, _____.”

The Principal smiled and told the student he understood.

The word the student chose was the word that best described the events as told. No other word, even a synonym, would do. He had used the “Right Word”.

Guidelines for Effective Communication

Guideline 1

1. Listen! Listen! Listen!
2. A message from Nature: Two ears one tongue (mouth)
3. Natural Law: Listen twice as much before you utter one sound.

Guideline 2

1. Match the communication style of the individual with whom you are communicating.
2. Law of Attraction: More gathers more—understanding gathers understanding
3. Law of Cause and Effect Seek to understand and then be understood.

Guideline 3

1. Be interested in them – in their thoughts and their interests (Especially true in terms of relationships).
2. Put the person with whom you are communicating first.

Guideline 4

1. Practice Real Listening

2. Real listening requires that you withhold the formation of your thought and response before the other person is finished communicating.
3. Listen to every word, every nuance and intonation in voice, every cue.
4. No interruptions.

Guideline 5

1. The Strategic use of Silence
2. Speak only after a brief time lapse after the other person has stopped talking.
3. Note: Cultural uses of silence.
4. Do not assume that silence means agreement. In some cultures, however, it may mean exactly that.
5. Do a Communication Experiment: 2 seconds of silence; 5 seconds of silence; 10 seconds of silence; 20 seconds of silence

Copyright 2007 Strategies for Affirmative Living and Learning

Note: Silence gives you time to create thoughtful and appropriate responses that are appreciated by the other person involved in the conversation.

Most individuals are already forming their reply before the other person has had a chance to complete speaking.

Note: Imagine, what conversations would sound like if those silent thoughts were verbalized as the other person was talking.

Effective Communication???? You be the Judge.

Guideline 6

1. Red Herring
2. A Red Herring is throwing a statement that is often unrelated to the present conversation into the communication to redirect it and refocus it away from the current item up for discussion.
3. It is often unexpected, decenters the other person, and refocuses the entire discussion.
4. People do this when they feel threatened.
5. Often the remarks of the redirect will be personal and venomous.

Guideline 7

Use Non-defensive language. Use words that encourage thoughtful communication and provoke more open communication.

Guideline 8

Language of Entrapment Same old Same old responses

Guideline 9

1. Content and Context are Important

Guideline 10 Rules of Engagement

1. Time

2. Place

3. Space

4. Agreement and Contract to follow through ... the to do!

Keep a family log, a Family Covenant Book - and sign it.

You have a Wedding Book—Keep an ongoing Family Covenant Book

4. Learn about "Personality Type Inventories for example the Meyers Briggs and the Kiersey Sorter.

5. Intelligences beyond IQ Testing such as individuals who are Musical (Music Smart), Body Kinesthetic (Body Smart), Interpersonal (People Smart), Verbal-Linguistic (Word Smart), Logical-Mathematical (Logic Smart), Naturalistic (Nature Smart), Intrapersonal (Self Smart), Visual-Spatial (Picture Smart).

6. Strategize/Strategy/Strategies (You are the Chief and Master Strategist)

A strategy is a plan of action designed to achieve a specific and desired outcome in a skilful and efficient manner. It may also be described as a tactic, methodology, or a course of action one learns and practices for the short-term or long-term to get a desired result. Generally speaking, a strategy is the art and science of planning, directing, and implementing an activity.

The person who formulates a strategy or strategies is known as a strategist. A strategist sets the priorities and the process whereby the desired outcome is achieved. Each strategy, that the strategist designs, addresses six essential and crucial questions.

The strategist is focused on the desired outcome. Flexibility in planning allows the strategist to respond to all unforeseen and unexpected events. This allows for the in-breaking of creative solutions which are not planned. The strategist is able to continually reevaluate and reformulate the action required to achieve the desired outcome or establish a new direction altogether.

Purposefully and deliberately network with dream supporters. Form a Mastermind Group and support one another in accomplishing each of your dreams. Network and share your talents forming joint ventures when feasible; exchange services and ideas and grow rich.



The Gift of CAN

Imagine It is Your Birthday

You are at a party that a group of friends is having for you. Your friends have pooled their money for just the right gift for you.

It is now time to open the gift.

You are excited and expectant about the prospect of the gift. You shake the box.

You note the expensive wrapping paper and care with which the gift is wrapped.

You admire the wrapping.

You smile at your friends.

They smile back encouraging you to open the gift.

You tear into the gift. You quickly sort the tissue paper out of the box and you see the gift.

You look at your fiends; look at the gift; and look at your friends in disbelief.

"Why did they get you this?"

You thought they were your friends?

"Is this some joke? Some trick?"

"Is there another gift somewhere else? "

"That's it! It's a code for another gift."

You're right it is, but not the code you are thinking of.

You look at your friends; they are still smiling at you and encourage you to lift the gift out of the box. You do.

You are puzzled by the gift.

They continue to smile, and tell yo, "This is the gift for the rest of your life."

You are even more puzzled now because it is unlike any gift you have ever received in your life, that is, until now.

You wonder, "Why would they give you a tin can for a gift and then say it is a gift for the rest of your life"

They encourage you to examine the can very carefully.

You notice that it is open at one end, empty, very clean, has no label, cylindrical, and it has ribs that circle the container.

"A gift for the rest of my life," you muse.

Then a whimsical smile overtakes your facial features.

Then your mouth blooms into an all out smile.

Laughter erupts from the center of your being.

You now understand the intent of the gift.

Your friends join you in your new-found joyous laughter.

You understand that your life is like very much like this can.

Empty and ready to be filled with whatever the content you wish.

It lacks a label, so you can create whatever identity you wish; it's your brand.

It is open at one end so the contents can be replaced or modified at will.

You are the designer and presenter of your can among the many cans in the world.

Your friends smile knowingly that you've finally got it!

You now open the card and read its message:

The Gift of Can Is Yours forever! Use it wisely!

Commit with Courage

Act with an Attitude that says,

Notoriety, "Nobody CAN do it like I CAN!"

Signed, Your Friends in the CAN!

The BIG PRINCIPLES You Really Need TO GET!

You are the Architect of Your Life.

You have actively or passively, been involved in creating your life to this point.

If you have created this, your current way of dwelling in the world, you can also recreate it.

You can redesign it by learning and actively, consciously, and consistently applying new strategies to get the desired results you want.

You must ACT!

Your current way of dwelling in the world is only one way among many ways of dwelling in the world.

When you were a child you dwelt differently that when you were a teenage than when you are an adult.

You set the *in-vironmental (internal)* and *environmental (external)* parameters and controls for your existence, your being in the world.

To Grow, Renew, or Transform your world,
YOU must practice the ART of ACTION Taking.

You are the only common denominator and only constant in your life.
All others come and go at your invitation!

7. Track Your Language and Behaviour

Purposely and consciously watch your behaviours and most importantly, the language that you use. Is the language uplifting and edifying to you and others or is it degrading and negative, full of invective and put-downs? The purpose of engaging in the practice of tracking is to (1) Enhance the Results you Like, and (2) Change the Patterns you Don't.

Track Your Language and Behaviours Patterns to Learn About Words You Use Most Often and When You Use Them; Discover Your Personal Power Words; and above all, Learn to "Journal for Results"

Living is both an art and a science of self-discovery as it relates to one's physical, mental, emotional, and spiritual commitment.

It is the manner in which one conducts oneself - moral behaviour, personal aims and objectives, and guiding principles

A life well lived in the company of others and mindful of others.

Being well and being mindful of the well-being of others

Inspirational Thought

"I stumbled upon a pool of water today, left after a relentless rainstorm that I thought would never end. I gazed into the pool that remained, the only evidence of the storm. There I beheld a reflection. It caused me to ponder for a moment and then I walked on into the rest of my life."

Our dreams are like a Reflecting Pond or puddle. They are a reflection of our deepest yearnings for ourselves and others. They are a wonder to behold when they come to fruition!

They vanish quickly unless they are fed with a constant source of life-giving water.

They disappear as though they were never there.

They disappear as suddenly as they appear.

Such is the stuff of which dreams are made, and life for that matter.

A Closing Inspirational Thought

From 'A Return To Love' (1992) by Marianne Williamson

"...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, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small doesn't serve the world.

**There's nothing enlightened about shrinking so that other people won't feel
insecure around you.**

We are all meant to shine, as children do.

**We were born to make manifest the glory of God that is within us. It's not just
in some of us;
it's in everyone.**

**And as we let our own light shine, we unconsciously give other people
permission to do the same.**

**As we're liberated from our own fear, our presence automatically liberates
others."**



Copyright, All rights reserved to ©2023 Affirmations International Publishing

