

## 15 start your impossible

I love watching the Olympics! I especially love hearing the athletes' backstories of first steps, hard work, and the systems of support that keep the dream alive. It all starts with a dream, a Vision.

One commercial said it this way: "Start your impossible." I LOVE that!

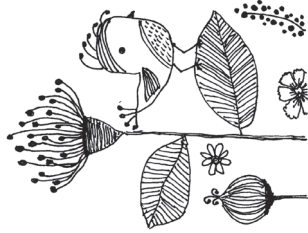
When you create a Vision, find a mentor, and engage with a system of support, you are guided and encouraged to take a step in the direction of your Vision...then another.

What happens, then, is you move from Possibility (Vision blueprint) to Probability.

As you stay in the vibration in harmony with that of your Vision and continue to take the steps that are revealed, you will enter the realm of Predictability. And from there, the magic happens!

"Impossible" is only true if you never start.

So, ask yourself "What would I love? And then begin. Today, start your "impossible!"



*What is something you would love that you previously imagined was "impossible?" What is one step you can take today to move your Vision into the realm of possibility?*

Today is: -----



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 16 sing



The other day, I sat outside relishing the early morning and the fact that it was pleasant enough to sip my coffee outdoors in the pre-dawn silence (about 5 a.m.).

I heard the sweet, tentative call of one bird. Then, within minutes, there was a symphony of birdsong...some unique and some repeating.

I marveled at how, despite their knowing that each day must be spent eating and surviving, they still sing!

How much more have you and I been given?

Think about it. We have choices, imagination, reason, DREAMS!

I love this quote by children's books author and illustrator Joan Walsh Anglund that says, "A bird does not sing because he has the answer, but because he has a song."

You and I don't have to know the answers or all the steps to take in service to the life we say we would love to live.

But, you and I can CHOOSE to take the steps we CAN take and to sing along the way.

We each have a song inside - it's the language of our Soul's Purpose. Open your heart and let it be heard. You never know who is waiting to hear it.

*What song do you have inside you that you have been too "shy" to sing? What would it be like for you to release that song into the world and fully express yourself?*

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## 14 the “s” word

I recently saw a bumper sticker that said, “I will not ‘should’ on myself today!”

Funny! I LOVE those wise words!

Do you catch yourself using this “s” word against yourself?

Our words, like our thoughts, are generative. If you pay attention, the words you speak result in a clear feeling: “Should” is one such word. It is constrictive and elicits “push energy” (a “have to”). It implies “I have no choice” or “This is the only way.”

Today, I invite you to replace every “should” with one of its more expansive cousins like “Could,” “Can,” “Get to,” “Choose to”, or “Will.”

Make it a game! Invite others to not step in “Should” or to stop “should-ing” on themselves or others.

And now, I will leave you because I “get to” take out the trash.

What is something you “get to” do today?

What can you choose to intentionally release from your “should” list?



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## 17 into focus

Do you ever have trouble focusing? Does your brain jump from topic to topic? When this happens, you are not putting your attention on your Vision.

Today, I invite you to try the Candle Exercise.

Light a candle in front of you in a place free of distraction. Set a timer for one minute. In that minute, keep your eyes and your thoughts on the candle. When you notice your thoughts drifting to something else, without judgment, gently bring your awareness back to the candle.

Practice this several times a day. If you cannot use a candle, focus on a picture of an object. As you strengthen your ability to focus, you will notice that YOU control your mind - it does not control YOU!

Remember, your thoughts create your reality. Learning to focus your thoughts on your Vision is critical to creating a life you would love.

Use today's journal space to draw an image of something you would love - a Vision. Spend a few minutes focusing on this image, just as you would focus on the light of the candle.



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## 13 lessons, joy, and possibility



“Many of us crucify ourselves between two thieves – regret of the past and fear of the future.” – Fulton Oursler

Are you ever fixated on past regrets or worried about what’s to come?

Sometimes, if you’re not aware of your thoughts, these two thieves can rob you of today’s joy (not to mention yesterday’s lessons and tomorrow’s possibility).

So if you are willing, here is a remedy to consider...

Cast a kind glance over your shoulder at your past. Keep what you loved, including the lessons you’ve learned. Let go of that which you don’t love. Your life has brought you **HERE**.

Regarding any fear of the future, here is a great quote from Corrie Ten Boom, “Worry does not empty tomorrow of its sorrow – it empties today of its strength.”

Stay in the present and live this day from your authentic, powerful Self! Joy is only available in the present moment.

Write:

“I release (past event) and keep (lesson).”

“Joy is available to me, right now, because (a present reality).”

“I release (future worry) because I have the power to (action /decision/choice).”

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## 18 10,000 times

Have you ever been to Deerfield in Dearborn, Michigan?

Henry Ford, in his later years, gathered buildings from all over the Eastern U.S. that had historical significance, placing them on these 80 acres. Each one was meticulously taken apart brick by brick, board by board, cataloged, transported, and re-assembled there.

I had the privilege of attending a private event with The Brave Thinking Institute during our Inventing With The Infinite training. We visited Thomas Edison's upstairs laboratory where he "failed" 10,000 times before developing the incandescent light bulb.

When asked what kept him going after so much failure, he replied, "I never saw it as failure - only feedback."

Are you discouraged by your progress? Does it seem that you are not "succeeding"? That you have failed? Take this lesson from Thomas Edison and keep going!

George Washington Carver, "Anything will give up its secrets if you love it enough."

*What would you love so much that you are willing to "fail" 10,000 times in the pursuit? What feedback have you been ignoring that has actually gotten you closer to what you would love?*



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## 12 practice compassion

Do you ever feel overwhelmed by the weight of the world. From the climate crisis, to racial injustice, political divisions, and a global pandemic – it can be too much to bear.

The Dalai Lama said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

In light of what is going on in our world today, I want to share with you a spiritual practice called Compassionate Breathing. I invite you to pause in this moment and do this simple practice...



Take several slow, deep breaths in and out – grounding yourself in your body.

Breathe in...notice any suffering you may feel within your body.

Breathe out...send compassion and healing to yourself.

Breathe in...now bring to mind your family, your neighbors, your community, your state, your world.

Breathe out...send Compassion and healing to all.

Breathe in...remember our decision-makers, whose choices affect their nation's future.

Breathe out...hold compassion in your heart's center – sending your wish for wisdom and healing.

Breathe in again for yourself and breathe out Compassion for the Decision Maker in you...the Self that decides, that chooses how you will spend this precious day of life.

Be happy. Be Compassionate...

*What can you do to practice compassion today?*

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## 19 the world is your mirror

Our rescue cat named Harvey Wallbanger is quite a little character, usually being “one of the dogs” – confidently eating food from our dogs’ food bowls, following us on our morning walk, and taking up her space with ease.

Yet, sometimes Harvey acts like a “scaredy cat” who needs to sneak around. We call it “acting like prey.”

When Harvey presents this energy, the dogs go nuts – barking at him and chasing him like they’re going to tear him apart. This only happens when Harvey’s “scaredy cat” side comes out. I have observed this dozens of times. It reminds me of what we do!

We are responsible for our own AWARENESS of the energy we project and, like Harvey, we can change it through the power of decision.

When you decide to come from the energy of confidence, self-love, and belonging the whole world sees this and responds in agreement. It’s like looking into a mirror. What you project of yourself is what you will see from others.

For us, “acting like prey” is another way to say playing the part of the victim. This is a choice, not a circumstance. This is good news – you are never a victim of your life.

Love is the highest Vibration you can choose. By choosing to step into Love, you come FROM a place of power – and this is exactly what you will experience.

*If the world is your mirror, what would you like to see today?  
What can you do to embody what you would love to see, receive, or experience?*

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## 11 listen

Have you ever felt that the world around you was too loud? There are so many people, advertisements, deadlines, and duties that constantly vie for your attention.

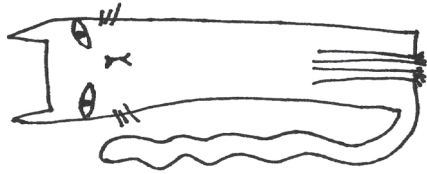
Yet, if you are purposeful and stop giving your attention to every noise you hear, you will notice the sound of your Inner Voice speaking to you.

“Hearing” is something indiscriminate – it is the reception of all sounds. It is through our indiscriminate hearing that we get overloaded.

“Listening” is more about openness and attention to messages. It happens when you quiet your mind. You can take a walk in nature or simply sit quietly with your eyes closed.

Throughout history, ordinary people accomplished extraordinary things by learning to listen for the stillness within. It is in our stillness that we can hear the voice of the Infinite.

Pythagoras said, “Let your quiet mind listen and absorb.”



Experiment with this. And be open to what comes to you. Don't be afraid of silence. It is the best way to listen for Truth.

*Sit quietly for the next five minutes. Slow your breathing. Relax your body. When you are ready, open your eyes. What does your Inner Voice want you to know today?*

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## 20 significance

Have you been busy climbing ladders of success? I want to remind you that success has its place, but SIGNIFICANCE is above it.

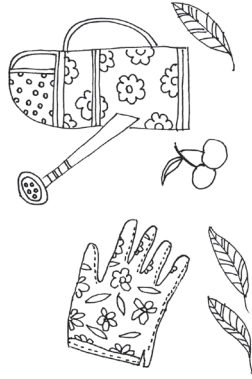
Significance is what we do in positive ways that helps, impacts, comforts, cheers, encourages or inspires others. It is the hand you hold out to another as you advance in your own journey.

Albert Einstein said, "Try not to become a person of success, but rather, a person of value." By living this quote - coming from the desire to be of value to others, he achieved success in many ways.

Oprah Winfrey says this, "The key to realizing a dream is to focus not on success but on significance, and then even the small steps and little victories along your path will take on greater meaning."

So, today, I invite you to climb down from the ladder and give value from what you have - from where you are right now. With each small act of significance, you will put yourself onto a path of success.

*How do you define success? What do you most want to be known for?*



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## 10 reset



Life is full of things that demand our attention – work, health concerns, care for children or aging parents, helping friends and neighbors. Then throw in unexpected circumstances (like a global pandemic) and... well, sometimes our most important relationships default to autopilot.

Can you relate? Despite our best intentions, partners sometimes have conflicts. This does not mean you failed as a couple. You have simply bumped into Life.

Unfortunately, when we are overstretched and attempt to “re-connect,” it often involves conflict, and we wonder why. Maybe we’re not so good at resolving our angst first. Then, we tend to default to the same old patterns.

Do not blame the other person. Take responsibility for YOUR feelings. Listen to each other. Ask what you would love.

This weekend my partner and I agreed to reset vs. repeat/replay the way we have been relating to one another. We acknowledged the life challenges we are facing and celebrated our efforts. We are stepping back to gain perspective and coming up with guidelines for how we can express feelings and ask for what we want. No blame. No judgment.

Bottom line? When you love someone as you love yourself, you can co-create healthy agreements and keep them. So bring your relationship back to the forefront. Reset, make new agreements, and have fun!

*Is there something you and your partner repeat/replay that you would like to reset? What steps can you take to lovingly invite change within yourself?*

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## 21 morning practice

Today I wanted to share a simple morning practice with you.

As you awaken, take a deep breath thank your Divine for whatever comes to mind at that moment.

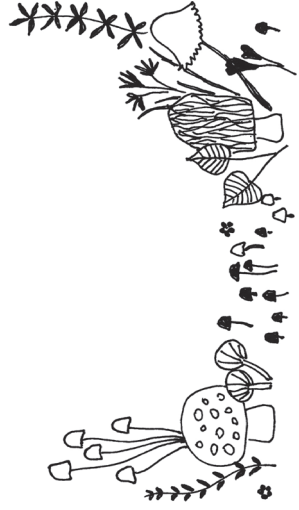
Before your feet touch the floor, generate a state of Gratitude in your body.

Watch the sunrise, or bring to mind a sunrise you have greeted in the past.

As you contemplate today, start with your Vision for the life you would love. Ask yourself: "Who do I want to BE today in service of this?"

Mary Morrissey says, "You can be, do have anything you are willing to become."

*How do you normally begin each day? What can you decide to change, starting now, that can help you begin your days in a state of gratitude and excitement for your Vision?*



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## 09 to-be list

Have you ever had your credit card hacked? I have, multiple times, including the week of our big snowstorm. Agh, so frustrating!

Luckily, I have been practicing something I teach - using the power of my thoughts to move myself to a higher order of being. It was the assignment I gave myself, and my VIP clients, this week.

I used the power of my thoughts to...

- Be grateful for the vigilance of my credit card company.
- Be present as neighbors came together to dig one another's cars out of the deep snow and share snow blowers.
- Be lighthearted when one crazy neighbor sped up and down our street to tamp down the snow!

It was a GREAT DAY!

James Allen said, "You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."

Try this experiment: make a TO BE list!

Write down three things you will be today. You can write, "I am a person who is..." This is your gift to YOU!

BE this today and see what happens.



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## 22 quality questions

Recently, in my morning quiet time, I read a quote by Tony Robbins who said, "The quality of your life is a direct reflection of the quality of the questions you are asking yourself."

Today I offer you this high-quality question:

"What one thing am I not doing, that if I DID do, would greatly improve my life six months from now?"

Can you think of one thing? Ask the question, then listen...

Your Inner Knowing, in tune with the Infinite, may have an important answer for you.

Know this: there is always something you can do. As Napoleon Hill said, "It is always your next move."

What could you do today to welcome the life you would LOVE?

"What one thing am I not doing, that if I DID do, would greatly improve my life six months from now?"



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## 08 better and better

Here's an easy affirmation that, when said and repeated mindfully, will set the vibrational tone of your thoughts today.

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

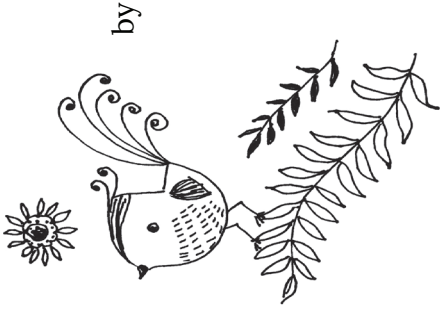
It was coined in the late 1800s French psychologist Émile Coué (pronounced coo-yay) who had great success with his clients in Self Mastery.

Often it's the simple things we do, with great intention and with repetition, that grow us.

Say this aloud throughout your day today and see what happens!

Today, simply write the phrase above multiple times in your journal. Say it aloud as you write.

How does this make you feel? What other thoughts arise? What do you notice?



by

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## 23 have fun

Are you about to get ready for your day? Is your mind already listing all the responsibilities and tasks that lay ahead?

I want you to pause remind yourself - Spirit loves FUN, and so do we!

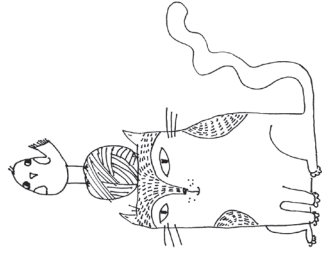
Did you know that having fun is actually proven to improve your relationships, increase your memory and concentration, reduce stress, increase youthful vitality, improve sleep, decrease social anxiety, and even heal emotional wounds?

Wow - who's ready for fun now?

You don't have to give up on your commitments...just have fun along the way.

When you were a child, you went to school all day and still had time for fun, right? How much better could your experience of life be if you just took the time to have fun?

Make a list of at least five things you think are fun. Then, ask Spirit, "What can I do today to have FUN?" Listen for the answer, and then do it!



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## 07 don't fight the storms

I live in Colorado where one weekend we had Winter Storm Xylia. We were predicted to have anywhere from 1-3 feet of snow!



Saturday morning...just a bit of rain. I chuckled - they missed the forecast.

Then it hit...HARD!

Lots of snow and strong winds. I lost count of how many times I cleared tree branches off the path so the dogs could go do their business. I spent the day clearing the deck, side-walks, and driveway only to marvel at the wind, an unseen and powerful force with no respect for all my shoveling.

The next morning I opened my curtains and noticed the calm before the sunrise. I sipped my coffee and surveyed the massive snowdrifts now at rest all over the yard. Then, this lesson came to me...

Your thoughts are like the wind - an unseen force. They are powerful, and you can see how they become your reality. In the midst of a stormy life circumstance, shoveling against them has little effect.

Sometimes waiting, resting, and doing just what is necessary is enough. Don't fight the storms. Wait. Rest. Then uncover what is seeking to emerge...there is always a gift when you pause to shift your thoughts. Only then you will be able to see the best next step.

*Is there an inner storm you are fighting right now? What can you do today to allow for rest and a subtle shift? What do you believe may be seeking to emerge?*

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## 24 comic relief

Last night my partner and I watched a funny movie together, and it felt so good just to laugh!

Scientists and physicians alike tell us about the healing properties of laughter. It's not a synthetic pill and there are no negative side effects – only side benefits!

Laughter can bridge a misunderstanding, reduce tension, and pull you into the present moment. While we sometimes get tunnel vision about our “to do” list, laughter can put us in the flow.

e.e. cummings once said, “The most wasted of days is one without laughter.”

Why? Because life is not just about the “doing-ness” of the day, but the “BEINGNESS.” With laughter, you can instantly raise the energy around you, lifting others up alongside you. As they say, laughter is the shortest distance between two people.

So go ahead, get yourself a good comedy flick, enjoy the comic relief, and LOL!!!!

*Thinking back to a time you had a really great laugh – what happened? Who were you with? What can you do today to bring on a good laugh? Not sure? Try this – make ridiculous faces at yourself in the mirror, or at someone in your home, until you burst into laughter.*



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## 06 present



Will Rogers once said, "Don't let yesterday take up too much of today."

Wise words.

When you clutter up today with what has already happened yesterday, you have two choices:

1. Adjust or complete something from yesterday that is undone.
2. If you can't do #1...bless and release it.

There are gifts available to you today that you might fail to notice if your attention is too focused on the past. So, remember these wise words when you wonder which choice to make.

From the truly wise words of your high school yearbook, "Yesterday is history. Tomorrow is a mystery. Today is the gift. That is why we call it the present."

*What would you love to release from yesterday that will help you notice and receive the gifts of today?*



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## 25 flexible strength

If you've spent very much time in nature, you know that nature can teach us so many lessons. Today I want to share with you a lesson about the strength of flexibility.

Have you ever looked at a tree in a wind storm? Allenspark, a place where I often host retreats for my clients, can be one of the windiest places in Colorado. Yet, most of the trees survive and still thrive because they bend but do not break. How? By allowing the wind to move through their branches, not within their trunks. The trunk can stay solid and strong, rooted deep within the earth, while the force of the wind moves through the branches.

In the same way, when the winds of circumstances, conditions, and events come at you with a force, allow them to move through you. Do not resist, rather remain flexible knowing the Power breathing you is strong - keeping you rooted to an Infinite Love!

You + Spirit = Flexible Strength

Do not be afraid to stand tall and firmly rooted - no matter what comes your way! You will find that you can bend without breaking and not just survive - but thrive!



*Describe yourself as a tree. When you imagine your roots and the strength within your "trunk", what comes to mind?*

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## 05 happiness is the way

Do you ever wait for something to happen so that you can be happy? Have you ever thought, "I'll be happy when (some circumstance comes to pass)...?"

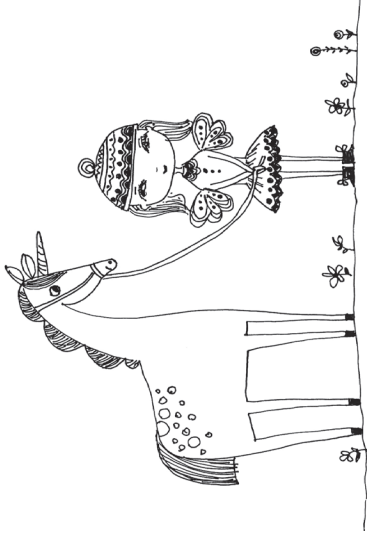
Or, perhaps your happiness is tied to certain conditions. On Monday, life's a drag. But on Friday you're full of joy because, hey, TGIF - the weekend is here!

*You deserve so much more than that!*

I am learning, and continue to learn, that you can generate a feeling instead of chasing it.

How? By the thoughts you choose - moment by moment.

It's like the story of the little girl joyfully shoveling a huge pile of horse manure who said, "With all this poop, there has to be a pony in here somewhere!"



Thich Nhat Hanh says, "There is no way to happiness... happiness is the way."

*How would you like to feel today? Once you've decided, which thoughts can you choose that would generate those feelings in your heart?*

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## 26 time machine

Do you ever wonder what kind of day you are going to have? Here's the thing, you get to decide! How? With the power of your thoughts. We know that our thoughts are energy and have a vibration. And so do our visions and dreams. Simply put – when you think thoughts, they become things.

First, raise your vibration to match the feeling tone of what you would LOVE. Envision how you FEEL as you see yourself THERE in your imagination. By doing this, you make a mental movie of that moment in time when you have arrived, and everything you had envisioned, scribed, and recited with Emotion and Belief has worked out.

Try this exercise. It's called Time Machine. Close your eyes and use your imagination to envision your own time machine! Climb in and "ride" it to the end of the day (this course only takes a few seconds). Now, step out and notice that everything you wanted to have happen that day turned out exactly as you imagined! Take a moment and jot those things down.

You have the opportunity to choose to live from the FEELING TONE – the vibration of this awesome day. Feel the gratitude wash over you as you realize your perfect day is real.

Set your constructive thoughts free, and create the day you would LOVE.

*Write down one step you can take today in service of the day you would LOVE. Include Add future action steps to your calendar (one of your greatest transformational tools).*



Today is: \_\_\_\_\_



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

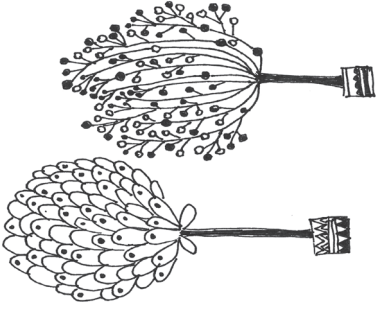
*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 04 faster or further?

I recently heard a story about a man visiting a rural community in South Africa. He pointed to a tree some distance away and challenged the children to race one another to the tree. The winner would enjoy a feast of fresh fruit.



Immediately, the children clasped hands and ran “as one” to the tree.

As they were all enjoying the fruit together, the man marveled at the way they ran the race...all of them arriving simultaneously.

He asked one of the children why they chose to run together instead of trying to be first and win all the glory (and fruit!) for themselves.

The answer was simply this, “Ubuntu...I exist because we exist.”

There is an African proverb that says, “If you want to go fast, go alone. If you want to go far, go together.”

What a wonderful way to think of our journey. You don't have to go it alone. When you can notice and tap into the support systems around you, you are bound to go further along your journey.

*Who can you clasp hands with today – for the benefit of your own journey or someone else's? What can you do to you go further together?*

Today is: -----



**Something I would deeply love is...**

*“This, or something greater still.”*

**The person I need to be today is...**

*“I am the person who...”*



**I am so grateful today because...**

*“Thank you for...”*

**I am proud of myself today because...**

*“I am worthy of having what I would deeply love.”*

## 27 on board

Have you ever noticed - like for the past 40 years or so - the bumper sticker "Baby on Board?" The other day I was driving and saw a sequel to the "Baby on Board" bumper sticker on this blue truck. It said, "Adults on board. We want to live too!" I had a good laugh... I hope you did too, just now.

The thing is, every life is precious, regardless of age, size, shape, gender, beliefs, race...etc. Whether you can relate to those around you, or feel they are somehow different than you - the truth is we are all connected. We are all "on board" planet Earth together.

So, today I invite you send extra care to everyone around you, the same way you would if you noticed a baby on board the car in the next lane. Include yourself - you are also "on board."

Create a mantra, or short phrase, that you will send out to everyone around you today. Examples might include: you are worthy, may you be happy, I see you, Namaste, bless you, or thank you for being on board with me. Repeat this short phrase in your mind, directed towards everyone you encounter today.



Today is: -----



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 03 pay it forward



Mom loves chocolate milkshakes and Ron, her husband, loves chicken nuggets. So while my brother Joe was visiting from Texas she said, "Let's go out to lunch!"

Arm-in-arm we walked out to my car and drove to the drive-through to get their favorite treats. To our surprise, the man in front of us at the drive-through paid for our meal!

This had never happened to me before – the feeling that came over me was pure joy and gratitude. It lifted my spirits immensely!

You and I never know just how much a kind act, a smile, or a small gesture of generosity might affect someone. For me, it was the perfect "pick me up."

Amazingly, we can make this a part of any day – spreading joy whenever we want!

*What would you love to pay forward today?*



Today is: -----



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 28 fortunate

I just love ordering Chinese take-out. I love the food, the little white boxes, and how delicious everything is – it's the ultimate comfort food. Most of all, I love looking forward to the message revealed in the fortune cookie.

My most recent fortune cookie message said this: "Chance favors action."

Do you sometimes wonder how some people can be so "fortunate?" The super athletes, successful business people, a certain colleague, a former classmate?

Yet, what is often invisible are the many hours of time, training, study, blood, sweat, and tears – and failures – they endured. Probably many.

All of us have power and greatness in us as well. YOU are greater than any circumstance, situation, or event! What is IN you is greater than what you are allowing to hold you back.

As the old Latin proverb says, "Fortune favors the bold." I would add to this by saying the more courageous steps you decide to take in service of your dreams, the more "fortunate" you'll become!

Wanna get lucky? Get moving!

*What do you believe about those who are "fortunate"? What bold action can you take today to put yourself in a "fortunate" state of being?*



Today is: -----



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 02 surprise!

Recently, my brother Joe came from Texas to visit my Mom (who has dementia). I had been sharing the news of his upcoming visit with her ahead of time - many times - to lift her spirits.

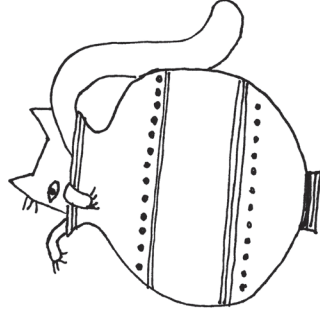
Of course, she would forget within minutes. But...

When my brother and I showed up that first day, Mom answered the door. The look of sheer surprise and joy on her face as she saw her only son was priceless! She said, "Oh my goodness!!! I had NO IDEA you were coming to see me!!!"

I was so proud of my brother because he did not try to correct her or say "Remember, we told you this every day?" Instead, we looked at each other, then at Mom, threw our arms up, and said "Surprise!!!"

We all have our challenges, and sometimes the words we say are not heard or received in the way we had hoped. But, as Maya Angelou famously said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

*What feeling do you want others to "never forget" when they are with you?*



Today is: -----



**Something I would deeply love is...**

*"This, or something greater still."*

**The person I need to be today is...**

*"I am the person who..."*



**I am so grateful today because...**

*"Thank you for..."*

**I am proud of myself today because...**

*"I am worthy of having what I would deeply love."*

## 29 bloom

A few days ago, my partner brought home a bouquet of flowers. Usually, we put them in a small, narrow vase to give the effect of a larger bouquet. This time, she decided to put them in a large, beautiful red vase that we seldom use – at the expense of the arrangement looking a bit “sparse.”

The next morning, I noticed that the flowers seemed to have expanded and arranged themselves to fill the vase. It was stunning!

The lesson I was reminded of is that we can give ourselves room to grow. We do this by venturing outside the narrow confines of our current comfort zone or limiting beliefs. By doing this, we learn to expand ourselves – stretching and growing from within, in often unanticipated ways.

*When you think of a “small vase” circumstance in your life, what comes to mind? What could you do to put yourself in a more expansive circumstance to allow yourself to bloom today?*



Today is: \_\_\_\_\_



**Something I would deeply love is...**

*“This, or something greater still.”*

**The person I need to be today is...**

*“I am the person who...”*



**I am so grateful today because...**

*“Thank you for...”*

**I am proud of myself today because...**

*“I am worthy of having what I would deeply love.”*

# Sips of Life

## 01 decide

Are you ever afraid to step outside of your comfort zone? The thing about those comfort zones is that nothing grows there.

I get it, deciding for growth can be a bit scary.

Here's an idea: think of yourself as a ship.

Did you know ships actually decay in the harbor? Yep, that's a comfort zone.

You are built for the open seas – both in storms and sunny days. Even as you adjust for drift, crosswinds, and the current of life's circumstances, you have all the strength you need to stay the course.

At the same time, if you decide to change course for a new destination, just a slight adjustment in tack is often all you'll need to reach a completely different place – small changes can make a big difference over the course of your journey.

So, today, take a powerful step to decide your “end” destination. Then, with confidence in your heart, move away from the harbor into the open waters. You were built for this journey.

*Where would you love to be? Describe it in as much specificity and sensory detail as possible.*

*If this is something you deeply desire, you must decide to release the comfort of the harbor? Write, “Today, I decide...”*

Today is: -----



**Something I would deeply love is...**

*“This, or something greater still.”*

**The person I need to be today is...**

*“I am the person who...”*



**I am so grateful today because...**

*“Thank you for...”*

**I am proud of myself today because...**

*“I am worthy of having what I would deeply love.”*

## 30 gratitude



When you woke up this morning, what were your first thoughts? And, how did those thoughts make you feel?

Remember, everything is ENERGY! You may not know this, but Gratitude and Abundance are on the same energetic frequency. If you could use more Abundance in your life, then I invite you to start every day with Gratitude. Even a simple, resounding “YES!” before you start your day can make room inside yourself to accept the goodness that will come your way. Be grateful – you are about to receive!

Most of us were taught “It is better to give than receive.” Somehow many of us have interpreted this to mean we must refuse instead of receive. We think we must push away the good – support, gifts, compliments, etc.

This is not true. Deepak Chopra says, “The universe operates through dynamic exchange...in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.”

So, here is my invitation: start every day by opening yourself up to receive by expressing your deep and heartfelt gratitude. You can start with a gratitude journal.

Every day, make a list of at least five things in your life for which you are grateful. Write them down, starting with: “I am so happy and grateful for...” or simply “thank you for.”

*What do you think will happen when you begin every day with gratitude for the lessons and circumstances of your life? Write down your prediction for the abundance you might receive 30 days from now.*

You, dear reader, are at the helm of your life. You have within you a divinely-appointed Power and Purpose that you can only discover by being present to your daily life. If you take each day as a Gift, using it wisely and mindfully, you will steer yourself on the journey to living the life you would LOVE.

Any Given Day is an invitation to slow down a bit and set your course – a reminder that each day is a Gift. And, when we live each given day as if it were a gift, we become the captain of our souls – the makers of our destiny.

“There is more to life than increasing its speed.” – Mahatma Gandhi

See you inside...

To Your Greatness,

Dawn

## Introduction

Dear reader,

Thank you for picking up this book and being open to this 30-day “experiment”. Know that I am on this journey with you, day-by-day.

I had no intention of writing a book. Yet in my work as a Certified Life Mastery Consultant, a few particularly incredible women encouraged me to put the “words” that my own life has spoken to me into a daily writing practice called Sips of Life. This daily practice has allowed me to grow as a coach as I help others to design and manifest a life that’s in harmony with their Soul’s purpose. I’ve shared these insights within my online community. And now, I am sharing them here with you!

Sometimes we start our day with no coordinates by which to sail our ship. Often, we drive to the office or the grocery store and can’t even remember how we got there! It seems the winds and waves of circumstances buffet and bewilder us – and that becomes our focus.

Think of this book as a safe harbor – a place of calm where, for a few moments each day, a small lesson (*A Sip of Life*), along with your own intention-setting, helps you find your True North.

What I’ve learned (and continue to be reminded of) is that each day is its own journey. And, strung together, these single days create a LIFE!

Today is: -----



**Something I would deeply love is...**

*“This, or something greater still.”*

**The person I need to be today is...**

*“I am the person who...”*



**I am so grateful today because...**

*“Thank you for...”*

**I am proud of myself today because...**

*“I am worthy of having what I would deeply love.”*

## Epilogue

One of the single most effective success accelerators is coaching. A coach or mentor helps breathe life into your intentions, transforming them into concrete goals and then providing you with the transformational tools and motivation you need to turn those goals into reality. The power of personal coaching lies in the fact that it provides an individual with the most critical ingredient for extraordinary, consistent success: ongoing support, detailed action plans, constructive feedback, and, most importantly, high-level perspective.

Did you find that this book helped you in some way? Would you love the chance to further explore what your life could become? Then I invite you to visit [www.InSituLifeWorks.com](http://www.InSituLifeWorks.com), right now, and register for our next complimentary Vision Workshop. Your Greatness lies within you, and I would be honored to guide you on a journey to live it!

To Your Greatness,

Dawn

## Dedication

This book is dedicated to all the Brave Thinkers who answer the call from within and decide for the life they would LOVE living!

This book is also dedicated to my Village People, who believe in me and encouraged me to breathe sips of life into a book – this book. You know who you are – I am so grateful.

