BE INSPIRED!

Inspiration comes in many forms from many people and actions. As women, we often don’t give ourselves enough credit, think in positive ways, believe in possibility, or are kind to ourselves. My goal for you is to expand your awareness, find support and angels, and take one step closer to your dream. Honor yourself for all your personal accomplishments now and in the future. Be inspired every day, by dreaming big and believing in yourself.

Marlene J. Waldock

BECAUSE WE ARE WOMEN

by M.J. Waldock, July 2004

Because we are women
We keep deep inside
The hopes and the dreams
We think we must hide.

We strive to be best
Make the top of the heap
Because we are women
The climb is so steep.

The ceiling of glass
A must to be broken
It only exists
Because we are women.

From morning to night
Multi-tasks we perform
Because we are women
It’s often ’til morn.

So wet are the tears
We shed late in the night
Alone in dispair
We don’t share our plight.

Because we are women
To nurture is norm
But when it’s our turn
We are left in the storm.

The lesson we learn
Is the matter of trust
Because we are women
In each other a must.

With anxiety high
Self esteem at a low
We keep our heads high
We don’t let it show.

Because we are women
To open our hearts
To the caring and love
That today we have sparked.

Possibility abounds
Opportunity awaits
Because we are women
It’s all ours for the take.

United we stand
With strength and with force
Because we are women
Together on course.

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

GIVE YOURSELF AN “A”

The ART of Possibility

I’m “a” for Anjali, I Affirm my love for your cause, Admire my Accomplishments, Adore my husband, Assist for those less fortunate, and can Advise others how to help those in poverty in my Africa...that is alot of A’s with ALL my heart.

Anjali Sanger, Linkedin

NOVEMBER 12, 2010

Created by:
Marlene J. Waldock

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YOU ARE THE BEST!

If the rich get richer it’s because they live in a state of financial abundance. Think what you can do when you too live in ABUNDANCE! We have the power to create our own reality. We attract those things in our life (money, relationships, employment) that we focus on. If we focus on having less, we will have less. When we focus on what we have, the Universe will give us more.

ABUNDANCE - “I am thankful for the overflowing abundance in my life”
List all the things that you are thankful for each day and they will multiply.

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BE INSPIRED!

GIVE YOURSELF AN “A”

We go through life always measuring our success, first by our grades in school, then by money, position, the number of promotions in our career, some materials things, and finally our overall Accomplishments in life. The Practice of giving yourself an ‘A’ transports your relationships from the world of measurement into the UNIVERSE OF POSSIBILITY.

Write a brief story or letter to yourself indicating why you got the “A” in life.
Begin it by saying - I got my “A” because....

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Sometimes we just need to take a step back and assess the situation to get a clear picture of where we have been to that we can create a plan to move forward.

**ASSESS** - Now is the time to look at all the things you have accomplished! You will be surprised that it is probably more than what you think. Make a list, in fact it is important to make a list of accomplishments at the end of every day.

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**ADAPT/ADJUST** - In this challenging time, what type of adjustments do you need to make to adapt to the circumstances. ie: refocus your goals, get more education, reach out to different people or groups.....

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**BE INSPIRED!**

“There are angels in our midst, and we need only to open our eyes and align with the positive forces.”

By aligning ourselves with positive forces and people, can we gain unlimited access to the creative mind and its abundant rewards. The Law of the Universe will give us everything.

**ALIGNING with ANGLES IN YOUR MIDST** - Identify the people with whom you want to Align. Who are the ANGELS in your midst who will help you?

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Are they negative people in your life who bring you down. It’s time to distance yourself from them. Who are they?

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**YOU ARE THE BEST!**

“Because we are celebrating possibilities”

Women
The Critic within is always with us, nagging at us and trying to sabotage our forward progression. To quiet the critic we must be aware of those thoughts when they creep in to poison the mind. The Critic *assumes* that we are not capable and we believe it, causing us undo anxiety.

**ASSUMPTIONS/ANXIETY** - What assumptions did the critic make? What did it say? What anxiety does it produce?

**AFFIRMATION!** Positive affirmations will quiet the critic. Turn the assumption into an affirmation.

**ACTION/ATTITUDE** - Action changes attitude. What action steps are you going to take to eliminate the critic?

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ACHIEVE/ACCOMPLISH - If what/how we think can change our lives, what can happen when we actually write down our goals, dreams and desires? What do you want to achieve before the end of the year? Also, what things do you want to do in 2011? There is no time like the present to begin thinking and manifesting them. Once you have defined what you want, each day write down the IMPORTANT things you have done to get you closer to that goal.

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I CAN  By MJ Waldock

There is a plaque upon my wall
That says how great I am,
I read it each and every day
Just so I know I can

Go out into the world to seek
The fortune and the fame,
Or maybe just acquire the grace
And learn to play the game,

For life is like sports event,
With dreams, and goals, and teams,
And only those who play it well
In the end succeed.

It's not about how sure or swift
You reach the finish line
But more about how much you cared
And how you spent your time.

To be aware and give a smile
To all who pass you by,
With fortunes less and little hope,
But for the grace go I.

So on the plaque upon my
That says how great I am
It reads, “You won the game of life.”
Because you said, I Can!

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