

## 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.

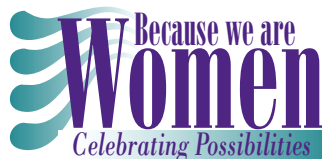


Marlene J. Waldock

## 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.	So wet are the tears We shed late in the night Alone in despair We don't share our plight.	United we stand With strength and with force Because we are women Together on course.
We strive to be best Make the top of the heap Because we are women The climb is so steep.	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.
The ceiling of glass A must to be broken It only exists Because we are women.	With anxiety high Self esteem at a low We keep our heads high We don't let it show.	Because we are women We open our hearts To the caring and love That today we have sparked.
From morning to night Multi-tasks we perform Because we are women It's often 'til morn.	Because we are women There is power within To believe in ourselves We always will win.	Possibility abounds Opportunity awaits Because we are women It's all ours for the take.



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*"The future belongs to those who believe in the beauty of their dreams."*

*Eleanor Roosevelt*



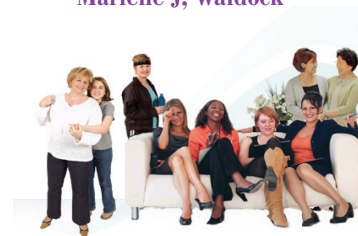
## GIVE YOURSELF AN "A"

*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.*

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Created by:  
Marlene J. Waldock



## 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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## YOU ARE THE BEST!



*“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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## BE INSPIRED!



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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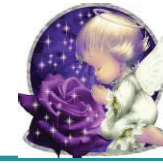
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# YOUR MIND IS NOT AN ANTIQUE SHOP



**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	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.
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Go out into the world to seek The fortune and the fame, Or maybe just acquire the grace And learn to play the game,	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.
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For life is like sports event, With dreams, and goals, and teams. And only those who play it well In the end succeed.	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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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?

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

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

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