

Email Subject: Could it BE more obvious?

You haven't heard from me for awhile. I apologize.

I realized this week that I have been living in fear. It was subtle but I recognize it; it's an all too familiar feeling.

Fear is always about the future, the unknown. I am fine right now, right this second. Nothing is amiss. Sure, I miss Bill like crazy—he's been gone over a year now—but that's a given, not something to be *fearful* about. Plain and simple, I am fearful about my future. I feel a bit like Scarlett O'Hara when she said to Rhett Butler as he walked out the door, "Rhett! Rhett! If you go, where shall I go? What shall I do?" To which Rhett replied, "Frankly, my dear, I don't give a damn."

I suppose my fear is that the Universe is like Rhett Butler; it doesn't give a damn. So foolish and yet, isn't that what's behind most fear? Lack of faith. The problem is, the more we lose faith, the more the Law of Attraction works against our best interests. The more I stay focused on the doom and gloom I am making up in my mind, the more likely it will come to pass.

I have been desperate for a kick-start. To fill that need I decided to renew my acquaintance with an audio series entitled *The Time of Your Life – More Time for What Really Matters to You*. I say, "I decided." Actually, it was the Law of Attraction at work. On Thursday I had left my house to drive to Los Angeles and realized I had forgotten some CDs I intended to listen to while on the road. So, being only 5 minutes into the trip, I turned the car around to retrieve them. And there, sitting on the shelf next to the CD's I'd forgotten was this audio program. I laughed, thinking, "Well, I've been requesting more energy. This oughta do it!"



You may have seen Tony Robbins, the author of this CD program, on TV as the star of many infomercials for his products. He has an UNBELIEVABLE amount of energy and it is catchy. I purchased this particular program many years ago and it was money well spent. I have used it many times over the years to inspire me to action, kick-start my energy and produce results. The first time I took this course, I found a way to buy a house even though I didn't think I made enough money or had a high enough credit score.

Robbins made me a believer.

Fast forward to today. As I began to listen to this program for the umpteenth time in my life, I slapped my forehead as I recognized the irony of what I was listening to. Robbins' primary message is about the power of focus. D-uh! That's what I have been teaching for the last 15 years—you get more of what you focus on! I guess it's true that we teach what we most need to learn.



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Where has my focus been? The answer is, “On what’s *not* happening.” I have been mired in fear, knowing I need to shift but not knowing how. This CD series is giving me the much-needed energy I require to turn things around. And, once things start to turn, momentum is always your friend.

Are you “stuck” in some area of *your* life? Think about what has worked to get you unstuck in the past. If you cannot remember, ask the Universe to bring to you whatever you need to move ahead. Perhaps this blog is the answer to your prayers.

Here are some helpful questions I learned from Robbins:

1. What’s my result (outcome)? What do I really want?
2. Why? What’s my purpose? (This ignites your passion which, in turn, ignites your journey). Why do I really want it?
3. How? What specific actions must I take to make this happen and how can I do it in a way that I enjoy it?

Let me know how you’re doing. Your emails never fail to inspire me to action!!!

The following reminder is as much for me as for you—Change your focus; change your life!