

Fail to Plan, Plan to Fail! Make 2009 a Fantastic Year for You!

By Dr. Cindy Brown, "The Business & Relationship Dr."

Why would you set off on a Journey without a map, plan, and vision of where you want to end up?

Adventure you say...Well that's like closing your eyes and **just hoping** you will hit the bull's-eye in darts, when you really, really WANT to hit the center. Adventure may be fun when you have nothing to lose, you have all the money you want and need AND all the time to waste.

However, if you have wants and needs financially and something you want to accomplish NOW, you will need a roadmap and your positive, focused energy directed towards your ultimate goal. You will need to understand what it looks like completed and practice seeing that vision along with the feelings that you will have when you complete it.

Research shows repeatedly that people who spend time to map out their goals and visions and spend the time cultivating, making them happen, get to their planned destination...As I learned on my holiday ski vacation on year.

Here are some helpful ways of creating that trail map to get you moving down the hill towards your vision.

I. Inventory the previous year (your last map or plan) Allow yourself some time to explore these questions; put music on, meditate, pray or think about each one and write down what you find.

What did you accomplish? What are you proud of?

What are you thankful for?

What did you not complete that you wanted to?

What do you want your next year to look like?

II. Vision for Manifestation Stay in that contemplative, meditative place and imagine yourself in the present year, walking through a forest path and you come across a bridge to a beautiful meadow and garden with a big pond. You bend down to look into this pond and **you see your reflection and you begin seeing your present year flash in front of you**; the things you accomplish, the goals you complete, the relationships you have; all the good and maybe even the challenges...**flash forward it is New Years eve**. You are looking at your goal sheet and you are reading off all your completed goals to a gathering of your most

supportive and loving friends. They are smiling at you and clapping in celebration of your accomplishments. You feel the expanding joy inside you!

III. PLAN NOW! Or Plan to Fail! Write down right now what you saw...what was the big picture, what were you doing, what did you accomplish, what were you feeling???

Now write down 1-3 goals in each of these categories you want to complete:

Personal/Psychological, Health/wellness, Job/career, Financial, Spiritual,
Social/Relationships, Family, Community/charity

These are the beginning steps to planning and visioning and manifesting your dreams. In my next newsletter I will show you the next steps in this process to assure that your goals get completed and your dreams fulfilled. I will show you how to take a goal to completion through my next 3 steps. Don't miss it.

I know these steps will help you and will prepare you to have what you really want in 2009. **Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before Contact us so I can help you make Your dreams come true!**

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