

Wellness from Within - September 2006

Believing is Achieving - By Jennifer Powers

There are many truths in life but there is one in particular that you will benefit the most from knowing, and here it is...You are amazing. What's more, you have amazing potential that can catapult you into a life filled with possibilities. I invite you to consider this truth right now.
I invite you to consider that YOU are your greatest asset.

You may be on a journey searching for something bigger in life. You may sense that there is something more out there for you. And you are right! There is something more...in fact there's much more than you could ever imagine! If it's out there and you want it, what stopping you from getting it? The answer is believing.

Believing that it's possible. Believing that you deserve it. Believing that you have options and choices. Believing that nothing can or will get in your way. Believing is the first step in achieving.

Whatever you begin to believe you simultaneously begin to attract. That means you don't go to it, IT comes to you. When you consciously or sub-consciously believe that it is your birthright to be happy and successful, life conspires to bring you happiness and success. Try this simple exercise to demonstrate the point.

Take a blank piece of paper and list all the things you want to attract in life. Be specific and think big. Consider both your personal and professional life. It could include things like a salary amount, a type of car, a description of an ideal mate, a better job, a house, health or whatever else you truly want in your life. Use descriptive adjectives to paint a clear picture of exactly what it all looks like and write each sentence in the present tense as if it were already true. Begin sentences with "I have, I earn, I live, I own, I work, etc. Place the list in an envelope, put in under your mattress and forget about it.

In a year or two, or whenever you remember about the list thereafter, open the envelope and be ready to check off your successes. This really works. But it is not enough to just think about what you want, you have to write it down and put it away. Put it out into the universe so that it can come back to you. And it will come back to you because you are amazing and you deserve to live the life you envision.

Believe in the possibilities. Claim what's yours.