

“In The Zones” Bull’s Eye



Create a Possibilities List each day

Find an accountability partner

Set aside a hour a day of quiet time

Build a basic “Resource Tree”©

Don’t take on any volunteer work that doesn’t move you forward in your task

Don’t take on any new relationships that will pull from your time and energy

Curtail your television and personal telephone time

Listen to uplifting messages and music that refuel your soul

Continually ask for HELP from those you can depend on

Organize your living space so you don’t feel chaotic and defeated

Wear colors that are energizing and fun everyday

Give yourself a treat everyday

Speak productive statements only

Be open to all possibilities, even if it is unfamiliar to you

Share your dreams and good news with Dreamcatchers, they will celebrate with you

Delete the time you spend trying to re-do or correct the past, it can’t be done-move forward

Find that one person or one thing that truly motivates you and put it on speed dial

Eat healthy because your mind, body and soul all work together for your good

Look in the mirror each day and tell yourself something you like about you

Arrive 15 minutes early for every meeting, even meetings with yourself

Keep a “Positivity Journal” and refer back to it when necessary to invigorate your spirit

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