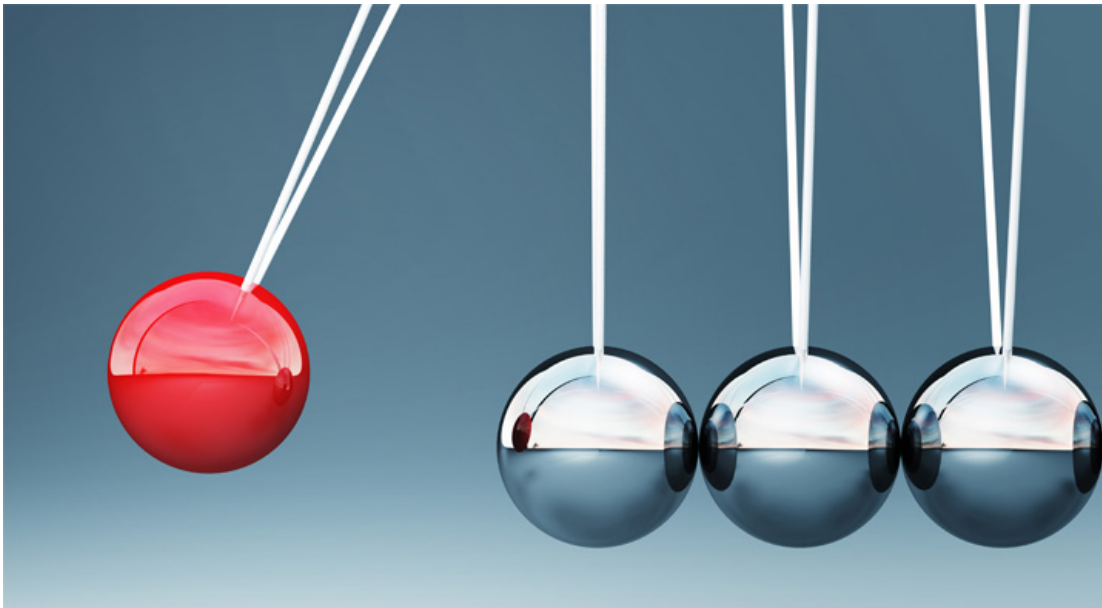


Create  
Powerful **Momentum**  
to Jumpstart 2016!





Hi, this is Mary, and this is my 95-pound lap dog, Leon!

I'm so happy to be connecting with you at the beginning of this new year. New Year's always feels like a very special time -- a time of new possibilities, or a time of regrouping on things that haven't been going well.

Most of us start every year with a strong impulse to make some changes. Usually these are the changes that have been eluding us. We have this feeling that it's kind of now or never... But often, halfway through January we've lost our momentum.

So that's why I waited until now to send this... after that first bubble of enthusiasm has either burst, or might, in fact, have yielded a sense of possibilities! Either way, this guide is designed to nudge you into the next step on the path to what you want!

One idea that is important to remember is:

*If you have already created exactly the life you want, then you can do things pretty much the way you have always done them, and you will likely get what you want in the future too.*

*But if you want different results, you need make some fundamental shifts in how you are being and what you are doing.*

Since you are reading this, I'm guessing there are some things in your life you want to change, and perhaps have wanted to change for a while. And that means...

**You're going to have to do some things different!**

I'd like to share with you some PROVEN STRATEGIES AND TIPS to create the life you want! There are three key elements that we are going to focus on:

### **Vision**

Allowing yourself to imagine and express who you *really* are at your core.

Allowing yourself to imagine and want what you *really* want.

Developing more and more clarity about what those things are for you and you can be happiest.

### **Trust**

Creating a mindset that allows you to believe that you *can* have what you want, and that supports you on your way to it.

### **Consistency**

Developing daily (and even better, minute-by-minute) habits that allow you to turn your vision into a reality.

I am starting a program to turn the first few months of 2016 into a Launchpad for the best year you have ever had. If you would like to hear more about that, I'll be sharing that info in the next few weeks.

Starting in February, we are going to begin implementing daily, powerful habits to create the changes we are seeking.

So, for today, right here at the beginning of this New Year, let me invite you to lay some foundation stones for 2016 to become the year in which YOU create the next wonderful steps toward the life of your dreams!

# Vision

**Allowing yourself to imagine and express  
who you *really* are at your core.**

**Allowing yourself to imagine  
and want what you *really* want.**

**Developing more and more clarity about what those  
things are for you and you can be happiest.**

Let me invite you to ask yourself, “What is it I REALLY want?”

If you could have 2016 bring you *exactly* the things you want, what would they be? These might fall into the categories of

- **Things** – cars, houses, money, etc.
- **Experiences** – going hang gliding, taking dance lessons, a vacation in the Bahamas, a promotion at work, getting your book published, etc.
- **Relationships** – meeting a wonderful new partner, improving your relationship with your current partner, resolving things with a colleague at work, etc.
- **Feelings** – Fun, Ease, Success, Abundance, Joy, etc.

Take a few minutes, and list the things you want.

List everything! (Even if it feels a little crazy or huge.)

Go ahead! Let this be the first step in having the courage to declare to yourself exactly what you want!

Some of the things I want

*You do not have to be good.  
You do not have walk on your knees  
For a hundred miles through the desert, repenting.*

*You only have to let the soft animal of your body  
love what it loves.*

*~Mary Oliver*

# Trust

**Creating a mindset that allows you to believe that you *can* have what you want, and that supports you on your way to it.**

*“If you think you can do a thing, or you think you can’t do a thing, you’re right.”*

*~ Henry Ford*

In order to make the things you want a reality, it’s essential that you develop the **belief** that is it *possible* for you to have what you want.

If you have been experiencing a lack of the things you want, or just not quite making it to where you want to go despite your best efforts, this might require a leap of faith.

Faith is a tricky thing. One of the reasons why affirmations seem to work for some people and not for others is because of a little understood distinction:

***It isn’t the words you say that make the difference, but the belief behind them.***

So if you want to create real change, it is essential that you develop beliefs that support you.

Beliefs are even trickier than faith. We all hold a lot of beliefs, and some of our beliefs contradict other things we also believe. And of course our beliefs differ wildly from other people’s. If you and I were working together, I would start with what **you** believe as the foundation for our work together. But for the purposes of the exercise, let me offer you my perspective, and then you can see how it aligns with yours and adjust accordingly.

If what I’m offering doesn’t seem like a belief you can work with, then it is your task to find a way that works for you! A way **you** can believe that you **can** have what you want. This is essential, and helping people develop this mindset is a big piece of the work I do.

So here's my perspective: *You (and I) came here to manifest amazing things! You have all the resources you need, and you are a magnificent creator. And even more importantly, what you have to offer is unique in the world. Only you can be you, and the world needs your particular contribution.*

*Your confidence in this might have gotten shaken a bit (or a lot) by your life experiences, but at your core you have amazing creative abilities, and your belief in them will help you tap into them.*

*Life wants you to succeed! The energy that is at the core of existence wants nothing more than for you to make your highest dreams come true.*

**"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs is people who have come alive."  
~ Howard Thurman**

I'm pretty sure there are moments you have felt that -- times when everything just seemed to be supporting you. People refer to these moments as being "in the zone" or "in flow". If you think for a moment, you'll be able to come up with some times when you were in the flow. I think of this as being in alignment with your own personal path. Like gravity drawing water down a mountainside, when we are on our own right path, the energy that is at the very foundation of life -- let's call that Life Energy -- supports and guides our progress.

My invitation for you is to set aside some time -- right now or later -- when you can sit quietly, or take a quiet walk alone somewhere, and connect with yourself and explore the following questions:

**1. When have I been in the flow? What were some moments in my life I recall feeling that sense of alignment? And what did it feel like?**

**2. What *does* make me come alive? What are the things I'm delighted to do in my downtime? What makes my heart feel full when I think about it or do it?**

**3. How can I develop a deeper connection with these things I love? How can I develop trust in my capacity to follow my dreams?**

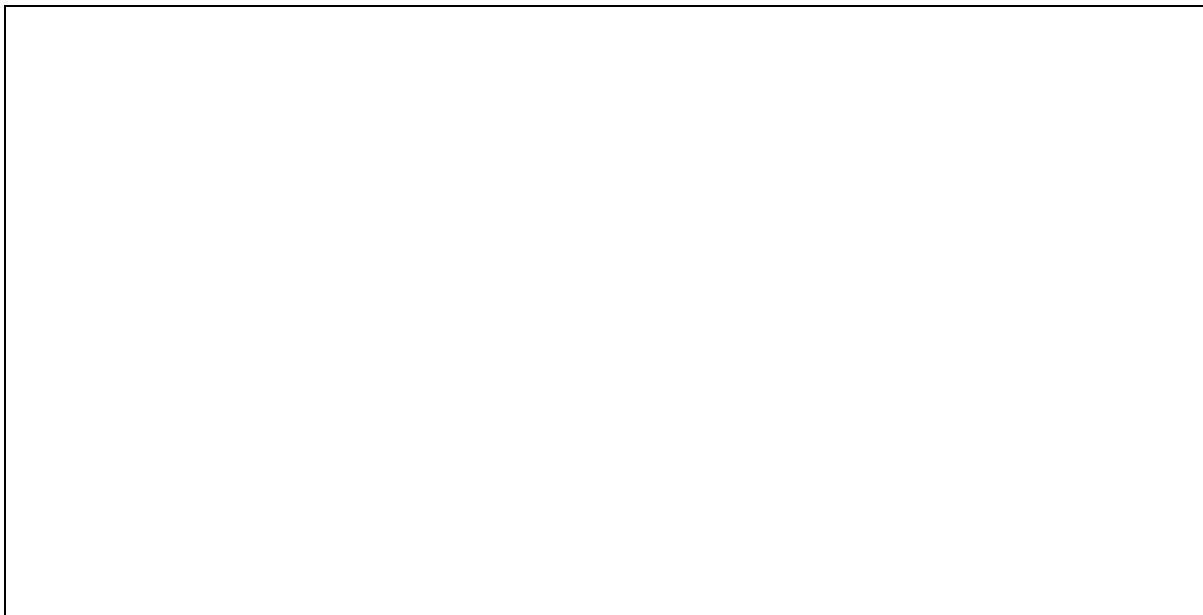


To support the development of a belief that you can have what you want, I am going to offer you a practice or mantra. You can adapt this to reflect your own viewpoint, so I'm not asking you to believe this. I'm suggesting that you use it to spark your own statement of what you believe or want to believe.

*“Deep inside, I know I have something unique and wonderful to offer the world. I know that when I allow myself to align with the flow of Life Energy, that becomes an easy flow.*

*I commit myself to moving in the direction of my highest good and I invite Life Energy to support my progress on that path. I request signs of that support, and I commit myself to staying open to them.”*

As I have said, we all have different beliefs, so please modify this to resonate with your beliefs. You can always change it later, but I encourage you to write a version of it here to get started with:



Once you have your version “good enough for now,” start finding places that you can put it to remind yourself:

- A post-it on your mirror.
- An alert on your phone that pops up several times a day.
- A note on the steering wheel of your car.
- Be creative about how you offer yourself this support

***Encourage your belief in your own capacity to create the life you want!***

# Consistency

**Developing daily (and even better, minute by minute) habits that allow you to turn your vision into a reality.**

Every day we move a little in the direction of our wellbeing and happiness or a little bit away from it.

And every day is made up of many *moments* in which we also move a little bit toward or away from our wellbeing and happiness.

It's ok that this goes back and forth, and in fact it's sort of inevitable. The trick is, *whenever you find yourself going in the wrong direction, to seize that moment and turn in the direction of wellbeing.*

It's the decision of a moment, and it only takes a moment. It can be a simple choice, as light as a breath. But the accumulation of all these breaths becomes like the power of a strong wind at your back.

As you do this more and more, you tip the scales, and wellbeing naturally begins to carry you with its own momentum. It's like putting your canoe into a stream... you can feel whether you are moving against the current or with it. When you move with the current, it's so much more fun and delightful, and boy, oh boy, does it speed up quickly! These moment by moment practices turn us in the direction of the current that flows toward the things we want.

**I have created a free online group, where we practice together this turning in the direction of what we want every day.**

**I call it *Blissipline*: The discipline of moving in the direction of happiness. (nice, right?)**

**The support and encouragement of the group greatly increases our capacity to develop our strength and consistency.**

**If you would like to join us, go to:  
[www.facebook.com/groups/blissipline](http://www.facebook.com/groups/blissipline)**

*“How we spend our days is of course  
how we spend our lives.”*

*~ Annie Dillard*

The first time I read this quote by Annie Dillard, it was a bit sobering. I realized that my days did not at all reflect the life I said I wanted. I remember it vividly, because I was on a prestigious fellowship at an Artist Colony. Instead of working, I was spending hours every day procrastinating, NOT composing the piece I was commissioned to write, feeling like a waste and a loser and missing an opportunity I had dreamed of for years.

In that moment, I saw pretty clearly that unless I changed how I spent my days, my life wasn't going to go in the direction I wanted. But I didn't seem to be able to change my day to day habits. There was a powerful momentum that seemed to be pulling me in the direction of avoidance and procrastination.

It was a wake up call for me! Since that day I have made so many changes that my life is completely unrecognizable. I have been learning and teaching these practices now for about 15 years – Wow, time flies! – and I have distilled the best practices into a 12 week class that will support you in changing your old patterns and building new habits that will move you steadily and speedily in the direction of the life you want to create!

I'll be sending out announcements about our Jumpstart 2016 class in the next few days, but if you want to be sure and hear about it, just drop me a line at [ThrivinginPractice@gmail.com](mailto:ThrivinginPractice@gmail.com), and I'll be sure you get a special reminder.

To your best year yet!!!

