



Live Your Perfect Weight

Monthly Newsletter

June 2009

Having Trouble Getting Your Ducks in a Row? (Part 2)

Remember last month when I said not to worry about getting all your ducks in a row? Just to be like the marching flamingos and strut your stuff?

Well we are going to explore some of the reasons that hold us back from accomplishing what we would like to see happen in our life, and why we don't "go" for it.

Sometimes we really do not even know what we want. We say we want something, because we think that is what we should say, or because our family thinks that's what we should have. Here is one that really gets us stuck: We don't know how to get what we want, so we settle for something we really don't want and take on the defeating attitude that it doesn't matter anyway. We lose hope that things could ever be different.

Then we make up stuff that is negative about anything that we might secretly want, to justify our fear and lack of faith that we really could achieve our dreams: "That house is too big to clean and it would just feel cold and uninviting." Or the fear factor: "I would become evil if I had money", or "everyone would just want my money."

Or what if you released that weight you want to get rid of, and lived your perfect weight, would you feel too liberated? Would you think people would look at you differently (not so nurturing or funny) and would it scare you if someone thought you were thin and attractive? Would it scare you if you had confidence and were able to do more and be more? Because now you can't hide behind your weight?

Or if someone has already done something that you have dreamed of doing, do you get discouraged and think "It's too late for me, someone else already thought of it". Isn't it interesting that we often do just about anything and everything to sabotage what we really want our life to look like? This is one of those times when we really need to get totally honest with ourselves, and see just how often we engage in that kind of self-defeating behavior.

If getting what we really want requires us to start doing something different, then we worry about what "they" will say or we worry about losing friends. We get so hung up about what the neighbors, or friends, or the people at work or church will "think" that we don't accomplish the goals and dreams that are truly dear to our heart and will stretch and help us grow.

You may even have friends that don't want you to change and grow and accomplish because they are afraid you will move away from them. They fear that you will be in a healthier place emotionally, financially, physically and spiritually, and they may not encourage you to be your best self. This is true in all areas of your life. If it's weight loss then they may be threatened that you will not "need" them, or you will be so attractive that you won't want them in your life – or

they may feel competitive now that you look good. Or maybe it's that you won't want to go to all the unhealthy eating places – you just won't be fun anymore. All these imaginary thoughts will keep you stuck where you are.

That is why it is so important to remember to write down your goals and think what it is you really want your life to look like. Think in possibilities and don't get stuck in left brain thinking, which is: "we've always done it this way." Too many people fail to achieve what they really want, because they continue doing what they have always done and are not open and receptive to thinking and acting differently.

The definition of insanity is doing the same thing over and over and expecting a different result each time. It is time to stop, think and act, so that you bring your life into alignment with your authentic self.

It is also important to be in alignment with God's universal laws. One very important universal law is called the "Law of Attraction". When you are in alignment with this law then you are open to receive all the opulence and abundance of the universe. All the help and support that you need will show up. People will come into your life to help you. So live right inside and the outside will take care of itself. Eat well inside and the results will show on the outside. This is true with every aspect of your life.

"The most important success principle of all: Do what you should do when you should do it, whether you feel like it or not." –Thomas Huxley-

So go ahead, have big thoughts, have good thoughts, have opulence thoughts. Dream big dreams. Remember that there is no "key" to happiness, the door is always open, so walk through it (or march like the flamingos, because you are not a duck) and have a successful, happy, healthy and productive life. Don't get your view from a keyhole, open the door, and don't limit yourself. You can do it. Don't worry about whether all your ducks are lined up. Just take the first step toward your dreams, and you will be amazed at what will begin to happen in your life.

"We are miracles. Each of us is an absolute astonishment. So whether you believe in miracles or not, we still are. We still partake of 'miracledom'". – Ruby Doe-

Till next time,

Rosemary Evans, author
"Live Your Perfect Weight"

www.LiveYourPerfectWeight.com