

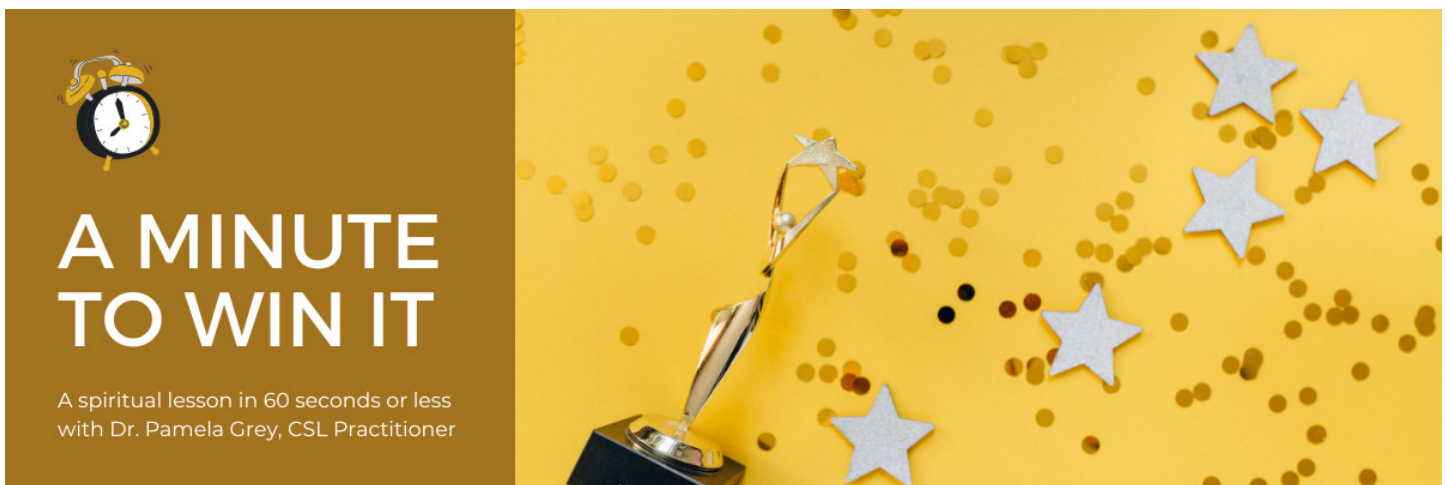
BETTER IDEAS FOR BETTER DECISIONS

Improving Your Life with a Spiritual Mindset

Quote of the Month

“I believe that it is the nature of thought to externalize itself, to bring about conditions which exactly correspond to the thought.”

-Drs. Ernest Holmes and Raymond Charles Barker, *365 Days of Richer Living: Daily Inspirations*



What Kind of Success Do You Want?

Study this important quote with me....

“We are always being successful. We are always achieving the goals we have set up for ourselves in thought. Some people may win themselves terrific success at always being a failure in business. Others may succeed in always experiencing ill-health. Still other always succeed in being friendless. We always succeed, so our immediate problem is not one of success, but what kind of success we are having.”

-Dr. Ernest Holmes, *A New Design for Living*

I found this quote very compelling. Dr. Holmes begs all of us to review our unique circumstances each year and ask, “What kind of success do I want for myself?” Upon deeper reflection, is there an

area of your life that demands change or prioritization? Whatever issues you're facing in your health, career or relationships, the start of a new year is a great time to explore what kind of success you really desire for yourself. I pay particular attention to business matters at this time of year. Thankfully I have been open to continuous improvement (most of the time) using a simple approach. I ask myself, "What could I have done better today?" This has prevented me from repeating negative experiences. The quicker I identify a problem, the faster I get back on track. ***I repeat what works and discard what doesn't!*** This has kept things from getting out of hand. Perhaps this approach can also work for you!

So, what does success look like this year? Is there room for at least one new improvement? If there is, what beneficial aspiration could motivate you most? What do you need to get started? I've always found it better to initiate a change before an apple cart turnover interfered with my finances, health or relationships. It makes change less frightening or daunting when friends and family are there to support you. Especially in circumstances where I didn't have a clear path, I've found spiritual introspection important. It takes time to understand what to do and how to go about furthering your goals and interests. After all, creative new ideas like the ones that improve your business prospects or increase your financial relationships make success all the sweeter! And let's not count out the importance of smaller, incremental changes over time, the easier ones we can do for ourselves each day. These steps reveal better ways to be happier and more joyful throughout our New Year. And isn't that what we all want in the end, *the kind of success we can enjoy all year and also be proud of?*

A Reader's Question

with Dr. Pamela Grey

Founder of PowerYourDecisions.com and
Author of the *Power Your Decisions Self-Study Workbook*

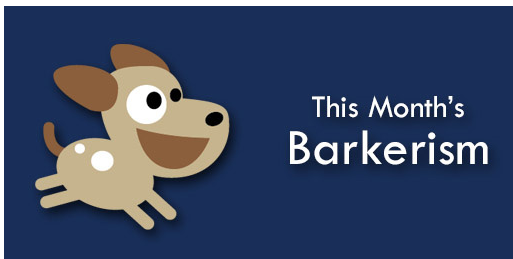


Q: *I am struggling to find direction in my life. Can you offer me some guidance?*

When we seek too many opinions, sorting out the good stuff can be challenging. If we get too much information, we may not listen to what our heart is telling us. I suffered great duress in my late teens and early twenties around the notion of choosing a career path. I was offered many points of view but had no real-life experience to know which path was right for me.

It turned out no one really knew. Eventually I stepped away from those voices and listened to my own inner voice. It took me time to trust that voice, and as it turned out, I was actually starting to build a spiritual mindset. This gave me better clarity and calmer assurances I was on the right path to find my purpose. When I took the time to be quiet and listen, that inner voice paid off! So, I stopped seeking so much attention from others and paid more attention to my own thoughts and feelings. I also sought out people with expertise who could help me put an idea or opportunity to work. I discovered that if anyone was going to stop my own progress, it was me, especially if I believed I couldn't accomplish

something, that it was too crazy for me to consider or would require too much effort or time. This kind of thinking was the start of a decision to fail. Saying no to anything that may help you explore a new aspiration is unproductive. Instead, say, "Yes, please tell me more..." **No** is the only word that can destroy hope, optimism and inspiration, so be careful in what context you use it. You can avoid getting on the struggle bus once you have the courage to explore new opportunities in your community. Trust this inner pathway to guide and lead you to better opportunities to fulfill YOUR POTENTIAL!



*When we search for Soul, we are human.
When we use SOUL, we become divine.*



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