

Dance With Your Dreams-A Five Minute Solution

Take Five Minutes To Dance With Your Dreams

by Irene Becker www.justcoachit.com

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"Imagination is more important than knowledge." Albert Einstein

Take five important minutes today to dance with your dreams. Dreams, the pixie dust, the magic, the imagination that propelled us through space and time as children when our dreams danced in our heads and our hearts before the music stopped.

No matter what type of change, challenge or obstacle we face in life or business, the genesis for powerful solutions and strategies starts in our heads. And when we have lost the ability to dream, to imagine, to take a five or ten minute respite from the responsibilities and rigors of our adult lives to enjoy a flight of fantasy; we may achieve short term results but long term gain will elude us. Success requires a leap of faith, a flight of imagination that can transform changes, challenges and obstacles into opportunities.

We need to dance with our dreams because before we can prepare the soil and fertilize it with our best thoughts. Our greatest power to create solutions and strategies for personal and business success can only be reached when we have the courage to transcend what is by learning to dance with what could be.

Step out of the box this week. Spend five minutes each day with eyes closed and imagination open. Dance with your dreams and find out that they may take you on a new journey that

refreshes your mind, engages your heart and kick starts a new sense of creativity and joy.

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Be The Miracle

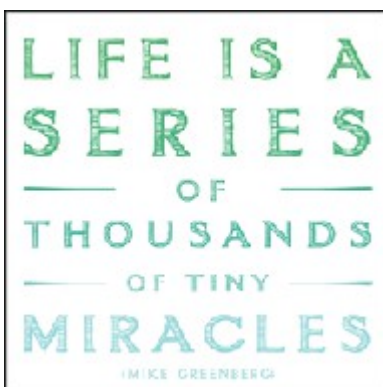
Be the Miracle

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Helping smart people and organizations communicate and lead forward smarter, faster and happier is what I do best

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“It is our duty as men and women to proceed as though the limits of our abilities do not exist. We are collaborators in Creation” Pierre Teilhard de Chardin



While many of us are earning more money than before, too many of us are challenged by a lingering malaise, a yearning for personal satisfaction and emotional connection that somehow eludes us. We finish our work days tired and drained. We long for the energy, the passion to address what WE truly want and need. We long for a kinder, gentler more “human” life and yet we push forward and onward, neglecting an inner voice that desperately longs to be heard because we are stuck in the Land of Lack.

The Land of Lack is place of social and emotional disconnection. It is the head and heart space of individuals who have nice educations, nice jobs, and nice homes. People who have worked hard, played hard, and followed all the rules in the game of getting ahead. They have strategized, improvised and made their way in the jungle of life to a good place in the social and economic food chain. While their outside appearance speaks loudly to all they have, their eyes reflect all they have not.

Every day we can wage an individual and a collective battle to get out of the Land of Lack. We have the free will and power to reclaim our purpose, passion and joy. Hard to get past the Land of Lack... you bet! Hard, but far from impossible. We can move forward, upward and onward by remembering the three small and yet large lessons we can learn from nature. Three facts of nature that can inspire us to let go of negativity, engage a new and better self, be the miracle that we want to see.

1. **The bumblebee-the insect who defies the laws of aerodynamics by flying. Decide to reach past the Land of Lack.** Imagine if you simply could not fail? What would you do? Where would you go?
2. **The caterpillar reaches maturity by shedding the skin that no longer fits.** We can transform our lives every day, every way be deciding to shed the habits, beliefs and relationships that do not speak to our true values and purpose.
3. **The butterfly flapping its wings in Tokyo is scientifically recognized to have an impact on the weather patterns across the globe.** Decide to make one small step to have a positive impact, to make a positive difference in the life of another person today. Know that in taking this small step you will be taking a big step in creating the change you want to see.

Be the miracle. Live the miracle.

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Where is the Good? Attitude Correction-Positive Connection!

MAKE AN ATTITUDE CORRECTION-A POSITIVE CONNECTION!

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“ Weakness of attitude becomes weakness of character.” Albert Einstein



What would it take for you to make an attitude correction? A attitude correction, a positive connection. How much better would you feel right here, right now by simply tuning out negativity and tuning in a new perspective, a new way of seeing and doing things that helps you embrace positivity?

Negativity is a demon, a frenemy, a foe, a contagion of discouragement that will follow you relentlessly if you allow it to do so. Stay vigilant focus not on what you lack, but on what you have right here, right now. Fight negativity by staying focused on the present moment and attached to all that is positive in your life. Decide to make an attitude correction by making a positive connection with yourself and with your life.

Reach into your heart and find the power most awesome power you have, the power of will. The power to reach into your mind and decide to abandon the desert of negativity and chaos that surrounds you. When we can reach past the distractions

that abound, we can focus our hearts and minds on living a more creative, productive and happy life. We can attach ourselves to optimism. We can embrace the lives that we were meant to lead.

Refuse to let the thorns of negativity and chaos pollinate your spirit and your life. Leave the desert of emotional drain and pain. Develop an oasis of love, faith and optimism. Know that YOU have the power to cleave to all that is good. Embrace optimism and all that you can be, and in so doing become the miracle you search for.

Get strong. Reset! Make an attitude correction every time negativity seeps into your consciousness. Impossible, think again, because you have the power to retrain your brain, you have the power to decide to make an attitude correction, a positive connection. And, the good news, the great news is that each time you make an attitude correction, each time you make a positive connection you are retraining, resetting your brain to be more positive.

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