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Monthly Newsletter – July 2009

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Dear Friends:

Following up on the advice from the June newsletter, the following section will help you develop a plan to accomplish what you want in life.

### **Visualize Your Goals**

Visualizing your goals is a great way to practice a more empowering point of view. Believing in yourself is having confidence that you can succeed. You have to visualize yourself actively encountering and resolving any issues that stand in your way.

Visualizing your goals is actually a very simple and practical and technique can be done simply by sitting down at home in a quiet room and taking some time to yourself. People that regularly visualize what they want to achieve, perhaps even on a daily basis, find that they have the power to perform properly and with confidence when situations arise that may test their resolve. Below are some additional steps you can take to create more positive thinking and laughter in your life.

### **Tips for Visualizing Your Goals:**

1. Identify the goal – If you want to run a little each day for your health, for example, you will want to make a mental note of that and identify it as the goal you want to visualize.
2. Relax – Find a comfortable and quiet place to sit and relax. This will involve eliminating all distractions. Turn off your cell phone, turn off the TV and allow yourself to be in the quiet moment.
3. Clear your thoughts – Close your eyes and allow yourself to relax in the moment of silence. Free your mind from any intruding thoughts that may get in the way of visualizing your goal.
4. Imagine your goal – Imagine yourself running, think about the preparation you will need to do, think about any stretching or warming up you'll want to do before you run, and so on. The more clearly you can perceive your goal in your mind, the better the results of goal visualization.
5. Imagine yourself completing the goal – Take a moment to perceive what it will feel like after you have accomplished this goal. Think of the happiness, the joy and the excitement you will feel after accomplishing your achievement.
6. Imagine how it feels to complete the goal – As you open your eyes, keep your focus on visualizing the feeling that you received after completing your goal. Take this feeling with you throughout the day and remember it often.
7. You may not have the time or opportunity to visualize your goals each time you want to accomplish one, but you can draw on parts of this process. Keep positive when you encounter a step you need to make in your life and try to focus in on the feeling you will receive after successful completion of that



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particular step. This will help you focus on the positive part of completing your goal and will help you achieve the clarity needed.

### **Laughter: Just What the Doctor Ordered**

You've probably heard the saying: "Laughter is the best medicine." It's true in many ways, laughing is said to help strengthen and protect the heart; improve blood flow through the blood vessels; and fight problems that the body encounters because of stress. It is no great medical secret that stress impacts the body in a very negative way, so laughing and staying happy must impact it in a positive way. This doesn't mean that you neglect your darker moods by covering them up with fake laughter. Being untrue to or in denial about your true feelings is equally damaging. It's important to acknowledge and work through all your feelings, but try to recover from the negative as soon as you come to terms with what was upsetting you.

### **Here are some ways to brighten your mood:**

1. Watch a funny movie or one of your favorite comedies on television
2. Go out to dinner with friends
3. Find some new jokes or funny clips online and e-mail or send them to your friends
4. Do something you enjoy

### **The Power of Positive Thinking and Laughter**

Living a lifestyle with positive thinking and laughter is becoming increasingly popular. Once considered a fringe New Age movement, mainstream media is now giving this concept the exposure it deserves

More and more people have become aware that they have the power to improve their lives with their thoughts rather than having to rely completely on outside sources. Visualizing and accomplishing your goals as well as staying positive in times of adversity are tools that can be used to empower yourself. If you have an unrealized goal or would simply like to have a lighter outlook in life, the good news is that it's never too late to change the course of your life. Change can start with a thought, and with the proper visualization techniques you can find a way to achieve your goals in a self-affirming manner. Open your mind to the benefits of positive thinking and laughter – you might find the happiness you've been searching for.

'Nuf Said.

Larry Herman, DC    Adam Kritzberg, DC    Jan Herman, DC    Josh Rosinski, DC    Joe Brady, DC