

Live Well Lifestyle Teleseminar

Recap & Recording

October 16, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Complaint, Blame and Excuse Free

My Intention Today: To take total responsibility. To live in a complaint, blame and excuse free environment.

We all make mistakes. It is called learning. Don't be afraid to learn. To own it means you can change it. "You know, I did that wrong. I can do better than that. Let me try again." We don't come into the world with perfect knowledge and wisdom. The reason we are here is to learn. Babies are not inhibited by making mistakes. They just keep trying until they get old enough understand what adults are telling them and trying is shamed out of them by well-meaning adults.

HAVING FAITH: Change champions know that changing something, anything, will entice critical remarks from others. Despite this, change champions don't let the doom-and-gloom forecasts of others get in their way. They refuse to please others at their own expense. If they know it's the right thing to do, they move forward. They are steadfast in their journey. Dr. Alan Zimmerman

Divine Wisdom Card: So long as you entertain the notion that there is something or someone else out there "doing it" to you, you disempower yourself to do anything about it. Only when you say "I did this" can you find the power to change it.

Power Thought Card: I am flexible and flowing. I am open to the new and changing. Every movement presents a wonderful new opportunity to become more of who I am. I flow with Life easily and effortlessly.

Soul Coaching Card: Money and LOA Card: Nothing is More Important Than That I Feel Good...Whenever you are feeling less than good, if you will stop and say, *Nothing is more important than that I feel good – I want to find a reason now to feel good*, you will find an improved thought. Anytime you feel negative emotion, you are in the mode of resisting something that you want, and that resistance takes its toll on you. It takes its toll on your physical body, and it takes its toll on the amount of wonderful things that you are allowing to come into your experience.

Closing Thought: The universe rewards ACTION. Successful people take action towards a known outcome. You can't think about it. You have to do it—and you don't do it for a week or a month. You do it until. Until you get what you want. People that are successful are able to see what success is. They are able to define it in their mind's eye. Dr. Phil

To contact Perry A~ Arledge: perrya@austin.rr.com