

Live Well Lifestyle Webinar Recap & Recording

January 15, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Change your attitude Change your life

My Intention Today: To go from a 'have to', 'got to' person to a 'get to' person

How do you get through life? Do you 'get to go to work' or do you 'have to go to work'.

Can you feel the lightness of 'getting to' over the burden of 'having to'?

How do we change the feelings? By looking with appreciate what it means 'to get to do laundry and fold cloths'. It means you have more than one change of clothes. It means you get to wear clean fresh selling clothes. It may mean you have the luxury of a washer and dryer or even access to one and you don't have to wash by hand. It may mean you have a job that pays enough

for you to have a lot of clothes and a means to clean them, which leads us to that job you 'have to go to". How many people don't have a good paying job and here you are with a job to go to, an abundance of clothes, a washer and dryer. I bet you even have a refrigerator, stove and air conditioning and heating too. Probably have a car or two and how many T.V's and computers. Would you just look at what getting to do laundry brought us too. A new awareness of things we have taken for granted. So much to be thankful for. You GET to go to work. Yea. It's time to celebrate Monday mornings. Woo Hoo. Two thumbs up. High five!!!

Divine Wisdom Card: Everything in my life- every experience, every relationship- is a mirror of the mental pattern that is going on inside of me. My mental pattern is positive and joyful. I always have a choice about how I see life.

Can Do Card: My life gets more fabulous every day. I look forward to what each new hour brings. I embrace the things I GET to do that make my home and life beautiful and organized.

Closing Thought: When I wake up in the morning, I plan for a good day. My anticipation attracts good experiences to me. What will I get to do today. 😊

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