

EXCUSE ME, YOUR LIFE IS WAITING

By

Lynn Grabhorn

The following is a brief summary of Grabhorn's 30 day plan to take charge of your life and control your flow of energy. (Or, "finding a way to stop thinking about things that get you uptight"):

1. Make sure your value (positive mind) is open
2. Remove your focus of any major thing that is currently causing serious fear. Turn it off and keep it off.
3. Establish a **flip-switch topic** for each day of the next month by finding one new item about yourself to appreciate. This means finding 30 good things about your life. Write them all down **now**. Put them into your Palm Pilot, Blackberry or calendar for the next 30 days.
4. When life deals you a bad hand of cards, **flip-switch** to the day it happens and focus on that great thing about your life. That subject of your life is now yours for 24 hours. (When you are in a state of appreciation, it is hard to focus on the fears in your life).

Here is another gem from her book. Four steps to creating a better life:

1. Identify what you don't want in life
2. From that, identify what you do want
3. Get into the feeling, the mood of what you want. Open up your positive valve of life
4. Expect, listen, and allow it to happen

One more gem. Think about the following two words:

1. Want
2. Intend

If you say, “I **want** to become financially independent”. Or “I **intend** to become financially independent”.

Which word has a more positive spin? In future, use **Intend** for all your future goals and watch the difference in your thought process.

Grabhorn has many gems such as these in her book. I recommend this book for people who **want** a little boost and **intend** to make a difference in their lives. This is a totally different kind of “self help” book.

Wayne Taylor