

HAPPY NEW YEAR!

The purpose of ReadMove is to share weight loss tips and ideas that involve movement and action. Another year is finished. Did you accomplish what you set out to do in the beginning of the year? My knee jerk reaction to that question is “No, I did not.” Upon further review, that would be an incorrect answer! I did move to a wonderful house, got a new job working for people I actually like, started a new business, took a tai chi class, traveled to Alaska and made a great start on working on my own self development!

If you took a closer look at your past year – what would you find that you’ve done? Most of us started the year with the resolution “I want to lose weight”. When the year ended and you had not lost what you wanted, you assumed it was a year of unfulfilled resolutions. My guess would be that you’ve actually accomplished a lot this year! But because the stone of weight loss hangs over your head you are unable to look at anything else objectively. I propose that you sit down for 20 minutes and write what wonderful things have actually happened to you this year. You’ll be amazed.

This year ReadMove is going to look at how we can do little things that will make a big difference. We’ll talk about developing the whole person so the real you can emerge. And if that real you happens to be a little lighter, isn’t that marvelous?

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Baby Steps

Does your goal seem too big?

No one wakes up one morning and is 50 pounds lighter! It’s a journey, a walk in wellness. All of us learned to crawl, then take baby steps and finally we were walking. So why not take baby steps on your journey? They might be a little shaky, you might fall down, but you never stop learning to walk! Here’s some baby steps you can take this month.

Clean your kitchen cabinets. Do one cabinet first. Throw away food items that have been in the cabinet longer than three months. Don't just replace them. Think about other items that may be healthier. Either replace the item with a healthier alternative, or don't replace it all! Next day, next week, or next month – work on another cabinet.

Drink one more glass of water today. Repeat it tomorrow. Next week drink two more glasses of water. Continue until you are drinking 8 glasses of water a day.

Park the car just a little further away. Walk ½ a block more today. Next week walk another block. Get a pedometer (you can buy them just about anywhere – and I know Avon has a good one. If you want that one, let me know – I'll connect you to my Avon rep and you can even order online!). Walk 1000 steps today. Give yourself 10 weeks to get up to 10,000 steps a day.

Use low calorie condiments such as mustard or vinegar instead of butter or mayonnaise on your sandwiches. Try lean ham instead of bologna.

Walk up one flight of stairs instead of using the elevator. Next week try to flights of stairs.

Make a Collage

I get a lot of magazines throughout the year. As I read them, I cut out pictures of things that appeal to me. There is no method to the madness – just cool things I like to look at it! On December 31st I take a large piece of construction paper and attach the pictures with glue. Sometimes there are sayings as well. Then I hang my collage over my computer desk. Last year I had images of travel, a woman doing tai chi, a house in the country with a beautiful garden and the words “Dream Big”. I used a piece of blue construction paper – Greek blue (my favorite color) and I added some glitter to the project. It was very relaxing to look at it. Looking at that picture today, I realized I traveled a lot this year, moved to a new house and took a tai chi class!

The idea behind the collage is to let your subconscious mind choose the pictures. The conscious mind is picking out ‘cool’ things, things you like. You will hang this collage in some place where you look at it every day. Then the subconscious takes over!

The best that can happen is those cool things come true. The worst that can happen is – you've got a great picture of cool things to look at! Why not give it a try?

Contest

How would you like to win \$100 worth of free products?

I market a product for someone who wants to use safe cleaning products, like me. I used to clean with bleach but it made me nauseous and gave me migraines. I tried other non-toxic products from health food stores, but they didn't clean! So then I tried these products and after two weeks – no more migraines! My house is super clean and smells great. All of these products are safe to use around my family and my pets.

Do you know anyone who would like to win \$100 worth of products this month? Go to www.travelwoman.com and click on the contest link, fill out the form and – that's it! Feel free to refer as many of your friends and family as you'd like.

Oh yeah, my company has more than just cleaning products. There are over 400 different products including health, body, beauty, home kids and medicine cabinet products – all of them safe and environmentally friendly.

The deadline is January 10, 2005 and winner to be chosen January 12th.

Letting Go of Emotional Turbulence

Let me ask you; are you more or less effective when you are upset? Do you find yourself stuck at times in your life by anger, frustration, fear, guilt, and similar emotions? If so, here is a step-by-step approach adapted in part from the book, *Do Less, Achieve More* by Chin-Ning Chu.

1. **DON'T SUPPRESS.** Letting go of your emotions doesn't mean to avoid feeling them or suppressing them. Suppressing your emotions can be harmful to your health, resulting in a myriad of physical ailments including heart disease, strokes and ulcers. Instead of suppressing your emotions, become unattached to them. How?

2. **CAUSE YOUR UPSET.** One of the most effective ways I've found to become unattached to an upset is to actually 'cause' it. Having something happen that results in your automatically being upset is different from recognizing the upset and causing it in a responsible manner. You may find it's actually quite difficult to stay upset when you're causing it rather than simply being at the effect of it, and it can help you move through it and reach detachment sooner.

3. **WRITE IT OUT OF YOUR SYSTEM.** For many people writing about their emotional upsets can be a great way to dissipate the energy. The best way to write about your emotions is to not think about writing but simply write. Pour it all out on the paper. Let the words flow directly from your heart to your fingers without detouring through your brain first.

4. **WHAT REALLY HAPPENED?** Once you've unattached yourself from the angst of your emotions, you are better able to deal with what really happened. As Detective Friday used to say in *Dragnet*, "Just the facts." What happened is almost always different from what you reacted to. What caused the reaction was what you made up about what happened. Someone say, "We're cutting your bonus 50%," is different from "My jerk of a boss is stingy and uncaring and let me

tell you what he did recently that proves it." Few people in life deal with what's really happening -- only the most effective ones.

5. GET THAT WE LIVE IN A 'NO ACCIDENT' UNIVERSE. Since we're designed to make meaning out of everything, why not make up some new meaning about what happened that will empower life? Notice I said empowers life, not 'empowers you.' Of course, you're part of life so you're included but look beyond yourself.

What meaning could you attribute to the situation that will empower everyone involved? One great place to look is what's the hidden lesson the Universe is trying to teach you. If you've just gone through a huge upset, chances are that you've been offered the lesson many other times. Isn't it time to learn it so you can move on?

6. CELEBRATE. That's right, whenever you move through an upset, no matter how large or small, celebrate the expansion and growth you've made. As Chin-Ning Chu says, "Rejoice and celebrate each time your heart is broken. Only when your heart is broken can the light enter."

ACTION

This week, try out this simple and effective six-step approach on one of your upsets and see if you don't become much more effective at dealing with your life. The more you practice it, the faster you'll be able to authentically move through the emotional turbulence of life and stay on track to living purposefully.

(Thanks to my friend and client, Eric Miller, for inspiring this Thought Provoker.)

The End

W. Bradford Swift is director of Life On Purpose Institute -- an organization dedicated to people clarifying their life purpose and living true to it -- where he is a coach, writer and trainer for other coaches. Hundreds of his articles have appeared in such diverse publications as Modern Maturity, Hope, New Age Journal, Yoga Journal, and many others.

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Exploration

Websites to Explore this Month

www.flylady.net "My members come to us looking for a way to get their homes organized. If I can teach them to love themselves (FLY), then the house comes together and everything falls right into place! They just never knew that it was always inside of them. " ~ FlyLady

www.geocities.com/hunyuantaichi I took a class with Michael this year and he is a remarkable young man. Now you can get a DVD of the 12-step form that is

designed for beginners and students of all ages. Check out his website. Feel free to email Michael at Hunyuan@Bellsouth.net and let him know you want the DVD and I referred you!

www.travelwoman.com Okay – this is my newsletter so of course I'll ask that you look at my site! Don't forget to sign up for the chance to win \$100 worth of Melaleuca products this month! Deadline is January 10, winner to be chosen January 12.

www.suite101.com This popular website is a destination for millions of Internet users who want to learn, express themselves, and share ideas, interests, and expertise with other like-minded individuals

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Quotes To Keep You Moving

"Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character for it will become your destiny." Frank Outlaw

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"Begin to see yourself as a soul with a body rather than a body with a soul." Wayne Dyer

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever" Mahatma Gandhi

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"A man practices the art of adventure when he breaks the chain of routine and renews his life through reading new books, traveling to new places, making new friends, taking up new hobbies and adopting new viewpoints" Wilfred Peterson

The penguin is the only bird in the world that can swim but can't fly

Thanks, Subscriptions, Looking for Authors, Advertising

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