

## Create Fun Inspirations in a Jiffy

Bradenton Herald Newspaper

Joan Dickinson, ED.D., Life Coach

July 14, 2007

Who says you aren't creative? Here's a fun, creative exercise that is sure to make you smile, maybe even enhance your self-esteem. It's also a great family morale builder. Kids of all ages love doing this.

I believe the words we choose to use daily create our present reality. Yes, our word choices can make or break our day. If we swear, gossip, are judgmental, or call ourselves names, our facial expressions, body actions, emotions and thoughts will be similarly ugly.

If you buy that notion, surround yourself with positive, yes inspirational words. Because you choose them to represent you, they will have more smile power.

I have done this exercise below with my business name, CREATE YOUR PERFECT LIFESTYLE. Now I want you to write your full name down the left side of a sheet of paper in capital letters. Or you can use your business name, but our names are special, so why not surround them with beautiful words and phrases? For every letter of your name, brainstorm positive adjectives or phrases that begin with that letter. Enjoy!

C is for Curiosity, Charm, Creativeness

R is for Relaxation, Reflection

E is for Exploring, Encompassing Everyone

A is for Affluence, Abundance, Achievement, Attention

T is for Trust, Truth

E is for Evolution of Self

Y is for Yes, Why Nots instead of Why's

O is for Opportunity

U is for Universal, Understanding, Unflappableness in the face of the Unknown

R is for Realization of your created Realities

P is for the Power in Positives, Patience that make Perfection, Promotion, Peace

E is for Easy progress

R is for Refinement, Revelations

F is for Faith

E is for Executing rather than procrastinating

C is for Courage in Change, Coherence

T is for Thankfulness, Traditions, Ties, Tactfulness

L is for Love and Luxury

I is for Inspiration, Intuition, Insights from Illuminating Ideas, Intention, Integration

F is for Freedom to be Flexible

E is for Excellence in Everything, Enlightenment

S is for Successful Self-Realization, Star Power, Sincerity, Sensitivity, Stability

T is for Talent

Y is for Youthful spirit

L is for Laughter and Lightness

E is for Energizing, Enthusiasm and Exuberance

If you would like to hear me speak on “Creating Your Perfect Retirement,” come to the Greater Sarasota Coaches Alliance lunch meeting on July 16, Monday, 11:30 AM at Mediterraneo, 1970 Main St., Sarasota. The cost is \$10, plus lunch. Reservations maybe made by calling Sue Englehart, 941-926-4245.