



10 Simple Tips to Begin Living a Big, Bold, Beautiful Life ... Today!

Simple ideas that can change your life!

1. Identify and write down 10 things in your life that you are putting up with – tolerating. Perhaps it is a dirty car, a phone call that needs to be returned, a stack of papers to file, a missing button Choose 10 things that you can commit to eliminating this week and get started! You will be amazed at how good it feels!
2. Take 15 minutes each day to do absolutely nothing. That's right – hide the "to do" list, put down the book, unplug your phone, and unplug yourself. Let those around you know that you are "checking out" for 15 minutes. Sit on your favorite park bench, relax in a comfy chair, lie in the grass and gaze up at the clouds. This quiet and stillness will dramatically affect your level of clarity about your life.
3. Unplug the VCR, and, while you're at it, unplug the TV as well. No ifs, ands, or buts. Just do it for one whole week.
4. Do something good for your body each day. With intention, step out of, beyond, your normal routine. Take a long steamy bath, go for a long walk, get a massage. Perhaps you'll want to sample something new each day. I can just hear you saying, "I don't have time." The fact is, if you make it a priority, the time will appear.
5. Have fun making a list of 50 things that make you smile and keep it close at hand to revisit often.
6. Be spontaneous! Just one time (or more if you like) be truly spontaneous. Drop the "shoulds" overboard, raise your sails to catch the wind, and go for it!
7. Practice extreme self-care. Perhaps you need reminding that the only way to be fully present for those around you is to take great care of yourself. Say NO a few more times than usual, spend time with friends who make you feel really good, stretch the box a bit in terms of what you want for yourself this week.
8. Notice what you "react" to. It is the first step toward developing a high level of self-awareness. Recognize your *symptoms of reaction*: your tone of voice changing, interrupting someone else, your heart racing, etc. Being in reaction is a sure-fire way to shut down a conversation. You simply cannot hear, because your walls of defense are way up there. A huge shift begins to happen when you see the reaction coming.
9. Make one phone call or write one letter to reconnect with someone you have been thinking about. Talk about a great source for that warm fuzzy feeling!
10. Take time to celebrate something that may have slipped right past as an ordinary moment or event. Go out for a special dinner, buy some flowers, write a note acknowledging a loved one's gifts. Be creative! Recognize significant moments by taking time, through ritual or celebration, and you will deepen your experience, create powerful memories, and reap profound rewards.

If this information speaks to you, you'll want the abundance of ideas and stories provided in the following two powerful resources:

The Woman's Field Guide to Exceptional Living – Published by Morgan James Publishing and available through our website and all major book retailers

64 Ways to Begin Living Your Big, Bold, Beautiful Life ... Today! An Ebook available March 30th, 2008.

To learn more go to
www.womansfieldguide.com