

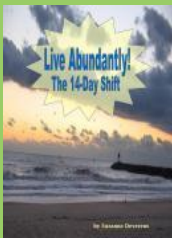


from Suzanne Devereux - BelieveInYourDreams.net



Tapping in to Inner Guidance & Working with the Law of Attraction

April 15, 2009



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Exercising your options

We're surrounded by messages that tell us the world is a bad, evil, destructive place. We're taught from infancy to listen to what "they" tell us to do, because "they" know better than us. We're inundated with magazine covers that assure us we're not (fill in the blank) enough to live a wonderful life. And we're fed messages by tv newscasts and commercials that insist we have diseases and evils lurking around every corner.

Enough! It's time to block out and ignore those negative messages, and to immerse ourselves in positivity and hope. Not only because we'll feel better when we do (and you will), but because thoughts become things, and what you're thinking about today will become your experience tomorrow.

How do you do this? By exercising your option to **choose what you think about and focus upon**. You get to **choose** who and what you will surround yourself with.

Do you have a friend who is always telling the same, negative story, and who is an energy-zapper just to be around? You have a choice to put yourself and your own life first... to perhaps let that person go, or to at least reduce your exposure to his or her negativity.

Do you watch the news and confrontational talk shows? How do you feel after watching shows like that? Do you feel uplifted and positive and hopeful? If not, why are you watching them? Why not choose to watch shows and dvds with positive, helpful messages about all of the wonders in our world? Why not choose to spend time appreciating Nature or enjoying your favorite hobby? Or maybe you could turn off the TV and spend the evening putting together a Vision Board of your desired future.

What choices could you make today that will put you into a more positive, hopeful, happier frame of mind? Nurture yourself and your future by choosing thoughts and activities that support your dreams of a better life. You deserve it.



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in your Dreams.net](http://www.believeinyourdreams.net)

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"We can let circumstances rule us,
or we can take
charge and rule our lives from within."
~ Earl Nightingale

What are some of the self-supporting options you're taking
in your own life? If you would like to share them with me
and other "Living It Daily" readers, please write to me at:
suzanne@believeinyourdreams.net

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