



from Suzanne Devereux - BelieveInYourDreams.net



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

July 8, 2009

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Are you "stuck" in an area of your life? I offer one-on-one coaching to support you as you're creating a life you really want to LIVE.

For more information, please see the "Coaching" pages on my website by clicking here.

For suggestions of

The new *HUGS* accounting system

I think our old way of keeping score with how well we're doing stinks. How much money we have in Hip Pocket National Bank is a lousy way of keeping score. Whoever thought it up in the first place probably had good intentions, but it's just not serving us very well, is it?

What if the measure of our success, on whether we're living a valuable life, was tracked by the number of hugs we give and get each day?

Why not? Does that make any less sense than keeping score based on how many pieces of green paper you have in your wallet?

How would your life change if you started basing your self-worth on the number of people you authentically connected with, either through hugs, kisses, smiles, kind words, or helpful acts? What would your tally card look like at the end of a day? (For a blank tally sheet to keep track on, click here.)

Sheesh. Imagine how wealthy we would all be in the things that REALLY matter.

Putting it into Practice

Tally it up for a month

Before you go to bed tonight, and each night for the next month, review your day and give yourself gold stars or tally marks for each kind and loving interaction you had with another person. Maybe you held the door for 2 people, looked 5 people in the eye and smiled, gave four co-workers a compliment, went to your Meetup group and hugged 12 people... let's see,

books, dvds and
websites to support
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what else could you tally up? Does kissing your significant other count? Does calling your mom to say hello? What do you think -- what else could be counted as proof that the life you're living has meaning and value?

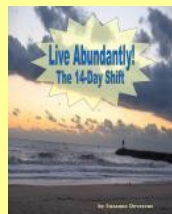
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