

## **Get K.O.L.A May 2008 Newsletter - INFUSE ENERGY!**

“To remain as you are denies who you can be.” (Larry Jones)

As May 2008 runs quickly to an end, taking us closer to the middle of the year, I ask that you review your intentions from the end of last year. Like me, perhaps you have seen some targets already met, whilst others seem far from the intended destination! What should you do?

I would like to draw your attention to the December 2007 newsletter, titled “Be the best you can be”. Read this newsletter at <http://www.getkola.org/articles/newsletterdec07.pdf> again. You can still believe in your targets and/or revise them. There is no “crime” to revision – it may only save you from continued failings!

I re-emphasise one of the paragraphs of Dec-07’s newsletter: “One of the ways by which you may begin to set new goals for yourself and actually attain them is by developing and practising the principles of ‘visualisation’ and ‘affirmation’ regularly. Visualisation is your ability to create an imagination of the intended outcome of your thought processes. Affirmation, on the other hand, refers to the making of verbal statements of your desired outcome of your thought processes. ‘Seeing’ and ‘hearing’ your desire, and mixed with emotion, influences your subconscious mind and develops a possibility attitude within your person. Your persistent practice of visualisation and affirmation will provide you with rich rewards that significantly outweigh the ‘price’ you have to pay for persistence.

I encourage and challenge you to be the best that you can be! Get enthusiastic about your life’s direction. Resuscitate the feeling you had when you thought of your intended achievements. Let the memory of what you have already achieved energise you towards further accomplishment. Overcome the negative suggestions that have come upon you, and do not feed them with your thoughts. Arise today, and feel good now. This is what I have to do myself. No one is insured against negative feelings. It is what we do with them when they come that counts – entertain them or expel them. Be like me; choose to expel your negative thoughts that have been produced by your feelings. **FEEL GOOD NOW!** Induce a positive mental attitude. Revisit your plans and take action today! What will you aim for?