



Issue 5
November 2003 to January 2004

inspireyourlife™ Newsletter

Transforming Vision

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Now is the Time...Go For It!

A Message From the Editor

The year 2003 is swiftly coming to an end. How time flies, we often say. But the author Robert Orben puts this statement into perspective when he said, "Time flies but it's up to you and me to be the navigator!". "Time is the most valuable coin in your life" the poet John Dryden once said, "You and you alone will determine how that coin will be spent. Be careful that you don't let other people spend it for you".

I believe that you would have achieved some of the things that you set out to do this year. Even if you think your achievements have been small or insignificant, it doesn't matter. What really matters is the fact that you have made progress and this should not go unnoticed. So well done!!!

Amongst our achievements usually lie the stuff that we have left undone. Perhaps it's because you have not had the time to do it. The author Jack Bergman puts things into perspective when he said "There's never enough time to do it right, but there's always enough time to do it over".

So if there is something you have left undone because you have just kept putting it off, don't be discouraged! Instead, get yourself ready to do it now! Don't give up, but go for it, try again!. Samuel Levenson was right when he said "Don't watch the clock; do what it does. Keep going..."

The articles in this newsletter are specially designed to help you to make the best use of your time and achieve that which you have set out to do!

Best wishes

Susanne Mornan-Vaughan



'Now is the time... Go for it' by Susanne Mornan-Vaughan

Whether things have worked out just as you planned for this year or not, it's never too late to pick up from where you have left off or start that which you have been meaning to do for a long time.

I coach a number of people who feel rather unhappy and unfulfilled because they do not like the way things have been going in their lives. One of the most common reasons for this is P-R-O-C-A-S-T-I-N-A-T-I-O-N!!

There are those of us who are always about to live, waiting until things change, until there is more time, until we are less tired, until we get that promotion, until we settle down - until, until, until.... It sometimes seems as if there is some major event that must occur in our lives before we truly begin to live.

But if you are waiting, here's some food for thought: the greatest amount of time wasted is the time not getting started.

Don't get me wrong, sometimes, a delay can be helpful, because it can help us to see things in a different perspective.

Nevertheless, you've got to get the balance right. If you put off everything till you're sure of it, you'll never get much done!

I have heard it said, 'Life, as it is called, is for most of us one long postponement'. But this does not have to be so. We have the power to make changes, and make them NOW!

A wise person does at once, what a fool does at last. Both do the same

thing; only at different times.

From my experience, there is no perfect age, time of life, position or circumstance, to achieve success. Any age is the right age to start doing that which needs to be done!

... if we wait for the moment when everything, absolutely everything is ready, its highly unlikely that we will begin at all.

So don't wait for that 'perfect time'it may never come... .

Now is the time, Go for it!



"If you put off everything till you're sure of it, you'll never get much done!"





'Can't Believe It Happened to me' by Jaqui Mornan

Before

I work as a Computer Systems Analyst for the government in the USA. Even though my job is really challenging, I still get a buzz out of it. I am a very health conscious person and spend quite a bit of my time working out in the gym.

After

I woke up in the morning on the last Sunday in September 2002 to experience something that I never hope to go through again as long as I live.

I had severe muscle spasms in my neck and shoulder area. When the spasms occurred, I could not lift up my head, I was forced to keep my head down at all times, looking towards the floor. My head felt very heavy. It was like my neck was no longer able to support it! My shoulders were drawn up as the pain shot down from my arms to my elbows. It got worse especially when I laughed, coughed or sneezed. When I moved my arms, I experienced even more pain which often left me in tears. I could not understand why this was happening to me because I had been in perfect health the day before.

I could no longer do things that I took for granted like walking or sitting up in a chair as this would result in more bouts of pain. If I washed a cup, my neck and shoulder would go into spasms. Each step I took made shock spasms resonate through my neck. I thought to myself, "maybe I have a trapped nerve or that one of my vertebrae was misaligned". I decided to take time off work to get medical treatment.

The Treatment

My chiropractor recommended that I had an x-ray and a scan of my cervical column to find out what was really happening. The results revealed that I had two bulges between some of the vertebra on the back of my neck.

The bulges were inflamed and pushed against the nerves that lead down to my arms. At last, the reason for my symptoms had been identified, but "how did this happen?" I asked myself.

I tried lots of treatments from anti parasite detoxes and acupuncture to physio therapy. After a while, I began to feel a little bit better thanks to the herbal treatments and Mineral Infrared Therapy, but it was a slow and steady process.

Someone introduced me to an acupressurist four weeks before I had to return to work. After the ordeal that I had been through, I was not sure what to expect. He told me that I would feel better in seven sessions. Surprisingly, after two sessions I was back at work and regained the use of my arms and legs. I haven't had any more treatment from my acupressurist again as everything is now back to normal.

Lessons Learnt

It's hard to believe that the main reason for this mishap was bad posture whilst working at my computer over a period of time. Usually, once I get in front of my desk I get so absorbed into work; my posture is the least of my worries, but little did I know...

Now I understand what the author Barbara Sher meant when she said:

"I believe you can have whatever you really want in this life, in one form or another, sooner or later. All you have to do is take care of your health and be fortunate enough to live for a while. But you can't have it all at once and you can't have it forever. No life has the room for everything in it, not on the same day".



"I could not understand why this was happening to me because I had been in perfect health the day before."



Time...
by **Tanashae James**

God is the Master of all time
He stops time; speeds time up and even
slows time down
Why?

Just to give us time to see and know
who is in charge, we have become
complacent in our belief.
We all need spiritual renovation
We need to be in charge of our destiny
and faith.

As time speeds up and slows down we
are still looking through our rose-
coloured looking glass, at lifes trivial
pleasures.

Why waste precious time doing nothing
constructive.

We all believe that life is a bowl of
cherries, guess you didn't know that
cherries become rotten after a period of
time.

Now is the time when we should
become one with nature, be one with
the season and shed the weight of
spring and summer and embrace the
season of change. Now is the time to
change for the better and be free with
nature that nurtures us.

Tanashae James © 3rd Nov 03

Recommended Books

**Time Management from the Inside Out:
The Foolproof System for Taking
Control of Your Schedule and Your Life**
by Julie Morgenstern

**Getting Things Done: The Art of Stress-
Free Productivity** by David Allen

God's Little Book of Calm by Richard
Daly

The 10 Minute Life Coach by *Fiona
Harrold*

Time Tactics of Very Successful People
by *B. Eugene Griessman*



*"Success is
accomplished
Bit by bit
Each step though
slow
Will build as you go"*

Now is the Time by
Sharon Platt - MacDonald

Now is the time
Just go for it
Impact your future
You can change it
What your mind can conceive
You can achieve
Just believe in your heart
Engage your will, make that start

Now is the time
Just go for it
Success is accomplished
Bit by bit
Each step though slow
Will build as you go
Begin today
Don't you delay

The time is now
Plan the steps you'll take
The hardest move
Is the first step you'll make
You'll find you have strength
To keep going on
When from the starting line
You have begun

The time is now
Please don't you quit
Whatever the task
You can accomplish it
Visualise your goal
Strive with all your heart and soul
Your victory is sure
Keep pushing that door

S L Platt-McDonald © 27th Oct 03



'Rush Re-invented' by Shanda Reid

I think that it is only when my train pulls into its destination, and the throngs of commuters take me to the steps of my workplace that I am rushed. Or maybe I am rushed when two hours after my normal working hours when I've passed through the revolving doors, its swirling motion is being copied in my head - outputting and inputting the day's telephone calls, paperwork and interactions.



Well this week the routine was the same, and at the end of the day I found myself at the train station, but this time, I missed my train. I took a seat on the chairs provided and instead of train-spotting for the next journey home - I people spotted. I saw black attired strides, forty-five degree hand-held conversations that were full of 'he said' or 'she said' chatter and time predictions, and mobile human chimneys. Even when I closed my eyes I could sense constant movement, through the pounding of feet and trains. You and I are all in a rush, but choosing to take a seat while most stand waiting for the train or taking your time to board the train instead of strategically kung-fuing it to a seat, makes a difference. Today being rushed can take on a new meaning: **Release Ur Self into Hope.**

Release, let loose that explosion in your chest and breathe - just Savour that vapour in your 1440 minute day! Shed your workload when you get on your train, leaving your thoughts of work at the train station.

U and what you do are important.

Self appreciation is achieved when you review your day and identify your successes - even if it is a little thing as getting that tea just right!

Hope embodies expectation. Yes, I was sitting on the train platform, but I knew that my train would come and that I will get home. Therefore taking time out does not stop you from attaining your goals. It produces a longing (an expectation) to reach home, to achieve your goal. Your hope will define your purpose. Therefore every move you make, every decision you take, will ensure that you are on target to reach your destination.



"You & I are all in a rush, but choosing to take a seat while most stand waiting for the train or taking your time to board the train instead of strategically kung-fuing it to a seat, makes a difference"



A Call for Articles

We would like to invite our readers to join our editorial and writing team in producing our next issue. The theme for the next issue is 'Perseverance, Passion & Patience'. If you have a story to tell, an experience to share or a piece of poetry that ties in with the theme of our next issue, we would like to hear from you.

Please send your articles, poetry or story to susanne@inspireyourlife.com. The deadline for receipt of submissions is January 15th 2004.

Thank you for your contribution in advance!



Did You Know?

Rick Hanson, a Canadian, paralysed from the waist down travelled 40,000 kilometers by wheel chair via 34 countries from 21.03.85 to 22.05.87. He succeeded in raising \$24 million for spinal chord injury research. Source: Guinness Book of Records.

Time Management Challenge!

How good are you are at managing your time? Do you want to find out?

Take a short test that will help determine your current level of personal organisation and control. This information may also be useful in helping determine your ability to manage additional work, stress or work and personal challenges which demand your time.

Put the web address outlined below in your web browser, answer all the questions provided and you can even get a rating on how good you are at managing your time.

www.success.net.au/time_test.html

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