

Organizing Your Dreams

“Your dreams are your children. Cherish your visions and your dreams as they are the children of your soul; the blueprints of your ultimate achievements.”
~Napoleon Hill

Do brilliant ideas tap on your shoulder and then flee on past because you didn't capture them?

Are the ideas you have taken captive racing here and there in a sea of confusion as to how to implement them?

It is an absolute certainty that I don't have all the answers, but I have discovered a few simple strategies this past year that have at least gotten my ideas marching in line and awaiting further orders from me.

My Twelve Week Challenge to Become Fabulously Fit and Abundantly Healthy teaches my class members to set focus goals with an acronym to help them remember these goals. Once the members set their goals and begin to live their lives in twelve-week breakthroughs, some amazing things begin to happen. Their habit of journaling, their increased confidence, and their attitude shift tends to open the door for their dreams to become bigger and new and inspiring ideas to walk toward them. Like so many of our Championship team members, you have new dreams and new ideas, but you may be asking: “What now?”

Would you like to begin putting together your army of ideas and get them trained and ready to go out and conquer for you? With this vision in mind let's:

1. Design a plan
2. Put the plan into action
3. Learn maintenance of the plan

Because my own personal ideas have always seemed prone to run away and hide when I needed them, I designed a way to capture them and hold them in place until their time had come for action.

Here is the plan. If it works for you, great!. If you need to change it a bit, feel free. Sometimes one idea can spark the seeds of greatness. This is what I wish for you.

1. I went to a store in our area called The Container Store and purchased four small, colorful, beautiful little spiral notebooks. They each have a colorful but yet see-through cover, so I can write boldly on my first page and easily identify my notebooks.
2. I labeled my books. Book one I called “Dreams 2002”, Book two I called Ideas (quotes, stories, ideas) and Book three is Fabufit.com (my top project for 2002.)

3. Now it's time to number all the pages in each book in the upper RH corner so you can log and reference.
4. Divide your notebook into components of your overall subject. These particular books have four sections of four colors of bordered pages making it easier and even more fun.

Action:

5. As I journal each morning during my time to connect with Heaven, I not only write in my journal, but I capture specifics and enter the ideas in the appropriate little notebook. Each book can have a table of contents entered on the opening cover for easy retrieval of ideas.

Maintenance:

6. I continually review and add to my ideas. Here is where my newsletter articles begin. Here is where my next teleclass outlines begin. Here is where my goals are for the year, the month, the week. I use a pink highlighter to highlight once they are accomplished. Here is my list of books I wish to read, tapes I wish to listen to, quotes, stories I wish to remember.
7. Once every month or so I read each little notebook, update and capture those ideas I am ready to send out to work for me. I use a different color pen to add notes to the present ideas.

For me this is fun. I love color, I love organization, (but I most definitely have to work at it) and I love feeling like my \$million dollar ideas did not get away.

I Dare You

How about starting with just one little notebook?

Make a 30-day commitment to try this idea on for size. Who knows...there may be a \$million dollar idea just waiting for you to capture and put to work.

Need help with stirring up your dreams and your ideas? Join the next FabuFit Challenge, selecting either the Live Teleclass beginning each January, May and September or the On-Line Challenge beginning at anytime and workable at your pace. Both may be attended from the comfort of your own home via teleconference call (Live Teleclass) or via internet (On-Line Challenge).

Visit www.fabufit.com to obtain your Overview Enrollment Packet and to secure your place in the next team.

Testimony from someone who has actually gone through all four challenges over the past year and a quarter.

Little did I know when I began my first Challenge Class over 400 days ago just how much I would need such power, strength and control in my life. At the time, I thought I was joining a weight loss class. I soon realized the class was much, much more.

In each 12 weeks and in the interval weeks, I began to set goals and added more good habits to my daily framework. My spiritual life became stronger as I added prayer and devotionals to each day.

I began to know without a doubt the POWER OF THOUGHTS (thoughts rule and I can cope with and handle any situation) and the TRUTH OF HABIT (discipline and consistency always produce a harvest).

I have lost pounds and inches and gone from a size 10 to a size 6. As I continue, I have maintained my desired weight, energy, stamina, and motivation and have lost another inch of fat off my abdomen area. Currently I am setting goals for the next 12 weeks. Like a bulldog, I latch on and hold on to something good and press on and never ever give up. ~Jennie Moyer

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www.Fabufit.com