

The Inside First

True Freedom & Happiness Begins On The Inside First

Thank You For Subscribing!

You are reading this newsletter because you are unhappy with your day-to-day life. Do you feel you are simply existing or just "going through the motions" of living? Have you asked yourself over and over "What is the answer"?

Don't despair! You have taken a very important step toward true freedom and happiness!

In this newsletter you'll find tips on becoming a happier person, stories of

interest and inspiration, recommended reading and listening, exercises, and humor.

Have you been looking for practical and useful things you can do everyday to become the person you truly want to be?

You've found it here with "The Inside First"!

Know your heart, trust your feelings, and believe in your dreams!

This Is A Working Newsletter!

Isn't it nice to find a great newsletter with awesome information and tips you can actually use? You bet, but reading these words won't change your life.

Wouldn't it be nice if we could just "take a pill" and wake up that new and wonderful person we want to be?

Hey, I know I'd be first in line to buy a wristband for that one!

I want you to get the most from the information here. That means **DOING** the exercises and **USING** the tips daily.

If you use what you learn you'll notice a difference the very first day! Continue to use them and you will become the person you truly want to be!

Caution: If you're looking for a "drive thru" quick fix, this isn't the place!

It took some time to get where you are now, right? Well, it will also take time to get where you want to be.

Lasting and permanent change takes time and effort.

I have a question to ask you. Are you committed to do what it takes to make positive changes for yourself?

If so, go to your quiet place. bring your paper and pen, pull up your favorite chair, sit back and open your mind to the adventure!

Tips For Life

Let's chat about **Self Talk**.

The best way to feel better about your life is to feel better about yourself.

What you say and think about yourself has the greatest impact on your life.

"You Are What You Think"!

You've heard the saying "You are what you eat". The same holds true for what you think about yourself.

Begin each day saying something nice about yourself. Say it in the present tense.

Look in the mirror and say it out loud. You need to hear it in your own voice. Record several statements and listen to them over and over.

Here are some examples:

"I am a good person!" "I enjoy helping others!" "I am smart!" "I deserve a good relationship!"

Use a cheerful/happy voice and smile!

Recommended Reading

Learners and readers are more balanced and happy people. You see them everyday with a book or CD.

They're not listening to loud music or reading a romance novel. They're listening to or reading motivational or educational stuff. They read books to help improve their life or make them better at their jobs, etc.

Become a life-long learner, a reader, and a listener. In order to grow you must continually learn.

There are so many books, CD's, and DVD's out there to choose from.

Here is my recommended read for this month:

As A Man Thinketh

By James Allen

This is a timeless classic. A tiny but powerful book!

Happy reading!

Notable Quote

Quotes are powerful and a great way to inspire and teach.

People have made great changes in their lives just from reading a simple quote!

Here is the quote for today. . .

"It's not what happens that determines your life's future.

It's what you do about what happens." (Jim Rohn)

Exercise Your Mind

This 30-day exercise will remove most of the garbage (negativity) entering your mind everyday.

It will reduce your stress significantly and improve how you feel about yourself and your outlook on life.

Are you ready? OK, let's get started!

For the next 30 days turn off the TV, don't listen to talk radio, don't read the newspaper, don't buy or read any gossip type tabloids, and walk away from gossiping people.

"Oh no!" you say. "What will I do with my time then"?

If you must watch TV, watch an educational channel like PBS or Discovery.

Listen to a relaxing music or motivational CD in your car.

Read the lifestyle, arts, or food section of the newspaper.

Buy a self-help or inspirational book and read it.

Enjoy a hobby.

You'll be able to come up with lots of ideas! You may find you never go back to the negative you were exposing yourself to every day.

"This Is Life" Story

A woman in her early 40's moved with her fiancé and two "kids" (cats) to a new city from another state.

The couple didn't know anyone in this new city. They had sold or given away almost everything they owned before beginning on their "journey" towards a better life.

Shortly after moving into their new apartment the woman found a job in the field she wanted. The pay was good and the couple was excited! Everything seemed to be falling into place.

Soon the woman realized her job was in a "troubled" part of town. She wasn't used to being constantly surrounded by the homeless, criminal, mentally ill, sick, and drug/alcohol addicted. Soon her enthusiasm turned to negativity.

She listened to negative people at work and began complaining about everything. Within a few short months she was miserable. She felt her life had changed for the worse.

One day she decided to take a business partner's advice.

The woman began listening and reading self-help and motivational material. She did the exercises. Month after month she filled her mind with new information.

The woman soon realized it wasn't the neighborhood, the job, or the coworkers that made her miserable. She made herself miserable.

She left one place but brought her fears and negative experiences with her. She learned she had to be different. The fears and negative had to leave her. She had to change if she ever wanted to be happy.

Today the woman is still learning and growing. She is a happier, more positive person who shares her knowledge through her newsletter "The Inside First".

Comical Happenings

While arranging an outreach visit at a women's correctional facility, the lady I was talking to began listing the rules for my visit.

"No navy colored clothes, no blue jeans, no metallic hair clasps, and no underwear or bras".

I told the woman I could probably go without a bra, but didn't think I would be comfortable not wearing underwear.

There was silence on her end of the phone. Barely able to contain her laughter, she apologized for her accent being hard to understand.

She then let me know what she had tried to say was "No under wire bras!"

All of the sudden we both started laughing hysterically! I about fell out of my chair I was laughing so hard!

Parting Words . . .

Thanks again for spending part of your valuable time with me!
Have a great day and I'll see you again in a couple of weeks!
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