

Live Well Lifestyle Teleseminar

Recap & Recording

January 17, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Do Words Matter?

Live Well Lifestyle Intention: To open awareness to how we can support our well being from loving thoughts about our body's abilities to heal and return to balance. To learn to substitute positive thoughts for negative ones. To open the door to self healing. To release anger, regrets and judgments. To forgive and move on. To learn about living a peaceful, healthy and productive lifestyle.

Daily Affirmation: Everyday in EVERY WAY I am more aware that I am responsible for improving my health. I am willing to get better. I look forward to changing my habits in order to get better. I am strong, wise and make good choices. My health improves with my attitude. I am at peace with my progress. I can do this and make it easy.

Louise Hay Wisdom Card: I always have a choice. I choose to believe that it is easy to change a thought or pattern.

Thought for the Day: Who or what defines you? Do you allow a few bad events to define you? Do you politely take what other people tell you as your truth? Doctors have to diagnose to determine what is wrong and they may not always be right. How many people are alive and well today that were given a death sentence by a doctor? I bet you know of at least 3. People can take criticism 2 ways, by agreeing with the criticism and letting it define them or by being determined to prove them wrong. They always have a choice.

Letting Go: Don't let life situations and other people define you. We all have days we are at the top of our game. One bad day does not define you unless you give your power away.

Feeding Your Soul Exercise: Prove them wrong. What situations in your life do you want to prove the nay sayers wrong? Make a list. What do you need to do to prove them wrong? Hint – Begin with your thinking and your attitude. Make a list of steps to do to begin your journey.

Intention: It is my dominant intent to be aware of words said about me and to know that is not who I am. I am the creator of my own reality.

Homework for this session:

1. Read this page every morning.
2. Repeat the Daily Affirmation before you get out of bed.
3. Set Intentions in every part of your life and notice how easy life gets. Record your wins.
4. Have a complaint free week.

Closing Thought: Did you know that it's perfectly OK, even highly ideal, to claim all is well amongst doubt and confusion? To be happy inspite of challenges? To laugh at problems? Dance without a partner? Sing without rhyme? Talk to inanimate objects? It's like this world was made just for you. - Mike Dooley, Totally Unique Thoughts

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