

 Great Spirit Publishing
presents...

God's Time Capsule Resolve: 2012!

Setting your Sights on the
Future You Create to
Make Your Dreams Come True
in 2012
and Beyond!

Guidelines to help you
achieve your goals!

January, 2012



Welcome...

to your Future!

Stop for a moment now to take a deep breath, close your eyes. Imagine yourself one year from today. Envision a circle of loving family and friends, a rewarding sense of purpose swelling your heart with pride. You feel confident and happy in a way you used to only dream of, but now it is your reality. You look forward to the opportunities each day presents, eager to lend a helping hand where needed, embracing Life with enthusiasm and gratitude. You enjoy the comforts of a safe and loving home environment. You are content with healthy food every day. Your surroundings are peaceful. You are patient, kind, and compassionate to everyone you meet. You are in control of your finances, able to meet your obligations as they arise with plenty left over to use for whatever you want. Your business is thriving, whether you work for yourself or another. You are healthy and active. Your family is healthy and active. You have valuable friendships and activities you enjoy every day.

You take a deep breath and say "Thank You, GodSpirit," and you know you had a part in the Creation of this Wonderful Life because you developed your vision, stayed true to it, and took the steps necessary to bring it into fulfillment. You have made some of your dreams come true and are looking forward to those to come...

Sounds great, doesn't it? Well, it could happen to YOU within the next year! Only 12 months, 52 weeks, 365 days. All you have to do is make the decision NOW to begin taking the steps to create the life of your dreams! There is no time like the present to start making choices and taking actions that lead to life fulfillment and satisfaction!

*“If you advance confidently in the direction of your dreams,
and endeavor to live the life which you have imagined,
you will meet with a success unexpected in common hours.”*

~ Henry David Thoreau

Regardless of what dream you have, you can choose today to begin making it come true! A journey of a thousand miles starts with but one single step and you will never arrive at your destination without that super-critical and ultra-necessary first step.

Think about your life as it is right now, and then think about how you would like it to be one year from now. Is it different? Better? Probably. Will it happen? Only if you take action to make it happen! By following the suggestions provided in **“God’s Time Capsule ~ Resolve: 2012!”** you have the opportunity to start taking those steps now, and to measure one year from now how far you have gone in making your dreams come true!

Everyone has dreams. Maybe you want to write a book, learn to paint, or fly a plane, get a promotion at work, or start that small business. Maybe you want to own a small farm or move to an apartment in town. Everyone wants to be healthier, wealthier, and wiser. The key is identifying ways to achieve these ideals. For some, simply writing them down is enough. For others, a support system helps move the process along. Here are some tips to help you take a step in the right direction to making your dreams come true – for what you once dreamed of is now your reality.

What you dream of now can be your reality in the future.



“Making resolutions is a cleansing ritual of self-assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.”

~ Eric Zorn

Perhaps you have made resolutions in the past that fell by the wayside. How did that feel? Not so good. Makes you wonder, “What’s the use?”

The “use” is that it is still possible to achieve your goals! Sometimes we have goals that are noble and honorable and seem like great ideas, but we may need to break them down into smaller, more attainable, goals. For example: You dream of receiving your college degree. If you look at the years of education required, the time involved in addition to work and family, you may feel that it cannot be accomplished so why bother even considering a degree?

Yet, if you begin now to move in the direction of your dream, even if it’s one class at a time, within a few months or years, you will one day hold in your hands that much anticipated dream – your degree.

Think of it this way: if it takes you one or three or five years to get the degree, where will you be in one or three or five years if you don’t start in that direction right now!?

Start by making an assessment of your life – right where you are – right now. What is good about it (yes, there is plenty good about it!)? What would you like more of? What would you like less of? What would you like different? Allow yourself to brainstorm. Set aside some time to yourself, whether it’s New Year’s Day, a new season, or the beginning of any other day in the year (your Birthday would be a good choice – the perfect Gift to you!). Have paper and pen handy (this “old-fashioned

ritual” adds some special magic to the process – if you really want to, you can use electronic writing devices ☺).

Create the right atmosphere to help you relax, music you like, candles, etc. Make a list of things you would like to accomplish. Forget about the hows and wheres and whens. Write it all down as if there were no other objective in the Universe than to have your dreams fulfilled. Dream as if there is nothing to hold you back!

Next, categorize your list(s). Organize them so you can see a pattern emerge. Then cull the list down to a few major items you really, really want to accomplish in the near future. Further brainstorm what you might need to do to accomplish the goal. What are the steps you need to take? Can you get books from the library or do research online to help you learn what you need to know? Are there rules, regulations, or other legalities you might need to be aware of, such as special permits or licenses? Do you need special training? Do you need a down payment? Do you need special equipment or clothing or other supplies?



If you break down each ideal into smaller parts, you can assemble them into an order of steps to take. As you accomplish each one, check it off the list. Seeing the checkmarks stack up will help inspire you to keep moving toward the next item on the list. Keep moving in a forward direction you will begin making progress that you used to only daydream about doing!

In what areas of your life do you want to set goals? Is everything peachy except for that one little thing? Or would you like to see improvement in every area? You can have goals for one area or every

area, such as Career, Social, Educational, Religious or Spiritual, Emotional, Family, and Personal Development!

While you want to take the steps necessary to make your dreams come true, you also need to maintain balance. Over-committing yourself may actually cause you to give up short of the finish line! Establish a timeline (break down bigger goals into smaller ones). If you know you are working for a specific date, you may be more motivated to act. If you miss the date, just re-set it – do not judge or criticize yourself! Enlist the help of family and friends who will support you. Surround yourself with reminders of what you're working toward. Allow yourself to be ready, willing, and able to open your arms to receive your Blessings. Be open to Success!

Think about the rewards you'll receive after you achieve your goals! Think about how happy you will be! How you will be able to look back over the weeks and months of dedicated effort and see the results! The new, smaller sized wardrobe in your closet is evidence of the weight loss you achieved! That painting on the wall gives you a daily reminder of why you took those art classes. The new car in the driveway that comfortably and reliably carries you where you want to go is the result of focused energy – you saved the money – you took the steps needed to be able to pay cash in full or have the extra funds needed to make the required monthly payment and upkeep.



Throughout this process, it is crucial that you keep your vision alive in your mind. Surround yourself with pictures of what you want to acquire or other images that help remind you of what you're working toward. Remember always that **YOU HAVE THE ABILITY TO MAKE YOUR DREAMS COME TRUE!** Others may help with inspiration and encouragement, but it will ultimately be up to you to do it, so refuse to be swayed off your course. **YOU CAN DO IT!**

Keep your dream before you – think about it frequently. Give emotion to your thoughts. How does it feel, taste, sound, smell? What does it look like? If you remember this, it will help you keep doing what you need to do to get there. Visualize yourself accomplishing your goal – see it already done – feel how it will feel when you “arrive.” Remember, if you can dream it, YOU CAN DO IT! You may have to make some effort and get out of your comfort zone, but that’s okay! Staying in the comfort zone is what keeps you from realizing your dreams, and where is the comfort in that!?! Dreams help us reach beyond where we think we can go! Dreams are instilled in us from our youth so we will stretch and reach and expand beyond the boundaries that previously kept us on the other side of the fence looking over.

Think about this:

“The one thing all famous authors, world class athletes, business tycoons, singers, actors, and celebrated achievers - in any field – have in common is that they all began their journeys when they were none of these things.”

~ from “The Universe” (www.tut.com)

This means, if someone else can do it, what is keeping you from stepping up to the plate and hitting a home run – from partaking of the bounty of the universe – and joining those who made a difference, if nothing more than in their own lives?

Use the following pages to start making your list of goals you want to accomplish. This is a personal exercise and should be shared only with those whom you trust to encourage and support you. If the support is there, you might involve your family or best friend and work together toward your goals, encouraging each other along the way. You may wish to keep it entirely to yourself. That’s okay, too.

Remember this important fact: You are making goals that you will work toward making come true – but always keep in mind that GodSpirit has the greater goal in knowing what’s best for your life. So, if you don’t get everything exactly when you want it, but still feel it burning in your heart, keep working toward it! Have Faith and know that GodSpirit will

work out all the hows and whens and wheres so your right dreams will come true! You have to do your part by staying faithful and true to your goals!

After you have completed your list and are satisfied and committed to taking the steps in making them come true (you can make a photocopy to keep for reference if needed), sign and date your list and seal it in an envelope and put it in a safe place where you will not be tempted to open it again until the end of the year, or better yet, give it to a trusted individual to keep for you. Then, come December or the one year anniversary from when you sign your commitment, you may retrieve your envelope. Hold it in your hands for a few minutes before you open it – breathe deeply as you think about your heart’s desires and what you have accomplished over the year – say a prayer of thanksgiving, and then open your envelope. As you read over your list(s), you will be able to see what you have accomplished! It will be an incredible experience to see how you have affected your life in a positive way – if you follow through on what you say you want to accomplish!

No one will judge you. No one will think any less of you if you miss some of your goals or change your goals. The important thing is that you make the effort, take the steps, and keep your vision focused forward! You will always be right where you are if you never do anything different than what you are doing right now! And just think about how great it will be when you can look back a year from now and say,

**“YES!
I DID IT!”**

"Success"

If you want a thing bad enough
To go out and fight for it,
Work day and night for it,
Give up your time and your peace and your sleep for it
If only desire of it
Makes you quite mad enough
Never to tire of it,
Makes you hold all other things tawdry and cheap for it
If life seems all empty and useless without it
And all that you scheme and you dream is about it,
If gladly you'll sweat for it,
Fret for it,
Plan for it,
Lose all your terror of God or man for it,
If you'll simply go after that thing that you want.
With all your capacity,
Strength and sagacity,
Faith, hope and confidence, stern pertinacity,
If neither cold poverty, famished and gaunt,
Nor sickness nor pain
Of body or brain
Can turn you away from the thing that you want,
If dogged and grim you besiege and beset it,

You'll get it!

~ Berton Braley, published in: Things As They Are, 1916

Thank you for participating in “God’s Time Capsule ~ Resolve: 2012!”
It is our sincere hope you will exceed even your own expectations in
2012 ~ and beyond!

Know that GodSpirit has Blessed your life with purpose and meaning,
and has instilled in you a goal or dream or desire that you are meant to
accomplish!

Stay true to your dreams! Surround yourself with people and things
that encourage and inspire you to stay committed to your dreams!
Negativity may surface when you feel like you should be making
progress ~ that’s normal because it signifies that you are stretching
the boundaries of your Comfort Zone! Keep going! Keep pushing!
Claim your victory! Claim your health! Claim your Abundance in Spirit!

Always, always remember: If GodSpirit gave you the dream, then you
have also been given the ability to make it come true – but you have to
do the work to bring it forth!

Post this scripture where you can see it frequently to remind you about
your plans and those Higher Plans intended for you:

*“For I know the plans I have for you,” declares the Lord.
“Plans to prosper you and not to harm you,
plans to give you a hope and a future.”
~ Jeremiah 29:11*

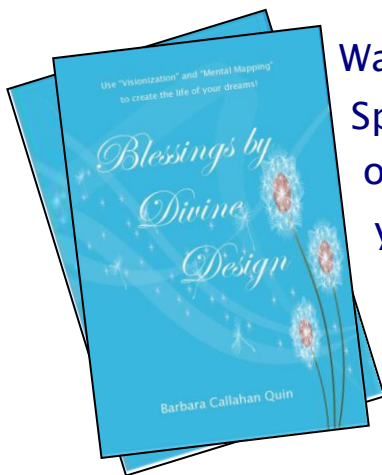
Tip: Remember to keep your own **Time Capsule** intact and to guarantee that it will not be changed by securing it in a safe place where you can retrieve it in one year. When you open your **Time Capsule** next year, savor the moment with Gratitude, knowing that Spirit gave you the dream – and the power – to make it come true.

You can live your life the same old way, or you can begin today to make your dreams come true. It's up to you.

What will you choose?



If you would like to contact us, please send an e-mail to Barbara Quin In care of the publisher at greatspiritpublishing@yahoo.com. You may also visit our website to find out more about Great Spirit Publishing and our projects, goals, and plans for the future, all in GodSpirit's timing, of course! Visit us online at: www.greatspiritpublishing.yolasite.com.



Watch for *Blessings by Divine Design*, coming in Spring 2012. This book by Barbara Quin uses the art of Mental Mapping (“visionizing your life”)® to help you achieve your goals and accomplish the life of your dreams. Contact the publisher to find out more!