

WHAT IF???

What if I started 2009 off on a positive note? I made the decision today to not accept what others say about me or how they will affect my life. I will plant only positive seeds in my mind.

What if I paid more positive compliments out than negative criticisms? Instead of judging others, I accept what their capabilities are and work with them.

What if I didn't let things that others do, get me so frustrated? I bet that I would live a less stressful life.

What if I surrounded myself with people that can help me grow spiritually and successfully? I chose everyday who I surround myself with and who I associate with. Should I sit at this table and gossip or sit with someone that can offer solutions? I make the choice!

What if I paid off all my debt in 2009? Imagine what I could do with the income I am bringing in. This economy would not be affecting me like everyone else. I am in control of my own financial destiny.

What if I decided to read one personal development or personal interest book a month in 2009? I would become much more knowledgeable in the fields that impact my self confidence and best of all, my paycheck. I become smarter than my competition when I invest in myself.

What if I began an exercise program in 2009? People who spend 30 minutes a day exercising will see positive results. But I don't have time to exercise! Well, I'm sure I can make time, read on.

What if I went to bed an hour earlier every night and woke up an hour earlier in the morning. What value does late night TV offer to me? I've often said that I get more done by 9 AM in the morning than most people do all day. Try going to bed at 9:30 PM and get up by 4:30 AM. It will change your life.

What if I acted upon my dreams? What are my dreams? What's holding me back? I am! I must write them down and work towards accomplishing them.

What if I donated that extra cash to someone who needs it? I could change a life, an organization, adult, child, or animal in need of help. Funny thing is that I will change my life for the better.

What if I actually made a New Years Resolution that I stuck to? Writing down my goals will help me to succeed in accomplishing them. If I write them down, I own them. When I just say them out loud to others, I will not see success. I challenge myself to set 10 challenging, but achievable goals for 2009. I can only imagine where I'll be in 2010 after I accomplish them? Much further along than I am today!

WHAT IF ???

Great Success to all in 2009!

Mike Popella