



Circle of Light Creations
presents...

"God's Time Capsule" Resolve 2007!

Setting your Sights on the
Future You Create to
Make Your Dreams Come True
in 2007
and Beyond!

Tips and Guidelines to help you
achieve your goals!

December, 2006

Welcome....

to your Future!

Stop for a moment now to take a deep breath, close your eyes, and imagine yourself one year from now. 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 dream of. 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 those 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, God Spirit," and you know you have 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! All you have to do is make the decision NOW to begin taking the steps to create the life you dream of! 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*

It doesn't matter what dream you have, you can begin today to start 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 critical first step.

Think about your life as it is right now, 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 so! By participating in "God's Time Capsule" Resolve 2007!, 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 those 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 do-able, 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. Yet, if you begin now to move in the direction of your diploma, even if it’s one class at a time, within a few months or years, you will have the degree you dreamed of. Think of it another 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 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. Have paper and pen handy. Perhaps create a mood to help you relax, music you like, etc. Make a list of things you would like to accomplish. Forget about the how’s and where’s and when’s. Write it all down.

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. For each item, further brainstorm what you might need to do to accomplish it. What are the steps you need to take? Can you get books from the library or do research online to help you learn about it? 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 move on to the next step. Keep it up and you will begin making progress that you only used to think about doing!

What areas of your life do you want to set goals for? 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. 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 size wardrobe in your closet is evidence of the weight loss you committed to! 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!** It will ultimately be up to you to do it, but **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 us from realizing our 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)*

So 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 how's and when's and where's 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, 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 2007!
It is our hope that you will exceed even your own expectations
in 2007 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 will 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!
And 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 that
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*

If you would like to contact us, please send an e-mail to Barbara Quin
at circleoflightcreations@yahoo.com.

You may visit our website to find out more about *Circle of Light
Creations* and our projects, goals, and plans for the future,
all in GodSpirit's timing, of course!

Visit us online at: <http://circleoflight.any.to/>

Tip: To keep your own Time Capsule intact and to guarantee that it
will not be changed, you may send a copy to us in a Word Document.
For security, you may password protect the document (with something
you will remember later to be able to open it), and we will send the
Time Capsule back to you in December, 2007, for you to "open." If you
would like to do this, send your document, or other inquiry, to:
circleoflightcreations@yahoo.com.

To submit your document as hard copy,
send it in a sealed envelope with your name and address on it
with postage sufficient to mail it back to you in December.
Contact us directly for mailing address and instructions.