

dream + action = joy

Daily Thoughts

For people who are pursuing their dreams

by

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Volume one

What if you did not have to figure out the whole rest of your life today?

You just need to take the next action towards your dream.

Oh and breathing is good.

In loving myself I make the world a happier place for others to be in.

Low self-esteem is boring boring boring.

What I focus on gets bigger....
this includes my arse.

Even if I do not fully believe in the moment that the universe has got my back, it sure beats the alternative.

The world does not revolve around me. And truly what a relief!

At any given moment my perception can change and the exact current situation I am in looks completely different.

What can you see differently today?

Feelings are not facts.

Perfection is the pursuit of insanity.

Giving and receiving go hand in hand.

Enjoy the gift of both today.

I have two choices in life to come from fear
or come from faith.

When did I decide that all the negative self
talk was the truth?

The less I know the better off I am.

There is no right time.

So long as I am going two steps forward and one step back I am still moving forward.

Life is a big experiment. Enjoy it.

I cannot think my way into action. Most times I have to take the action and then my thoughts change.

I have a role that only I can fill on this planet.

What if today is magical?

You are good. No matter what you do, say or think. You are good. You are good enough and are here for a reason.

Embrace your passion and the universe will support you!

Structure and coming from a place of service to others is my most effective medication.

Peace of mind is priceless.

How can you find peace today?

There is no there. There is here.

What's draining you?

Take 5 minutes to do something you have been putting off today.

Self hatred is still self obsession.

Pretty much love is always the answer.

Walking the talk speaks louder than any words.

I am just a conduit for the physical presence of the universe's energy in the world.

By putting myself down I am still thinking about myself and that still counts as self obsession.

I do not have to engage with the committee in my head.

Thanks for sharing. Buh bye!

Life is an adventure.

Remember when you were a child and there was so much to see, do and explore.

View the world that way today.

Life is good and essentially people are good too.

Gratitude can instantly change my mood.

What are 10 things you are grateful for today?

If I enter any situation with an attitude of what can I give and how can I see the good my anxiety leaves.

What if you paid yourself a compliment or more today?

When I accept life as it is I am happier.

De-clutter your life... and create a space for abundance and peace of mind.

No one is perfect and that is a good thing.

There are no mistakes. Just opportunities to do things differently next time.

You are enough.

You do enough, give enough
and work enough.

You really are enough!

Life does not have to be extreme highs and
lows.

What do you choose today?

I am just a conduit.

Thank the universe I do not have to come up
with the thoughts in my head.

What if, just for today, everything is as it should be?

And your only job is to be happy.

Now that's a load off.

How about you stop dreaming of the life you want to live.

And start living the life of your dreams!

If those uninvited guests worry, fear and negativity drop by today.

Tell them thanks for sharing and send them on their way.

Listening to what someone is not saying is a great gift.

Pointing out someone's faults does not help them to change.

Life is not about what I can get.
It is about what I can give.

Today is all that exists.

What is right in your life today?

What joy can you bring to today?

If your life was absolutely “perfect” right now.
What would you think about and how would
you act today?

Cool. Do that!

Thinking is good.

It will keep you busy.

But thinking and taking action will get results.

Today is the beginning.

The start of the rest of your life.

What do you want it to look like?

Some say how, why and but.

I say who cares, because and yes I can.

I invite you to laugh, smile and be the joy to others today.

If we give 3 people.

3 compliments.

How many people benefit?

It just feels better to have a glass half full.

I am allowed to be happy, joyous and free.

Isn't nature wonderful!

Every single day the sun rises and the moon sets.

Reliable and consistent.

Serving us in every moment without expecting anything in return.

If Debbie Downer decides to pay you a visit today.

Ask the universe for some help.

Request neon signs.

Then call a friend and ask how they are doing.

I think it is best if I just tend to my own life and enjoy that!

Planted seeds always sprout.
And they will bloom at the perfect time.
Enjoy the anticipation.

If you were guaranteed success.
What would you change in your life?
What action are you going to take towards
that goal today?

Life can be like a box of chocolates.
But I prefer the kind where I choose what
goes in the box.

Would you rather be right or happy?

Do we really think we would do a better job if we controlled everyone and everything in the whole world?

Slightly overwhelming.

And time consuming. Yes?

Do the people in your life that you are grateful for them and do they know how much you appreciate them?

If your head starts to race today and list off what you should be doing.

Thank it for sharing and take an action towards what you want to be doing.

Every encounter is an opportunity to learn more about yourself.

If the world is an adventure playground.

Would you let a scrape on your knee stop your fun?

Or would you just brush it off and get back on the swing?

If you could let go of needing to know HOW you are going to achieve x y or z.

And use that thinking energy to take a baby step. And then another.

And yes another action.

You will reach your goals so much more quickly.

If fear or lack do a drive by today.

Give a little extra.

Whether it be a bigger tip to a waiter.

Making a donation to your favorite charity

Or something else that your creativity
inspires you to do.

The power of your words.

Yes, can, give, enough, have, good, want to.

Or.

No, can't, should, won't, never, don't have.

You have everything you need

Right here, right now, you are completely
taken care of.

Think it.

Feel it.

Believe it.

Take action.

And it will happen.

Try doing something nice for someone today without letting anyone know you did it.

Why?

Because the only opinion to care about is yours.

Thank you. Thank you. Thank you.

How many times can you say thank you today?

The biggest obstacles to achieving your desires.

Is doubting that they can come true.

Gratitude is key.

What are 50 things you are grateful for?

Yes I said 50.

You have heard of the saying stop and smell the roses.

I would like to add and take some deep breaths.

Let life surprise you today.

Happiness is open 24/7.

Acceptance, gratitude, honesty and letting go is the entrance fee.

Thinking, Thinking. Thinking.

Thinking, Thinking. Thinking.

Tiring isn't it?

Most of my pain is caused by me thinking I know what is best.

But when I let spirit/universe/god or whatever you like to call it be the guide.

Miracles, clarity and peace of mind unfold.

Relax and do something just for the fun of it today.

Smile just because you can.

Family is glorious.

If you focus on what is good and what is right about them you will find joy.

If not that is because of your expectations.

Flowers take time to bloom.

The same can be said for the results of your actions.

I do not need to make someone else agree with my point of view.

Live life like you are on a roller coaster today. With your arms high in the air enjoying the ups and downs.

Knowing that you are fully strapped in and completely taken care of.

What if JOB stood for:

Joy

Of

Being

Peace of mind is priceless.

Who is living rent free in your head today?

If it was guaranteed to work out the way you desired.

What dream would you go after today?

Fear creates an amazing illusion.

What is one thing you can do today that scares you?

There is no such thing as a mistake.

It is just an opportunity to do things differently next time.

When are we enough?

When we have a certain dollar number in our bank account?

When we weigh the perfect amount?

When we have the ideal relationship?

Or are we enough and do we have enough right now?

Those who are at peace with themselves are capable of anything.

Joy can be found any time, any place, any how. It all depends on what you are focusing on.

Let the river of abundance flow into, around and over you.

Instead of worrying today.

What can you do with that energy that could be more beneficial to you and those around you?

Patience is priceless.

Practice practice practice.

It is never too late to make a change.

What would you like to do differently?

What is the first action you can take today?

Are you allowed to be 100% happy?

Or do you always have to have a small stone in your shoe?

If you feel the need to point your finger at someone today.

Take a look at how many fingers on your own hand are pointing back to you.

How much of your day is spent doing what you should do?

Instead of what you want to or are inspired to do and be?

Every moment of the day we have a choice
Gratitude for what we have in our lives.
Or we can lament over what is missing.
Where are you more comfortable?

Are you listening to the people in your life?
Or are you busy thinking about what you
want to say?

How many times can you laugh today?
At yourself?

The power of choice.
How do you choose to carry yourself today?

Accepting yourself exactly where you are.

Very often precipitates the change you are desiring.

I think “They” also sometimes call it “Letting Go.”

Everyday my heart serves me by pumping blood around my body.

Keeping me alive and functioning without any conscious input from me.

How wonderful if I too could keep my focus on what service I was meant to fulfill today.

Is love a feeling or a choice?

Or is it both?

Living in the land of “Anything Is Possible” is just more fun!

Miracles.....

Are sometimes just a shift in our perception.

Life is good.

And so are you!!!!

Today: fun, joy, rapture?

Your choice.

Sometimes good enough is absolutely enough.

We can be our own worst critic.

Listen. Hear. Feel.

How often do you just stop?

And really connect with yourself?

And with the world around you?

Enjoying today.

Is the strongest guarantee you will have of
joy filled tomorrow.

If you can find pleasure in the process.

The results will be even more rewarding.

Life is pretty lonely if you try to do it all by yourself.

Who can you share your journey with today?
And whose journey can you share in?

Change is constant.

And pain is felt most strongly when we resist what ultimately exists to help us grow.

Acceptance is a “no prescription needed” remedy.

What can you do today to connect to the spirit of you?

Are you living in the flow today?
Or are you busy fighting an invisible battle?

Feelings are just feelings.
They will not kill you.
Pushing them down with food, alcohol or
anything else we can get our hands on might.
But feeling them is the only true way through
them.

How much time in your day do you spend
doing what you don't want to do.
Whose choice is that?

How many choices can you make today from faith instead of fear?

If you were to stop and record your inner dialog.

Would you hear you are awesome and doing great?

Or would you hear a laundry list of what is wrong with you?

Which do you think is more motivating?

Mmmmm Balance.

More powerful than the strongest sedative!

Relationships.

Are you more concerned about what you get?

Or do you over give?

How is fear keeping you from moving forward today?

Stop.

Breathe.

Be.

Are you a human doing?

Or a human being?

At the end of your life.

Do you really want to say I am so glad I spent most of my life not doing what I wanted?

How much time do you spend in your head trying to figure life out?

Has it ever worked?

Maybe it is time to put that thought energy into connecting with your spirit and watch the magic happen.

You can only gain.

The universe delivers miracles in the spaces and pauses in our lives.

How much space are you allowing?

If your first response is always NO.

Practice saying YES today.

If your first response is always YES.

Practice saying NO today.

Sometimes it is about the little things.

That are really the big things.

Like thanks for my sight, smell, hearing, taste and touch.

It takes courage to be rigorously honest with ourselves.

What are you not willing to admit to yourself?

And what contrary action can you take today?

Just for today.

Take a break from your mind.

Tell you head thanks for sharing and you will be happy to chat tomorrow.

Then do something just for the fun of it!

I can't think my way out of a paper bag.

But if I move, stretch and try different ways.

I will eventually break through.

Literally.

Stop. Breathe. Relax.

Let go. Ask for a sign.

Enjoy!

Give yourself a break today.
Stop thinking and planning.
Just listen to that inner voice.
Don't question it.
Just act on it's promptings.

Control.
Hanging onto the past.
Or constantly worrying about the future.
Only serves to help us not be in our lives.
As we are completely missing today.
Which is all that actually exists.
How present are you in this moment?

Friends.

The family we choose.

Who needs to know how much you care them about today?

How cool that we do not have all the answers. Actually the less we know the better off we are.

What area in your life can you move forward in today?

Even though you do not know how it is all going to pan out.

It is actually much less lonely to be one of many.

I can focus on what's right or what's wrong.

Whichever I choose is what I will experience.

I have a part in every relationship.

I cannot fix, change or make people listen to what they should do.

Walking the talk speaks louder than any words.

Listening to what someone is not saying is a great gift.

I do not have to do things perfectly.

Miracles do happen.

An attitude of gratitude is key for me.

It is okay to be a beginner.

Pausing is an excellent tool.

Not saying why to everything that comes to my mind is useful.

The universe works in mysterious ways.

I am allowed to be wrong.

There is no one way to do things.

Smiling at someone a day is good for my soul.

Everything and everyone is a mirror. What I like or dislike about someone or something else, I like or dislike that about myself. Or it can remind me of how I used to be and am not now.

What do you think of you?

Considering you are with you 24/7.

I sure hope you are fun to hang out with.

If someone is challenging to be around today.

Try putting yourself in their shoes.

And be open to their point of view.

You might learn something.

About yourself.

Who is the most important person to be honest with?

Yes that would be right.

You!

Do you really believe your dreams can come true?

If you can't today.

Act as if you do.

Really. We really think we know everything?

Today surrender to not having to know.

And just enjoy the journey.

Take some time to get to know you today.

Turn your eyes inwards.

And relish in the uniqueness that is you.

From day to day.

How many of your choices are in line with your values.

Or are you waiting until tomorrow to honor who you really are?

The quickest way to change your circumstances.

Is to accept them exactly as they are.

Humility.

Feels kind of old school.

Time for a revival.

Yes.

How willing are we to do what it takes.

To be happy, joyous and free.

Or does letting go seem like too much hard work.

Is there anyone that if you saw them on the street.

You would want to dive into a bush and hide from?

Forgiveness might be a less painful alternative.

When was the last time you took stock of the
wonderfulness of you?

Gratitude.

It will change your life.

Asking questions is great.

But if we never stop to listen.

How will we ever hear the answers.

AHHH meditation.

There is enough for everybody.