

Let yourself shine
in 2009!

the ADDiva guide to manifesting your dreams

ADDiva

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What do you want?

obvious answers
realistic answers
real answers



your answers flow through you

ADD *iva*



Authentic ADDiva

your deepest values and passion



Making choices

the ADDiva dilemma - narrowing the field

Looking ahead

- ▶ Long view - overwhelm
- ▶ Short view - boredom
- ▶ Now view - varying interest
- ▶ Distracted view - integrate





Set goals (??!!??)

Big Picture, Smaller Picture, Goal Picture



Smaller bites, forward march

specific, measurable, believable, time limit,
shared with others, roadblocks addressed

Seven areas of life

- ▶ Financial/income
- ▶ Professional/employment
- ▶ Recreation/travel/hobbies
- ▶ Health/fitness
- ▶ Relationships/family/friends
- ▶ Personal growth/projects
- ▶ Community service





Set your intention

different from pledge or promise



Wake up

possibility lurks everywhere



allow, welcome,
accept



shine

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