

Welcome, to all new subscribers! Inspiring You! has a circulation of 500+ readers in over 5 different countries. This on-line newsletter is committed to helping you to effortlessly attract success in your business, career and personal life. Please feel free to forward the Inspiring You! newsletter to your friends, family, and colleagues. Only those who have requested the newsletter will receive a copy.

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1. WELCOME

"As summer is upon us and we're outside more I'd like to remind each of you that your inner life and your inner expression is as important as your time outside and with friends. Take time this month to focus on what you really want and on what most nourishes you. Take time for yourself so you can be fully present to all of the wonderful opportunities coming towards you."
-Cynthia Stringer

2. RESOURCES / INFO

Come visit our enhanced and expanded web site. You will find your own personal copy of the Wheel of Life which you can down load and various articles on topics which will enhance your career and personal life. If you know of web sites or resources which we do not have listed please let us know. <http://www.successbydesign.net>

A particular web site to click on is the one written by Vicki Noble about how to evaluate your real calculated income after expenses and preparation time. Very eye-opening!
<http://moneycentral.msn.com/articles/family/kids/1448.asp>

3. ARTICLE

Genie in A Bottle: The Hidden Power Of Focused Intent

By Jeffrey D. Brown

Remember the wish-granting power of the genie in a bottle found on sandy shores? You may have a genie hidden within you. This article is about unleashing that genie to enhance your

creative potential in life and business. 'Focused intent' is an expression that refers to applied thought directed at expressing one's values and vision in their everyday life.

We've often heard that the human mind has great creative potential, and That relatively little of this faculty gets expressed in daily living. But there is a way to begin to access more of that creative potential which is amazingly simple and effective for many people. It's called a Daily Intent List. Here's how to create a Daily Intent List for yourself:

Set aside a few moments at the beginning of the day each day this week to sit quietly with a blank piece of paper. On this paper, write simple phrases that express what you'd like to see occurring in your life or business in the near future. Over a week's time, gather several pages of 'intents' and notice if there are any repeating themes.

Once you've gathered all of these themes, create a new page - the beginning of your Daily Intent List. Now, choose a time each day when you will spend 5 to 15 minutes reviewing this list. During this time, give your focused attention to allowing thoughts about what you want to create shape your actions each day. Review your list consistently every day for the next three weeks without attachment to the outcome of this focused activity.

At the end of the three weeks, review your list and notice if your thoughts about the list have changed in any way.

- Has this simple activity caused you to become more focused in your daily actions?
- Have you made different choices about how you use your time because of this daily review?
- Have you made any changes to your list?
- Has your list evolved in some way?
- Have you added any new items or re-languaged any old ones to better express your intent?
- How many of these items (if any) have you actually accomplished from your list?
- Was the accomplishing easier than you initially imagined?
- This is a common, welcome benefit of daily review of your Intent List.

4. UPCOMING EVENTS

Free TeleClass on July 11th from 7:00-8:00 pm CST. Our topic for July is: Living from Intention Expressing Your Natural Flow. Working with our natural rhythms to generate results, enjoyment and success. Contact Tara Thompson at va@successbydesign.net to register and to receive the telephone bridge.

Fall classes:

The Latin School *Organizing for Success* October 5th.

Intimate Classes in Bucktown and on the North Shore. Check our website for more information as the time draws near.

Plan now to attend "***The Secrets of Making More Money As A Coach or Consultant***" by Jennifer White, executive coach and author of the best selling book, "*Work Less, Make More*" Saturday September 23. Time 10:30 AM - 12:30 PM. The fee is something you'll be glad to have - a copy of Jennifer's best-selling book "*Work Less, Make More*" and a love offering of \$10. For information, please contact Diane Scholten at 847-304-0479 or Diane@scholtenassociates.com

5. FROM THE LIBRARY

"The E-Myth Revisited" by Michael Gerber. Great book to work on your own personal mission statement and also the mission statement for your company. Very useful, user friendly and a quick read. "Coach Yourself to Success" by Talane Miedaner is a great resource and informative about how you can design the life of your dreams. Talane was my first coach. Perfect for those of you who want a refresher on coaching or are just embarking with coaching. "Living the Steps to Vibrancy" by Richard Sandore, MD. Great book on how to live with passion and purpose. Given from a shaman's perspective. Very inspiring and educational. Not to mention useful.

6. WHAT'S NEW!

If you would like to receive a complimentary coaching session to review your intentions for the Summer months and to prepare for the Fall please let me know. Contact cynthia@successbydesign.net or phone 312-553-5101 Is someone forwarding this newsletter to you? Want to be connected and updated? Sign-up to receive your own copy at: http://www.successbydesign.net/sbd_101a.html If you wish to remove yourself from future mailings, please send an e mail to va@successbydesign.net with subject heading "Unsubscribe" or click here: http://www.successbydesign.net/sbd_101a.html

SBD MISSION—Founded in 1990, Success By Design's mission is to provide the most comprehensive and engaging coaching which enhances the lives of men and women. Our number one priority is to facilitate alignment between who you are and what you do.

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