

Dream It & DO It!



Angela Treat Lyon

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Published by

Out Front Productions, LLC

Kailua, Hawaii • 808-261-0941

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"Thought allied fearlessly to purpose becomes creative force."

James Allen

"Fantasies are more than substitutes for unpleasant reality; they are also dress rehearsals, plans."

All acts performed in the world begin in the imagination."

*Barbara Grizzuti Harrison
Author and Publicist*

"Destiny is not a matter of chance, it's a matter of choice."

*William Jennings Bryan (1860-1925)
US Congressman, Secretary of State,
Presidential Nominee*

You've Already Got What It Takes!

Wealth (Well-th) Habits

1. Be aware of your thoughts and feelings in the Now.

In order for you to make responsible choices, you must know what's really going on inside of you.

2. Be able to change your mind about your mind, thoughts, feelings and actions at any time, immediately.

We live in constant flux. Nothing is ever set in concrete. You can feel angry one moment, and the next moment decide that what you're feeling is really enthusiasm!





3. Temporarily renounce old mental habits.

If you get uncomfortable in a new mind-space, you can have them back at any time: you always have choice!

Commit to your new habits, no matter what.

4. When you start to hear your voice whine, stop!!

Ask yourself: “What would I rather do with the power behind the whine or the mad?”

Ask, “What can I create with that same powerful energy that’s a whole lot more fun and fulfilling for me?”

5. Discover and release what no longer works for you.

Meditate, read lots of inspiring books, take workshops, and do your daily exercises! Peel off each layer between you and who you really are!

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6. Let your intuition run rampant.

If you let your intuition blossom, it will tell you what your next Dream is, and what steps to take to fulfill it. Let it support you; let it give you the Invisible Message within each situation, within each person you meet.

7. Keep asking yourself, "What do I prefer?"

8. Ask yourself, "What's my next step?"

9. Have huge, hairy incredible powerful amazing seemingly Impossible Dreams.

(And have little, sweet, itty-bitty dreams, too!)

10. Understand that Well-th is a Life-Long Process.

11. Make your life as deLIGHTful as you can.



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12. Live artfully: love the actual doing of what you do as well as the results.

Results are only way-markers. There's a whole lot more Life still to come. Leave beautiful tracks.

13. Learn from and release your losses.

14. Make sure that you make note of (and manage to be humbly proud of) all your successes & accomplishments.

15. Celebrate your successes: by yourself and with others!

16. Say, "Next!"



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**My *best* aloha to you, your health, Dreams, success,
happiness, and prosperity!**

Angela

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