

Do YOU Know Where You are Going?

One of my favorite quotes is:

"If you don't know where you're going, any road will take you there."

Know where you are going.

If you're feeling stuck and frustrated in your life, then I can almost guarantee that you're one of the 97% who hasn't defined their goals.

Most people could tell you what's on T.V. tonight before they could tell you what their life's goal's are!

How can this be? How can something that is so important to personal success be overlooked by so many people?

I know one reason is the word "goal". It is such a business-like, logical word for something that is so magical and important... what you experience in your life!

So, from now on let's refer to it as "dreams". Expand your thinking and imagine what you truly want in your life.

What are your dreams for the future?

Are you going to live a life filled with new and exciting adventures? Are you going to have all the money you want so that you can spend your time doing what you're truly passionate about with people you love?

If so, than you need to start by having a crystal clear vision of what you want and how your going to do it.

This life isn't a dress rehearsal and if you're going to live a truly special life, then you need to have clarity, strategy, and motivation.

Once you have these 3 components, fear melts into ambition, confusion fades into understanding, and your potential becomes your reality.

Everyone knows that setting goals dreams and staying focused is essential to accomplishment, but, let's face it, goal setting can be boring. Sitting down

writing anything that comes to mind, getting sidetracked or overwhelmed, until you finally end up frustrated and quit.

But, suppose you could just relax and allow a clear and compelling blueprint for your life to manifest before you.

Imagine... knowing exactly what you want in life.

Sound too good to be true? Well, it isn't if you use the right process.

Think about it. Clarity is the most powerful weapon you have when it comes to living your dream life. As the saying goes, "if you don't know where you're going, any road will take you there."

When you know exactly what you want, you're going to instantly feel more relaxed and ambitious. You'll find yourself getting more done with less effort. Why? Because you'll have a clear vision of what you truly want.

When this happens and you align your life with your deepest desires, magical things happen.

What Do You Want In Your Life?

- Make More Money
- Improve Your Health
- Transform Your Body
- Take Up A New Hobby
- Get Out Of Debt
- Learn A New Language
- Go On A Vacation
- Take A Class
- Give Money To Charities
- Spend More Time With Family and Friends

take a moment and think of what you want....

Simply put, clarity is power.

But, creating that clarity can be the hard part...

The truth is, it could take you years before you finally sit down and plan out a future that truly unlocks your potential and propels you into the life of your

dreams. (And the funny thing is that when you're done, you'll wonder why you didn't do it sooner.)

Think of this - instead of waiting to do it on your own, you can now be coached and guided by me.

Dr. Bunny Vreeland – Ventura County Hypnotherapist – Bunny Vreeland serves Camarillo, Oxnard, Ventura, Thousand Oaks, Ojai, Moorpark and Santa Paula California – Bunny Vreeland provides hypnotherapy solutions for weight loss, hypnosis to stop smoking, IBS, fibromyalgia, stress relief, and more. Dr. Bunny Vreeland can be reached at **800-755-4083 or 805-984-1237 or at www.bunnyvreeland.com**.