

Notes to Self



Bring Your Best
Ideas to Life!

Bold Ideas New Discoveries Action Steps

SUCCESS...MULTIPLIED

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BREAKTHROUGHSKILLS.COM

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New Heights Media, Inc.
The People Skills Experts™
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“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”

– Albert Einstein,
Scientist, 1921
Nobel Prize Winner



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Let's Go!



Sometimes there's nothing like a pencil and paper to help you sort things out. Like when you need to get something off your chest, but there's no one to talk to. Or when you want to think about the pros and cons of an important decision. Or when someone inspires you, and you don't want to forget why. Or when a wild idea hits you, and you've got to capture it before it vanishes into the gazillion things you've got to do in the next hour. Sometimes you just need space for aimless free writing that ends up not being so aimless after all.

So one day it hit us: breakthrough-bound people could really use an all-purpose journal, one where they could see and savor their drifting daydreams and random thoughts, one where they'd have space to explore their best opportunities, weigh life-changing decisions, and even vent their frustrations.

And, maybe most important, a place where they could celebrate and learn from their best achievements—small and large.

“Let's do it!” we said.

And here we are.

See what you think

We know a few people who've kept journals for 10 years or more, sometimes writing in them every day. *Every day!*

Important!



For your eyes only...

Put *Notes to Self* in a private spot. Not only will this keep your thoughts completely private, it will let you write more openly without worrying that someone will see what you've written.

Whether or not you can muster that kind of discipline, there's still something truly wonderful about putting your thoughts on paper. Writing slows you down and gives you time to think. Intuition and random thoughts start joining into vivid pictures until all of a sudden, you see new connections, aha's!, fresh ideas, and "I-never-even-knew-I-felt-that-way" revelations.

Important!



Take care of yourself! Before beginning any exercise program or changing your diet, be sure to check with your health care professional to be certain that you needn't limit your physical activity in any way, and that any dietary changes you'd like to make are appropriate for you.

Kind of like turning a sweater inside out so you can finally see the tag that's been itching you, putting a vague fear that's been drifting around in your head down on paper gets it out where you can see it clearly. In the light of day, it may look silly; it may not. Either way, writing it down gives you power over what happens next.

Putting your thoughts in writing also keeps your memory fresh, a big plus for those of us who can't remember what we had for breakfast, much less our life-changing thoughts from a week ago. Dip into this filing cabinet of your best ideas and most important memories for inspiration and encouragement when you need them most.

Inside Notes to Self

In the pages that follow, you'll find plenty of room for your musings, brainstorming, and even some healthy venting. You'll also find pages like *One Day...*, *Right Now...*, and *What If...* to help you create fresh ideas and new dreams for yourself.

Fill these pages with your best ideas. And when you run out of space, grab a notebook and keep writing. Sometimes nothing is more powerful than your own thoughts in your own handwriting.

And because it's tough to feel excited about the future when you're tired or run down, we hope you're inspired by *Smart Moves*, our best tips for staying healthy and energized as you build your breakthroughs.

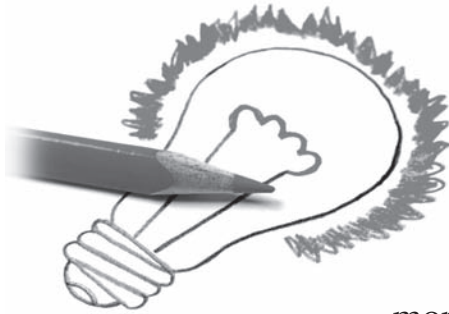
As always, if you need help with any part of *Notes to Self*, or any other Breakthrough Skills resource, write to us at info@breakthroughskills.com. We'd love to hear from you.

*W*e wish you blue skies and breakthroughs, today and every day.

—Diana and Doug

What Ifs and Wild Ideas

My out-of-the box brainstorming and “just crazy enough to work” ideas



2 AM. In the shower.
At the carwash.

Walking the dog.

Capture those
sparks that pop into
your head at random

moments. Study them.

Nurture them. Sometimes our unplanned,
uncoerced, unexpected inspirations have
the most to teach us.

“Dreams pass into the reality of action.
From the action stems the dream again.”

– Anais Nin,
French author

What Ifs and Wild Ideas



Wild Idea 1:

What if...

I think I might...

You know what would be great?

1. What's great about this idea?

2. What positive changes would this idea make in my life?

3. What do the people I trust think about this idea?

Who are the Trusted Colleagues and Mentors in your life, and how can they help you break through to new heights? Find out in *The THINK! Workbook*. Visit www.breakthroughskills.com to get your copy.

4. Is now the right time? If not now, when?

5. How could I get started?

6. Who else could or should be involved?





Picture This...

Get sky high – way above your What Ifs and Wild Ideas.
What do you notice? What picture do they paint about the life and career you want to create for yourself?



Free Writing



Smart Moves

Strong body, strong heart, high hopes



Big Idea: **The healthiest food doesn't come processed, wrapped, or canned!**

Today

Put down the chips and cookies. Don't unwrap that candy bar. The less handling and processing your food goes through, the healthier it is for you. So grab an apple and a handful of almonds, crunch on some celery and hummus, munch on a low fat granola or cereal bar.

And, as often as possible, opt for fresh everything: clean fish and meat, crisp fruit and vegetables, crunchy nuts and seeds. Picture yourself stronger and healthier with every bite!