



Balanced Living

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Book of Possibilities

You are swimming in an infinite number of possibilities on a daily basis and to change your possibilities into realities you need to be aware of the choices you are making and the resulting consequences. Every day, you make little choices, what to eat, who to spend time with and what to work on throughout the day. They can move you toward positive changes and get you closer to your possibilities, away from them or keep you stuck.

What are your possibilities and how do you decide which ones to peruse? What goals have you set for yourself and what are your dreams?

Making a book of possibilities is putting pictures, words, and phrases into a scrapbook. Any dream or goal you have has no limit and each page is a reminder of the possibilities you have for yourself. Consider new directions you could be pursuing in the following areas: career/vocation, self-knowledge, family, finances, reputation, relationships, communications, creativity, health. These possibilities might come from ideas, inspiration, new associations or doing something you've been putting off. Becoming a chef,

meeting someone you admire, or traveling abroad, are activities that may be included in your book of possibilities. The focus can also be inward such as becoming more compassionate of others and less judgmental. Your dreams have no boundaries and each person has their own unique book of possibilities.

Your job is not necessarily to create opportunities that bring you closer to your dreams but to decide which ones to pursue. And the hardest part about it is that there are no guarantees – there are only choices.

A positive choice moves you forward in some sense (even if it's hard to do or against the well-intentioned advice of others). It's a choice that is about you, not about anybody else or their wishes – it's truly in your best interest.

Fear of change, or taking risks, may keep you stuck and prevent you from taking the steps needed to transform your possibilities into realities. In the face of uncertainty, fear tends to surface. Stepping out into the unknown requires faith that the consequences will be rewarding and bring you closer to reaching your dreams.

Newsletter Content

- ***Transforming Possibilities Into Realities.***
- ***From Fear to Hope and Love (by Ingrid King)***
- ***Doing the Impossible.***

Each choice we make will bring change and energy into our lives, while attracting what we are seeking.

From Fear to Hope and Love

By Ingrid King

We live in challenging times. The past few months have caused many people to live in a state of fear, which is exacerbated by the media's message of lack, scarcity, gloom and doom. Apparently, good news and positive topics don't sell and don't generate ratings. Stories of disasters, financial and otherwise, abound. While there is much that's happening in the world today that gives us reason to fear the future, we need to be mindful to not let fear take over our lives.

According to the Law of Attraction, what we focus our thoughts and energy on is what we attract into our lives. If we constantly worry about the future, we are keeping ourselves in those low vibrations, and as a result, we attract the very things we fear into our experience. Not only that, we're also going to be pretty unhappy in the process.

So why not allow hope to transform all that negative energy into something lighter and more positive, and ultimately, into love, which is the highest vibration of all?

Find your own, inner truth, and follow your own guidance. Look for the good news, look for things that give you hope. Once you have hope, it's only a small leap to love.

How do you accomplish this in a world seemingly filled with so much bad news, and so much fear? Here are some simple steps that can help you change your vibration from one of fear and worry to one of hope and love:

- Make a conscious decision each day to look for things that make you feel good. Look for things to appreciate. Look for the positive aspects in the people you interact with. By focusing on what's good in your world, you activate a vibration that will bring more of that into your experience.

- Go on a news diet. At the very least, stop watching the news first thing in the morning, and last thing before you go to bed at night. What you see first thing in the morning will stay in your consciousness throughout the day. What you see just before you go to sleep will make its way into your dreams and spoil a good night's rest for you. Consider foregoing the news altogether. If you feel you must be informed, be judicious about where you get your news. There are ways to get the news without the hype.
- Practice simple acts of kindness. This is a fun and easy way to take the focus off yourself and any fear and worry you might experience. Yield to the car in front of you trying to merge into your lane. Smile at the harried clerk at the store. Take an unexpected small gift to someone in your office. Trying to make someone else feel better feels good.
- Pet your cat or dog! Being with your animals is one of the best ways I know to instantly shift your vibration from negative to positive. It's impossible to be fearful and worried when you have a happy dog licking your face or a purring cat in your lap.

Just like winter eventually yields to spring, and dark days yield to light, fear, if not given permission to



run free, will yield to hope and eventually love. All it takes is a willingness to shift your thoughts towards something that feels better,

and make choices that are based in love rather than fear.

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Think of some of the big dreams you have had in your life - developing life changing inventions, owning a summer home in the Caribbean, or having a successful business. Maybe you dream a little smaller and could be satisfied with less, such as driving a luxury car, living debt free, or feeling physically healthy and fit. There are a million things to wish for.

A good exercise to help you to evaluate how achievable you really believe your goals are is to do the following. Create three headings on a piece of paper: "Things I Believe I Can Definitely Achieve", "Things I Believe I Can Possibly Achieve", "Things I Believe are Impossible to Achieve". Next, under each heading write a list of your dreams and goals that seem to fit best.

The way to build momentum in achieving your goals is to first tackle those you know you can do. Mark them off as you achieve them. When they are all completed, begin on the list of goals that are possible but not definite.

Once you have achieved all the possible goals you can, it is time to rethink the goals you defined as impossible. If you find yourself thinking that perhaps some of these dreams are not impossible after all, then move them into to your "Possible" list.

This exercise is an excellent technique to help you expand your ideas about what is and isn't possible. The more successful you become at accomplishing your goals, the more confident you will become that you can do most things you set your mind to.

To achieve your dreams, you need to firstly believe they are possible then set big goals that can be broken down into smaller achievable steps.

A dream needs action to bring it into reality. If you dream of being a famous musician and never learn to read music, you will be setting yourself up to be disappointed about your life and its possibilities.

So don't give up on your dreams! Don't get trapped in self doubt and limited thinking. Dream big, believe big and be willing to do what it takes to make your dreams a reality.

Mike is a Licensed Professional Counselor in Northwest Metro Atlanta, Georgia. He has been in the mental health profession for 20 years and provides psychotherapy for adult individuals and couples.

Please feel free to contact him with comments on topics in this newsletter or suggestions for future articles.