



DAY BY DAY

Little choices that can change your life

By Beverly Molander

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Nothing happens overnight. The thoughts we think and the actions we take, day by day, roll into the next part of our lives. I have learned first-hand that those thoughts can either build us up or bring us down -- haven't you? In this busy world it is easy to rush and judge, responding to the world with knee-jerk reactions to what is going on around us.

Then we have to live with the consequences we created.

This book offers an opportunity to slow down, reflect, and give ourselves a break from reacting so quickly. My mom, Beverly Stoll Molander Farley, used her intuitive wisdom to guide me; and I have passed on her advice to friends and clients over the years. When I was an emotional teenager, going through those extreme highs and lows of growing up, Mom reminded me that, "Whenever you are emotionally wrapped up in a situation and are tempted to spout words or take quick action, wait at least 24 hours before responding. That way, those immediate emotions won't cloud your thinking and you will have a better idea of what to do next."

As you read these pages, take time to stop and ponder -- it will make a difference in the way you think, act and react from this point forward.

My intuitive abstract art is meant to help you to take pause as well. I use a unique technique for getting deeper, beyond the paint. If you find something that speaks to you through each painting, you are on track. That is what it is meant to do.

Enjoy!

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Today I choose a Path in the Woods.

Today I meander, not really knowing or caring where this path leads.

I see life in the flora and fauna; death in the old tree branches and crumbled-up leaves.

Underneath -- a surge of the next generation of insects and wild things.

I am in the middle of life, death and rebirth – it is the nature of all, including me.

Earth to earth, dust to dust, life to life again... I am happy to be on this path.

Today I choose to Re-Write my History.

My personal history is dotted with tragic overtones.

Ghost memories from the past are ready to speak any time I am willing to listen.

Today I can listen to a different voice – the one that reminds me of sleds in the snow, playing croquet with the cousins.

My memory is not accurate anyway, so I can pick and choose what I want to remember.

When I do, it will be easier to say, “And I lived happily ever after.”

And have it be true.



Today I choose to Exercise my Options.

A body in motion tends to stay in motion; a body at rest tends to stay there.

I choose to bend and stretch with purpose.

Moving neck around shoulders, I am reminded of that body/brain connection.

I stand tall and start exercising my options -- for my body and my mind.

Today, I choose Do No Harm.

The doctor's Hippocratic Oath says, "First, do no harm."

A driver cuts me off in traffic? No shaking of fist -- I simply keep driving.

A surly clerk is at the drug store? No contest of wills -- I simply move on.

A co-worker criticizes? -- I can hold my venomous tongue.

If I let anger get the best of me, I am the one who suffers most.

It takes its toll in my body, mind, and soul.

Doing nothing can be better than making things worse.



Today I choose the Fork in the Road.

How eerie and interesting -- to come to a fork in the road and not know which way to turn!

The end of one journey; the beginning of another -- but which way should we go?

An old story said, "One road turned that way and the other road turned the other way, so I chose the one that went the other way."

Whichever road I take, it will be all right; I can live with the outcome.

Not on a straight and narrow path, I choose the fork in the road and wherever it leads.

Today I choose to Look at Distant Relationships.

Everywhere I go I notice my relationship to all sorts of people.

As I look into the eyes and souls of strangers, I choose to make their day brighter – to lift them up with a smile, a kind word, or a nod of appreciation.

When people feel better, the world becomes a better place.

I lighten their load and the world lights up.



Today I choose to Put on My Game Face.

Clock ticking down the hours.

Shadows linger, even in this darkest part of night.

Leaping fears and lingering doubts haunt those cobweb corners of my mind.

This is my private battlefield, filled with carcasses of days gone by.

Now, the sun is out and so am I, joining pleasant forces with my future.

I put on my game face.

The world is my stage and I perform brilliantly.

Fake it 'til you make it -- it works.

Today I choose My Chin Up High.

What a magnificent perspective, to see the world above the treetops, a perpetual horizon.

I tilt my chin up to see my everyday world from another point of view.

This simple move straightens my posture and raises my confidence and sense of optimism.

I may not have control of everything in my life, but I have control of how I choose to look at the world.



Today I choose to Consider the Worst Case Scenario.

Oftentimes I am afraid of what I don't know.

The what-ifs take over and so does the fear and doubt.

What if I lose all my money -- get fired -- my partner leaves me -- my house burns down -- I get a disease?

As much as I don't want to have these things happen, I know I will be able to find a way to go on; maybe even grow on.

Not bad, considering...

Today I choose to Accept Mistakes.

What is a "mistake" but something that can be refined or improved upon?

I learn lessons in my own time and experience my own consequences.

If I "make a mistake" it only means that I have learned more about myself and can choose a different way next time.

I see other people learning from their mistakes, and so can I.

Today I choose Raising Questions.

What if...Why not...Is that so...?

Not everything is as it first appears, and when I ask questions that come up for me I am able to see the answers more clearly.

Lingering doubts, a nagging at my gut -- my intuitive side sends me signals of discomfort.

I am grateful for those warning signs that cling to my underbelly.

I will not be misled. I will find the answers I need to know before I move forward.





Today I choose Feeling Flat.

When I feel buried by Things to Do it seems I barely pop above the surface, grasping for a sense of accomplishment.

Pulling back, it's a relief to, plain and simple, just feel flat.

Flatness eases my anxiety and gets me grounded.

It feels so good when I start rising up again.

Today I choose to Miss You.

Life is good. Wounds have been healing for a long time.

Now, there is just scar tissue that is hardly visible to anyone else.

Even when that scar becomes nearly invisible; when it is artificially smoother and easier to touch, I will still miss you.

If I had not loved you so, I would not be missing you now.

The good with the sad – I miss you today.

Today I choose to Stop Trying to Be Everything.

When I compare myself to others, I always fall short.

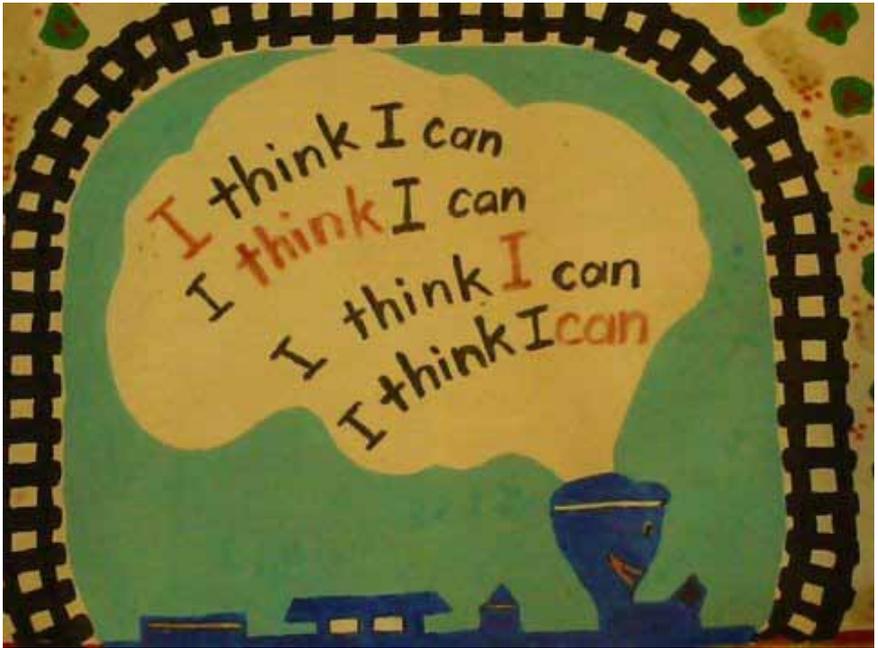
But I don't know their whole story.

The world traveler wants time to stay home; the 9 to 5 worker wants adventure.

The young parent wants time for a career; the mover and shaker wants a home-cooked meal.

I don't have to be everything all at once; I can go step by step to fulfill my dreams.

What a relief to relax in who I am now.



Today I choose Creative Thinking.

There may be a job or relationship ending, a new pathway to take, a decision to make.

There are always problems to solve, and there is never just one answer.

With endless possibilities, I find many ways to resolve any situation.

Before I react, I sit back and relax into all the solutions that could come from this.

I am creative and imaginative.

I imagine that things will work out and they do.

Today, I choose Reality.

“Put your mind where your body is.”

When traumas seem to come at me from every direction, it is easy to feel overwhelmed.

When I put my mind on where I am right now, it is easier to see the difference between the melodrama I have created in my mind and the reality of the moment.

I can keep my mind on where I am and stay away from where I am not – in those horrible figments of my imagination.

Today I choose to Prosper.

Prosperity is all around me and it is in my life.

I notice growing businesses and successful people.

If they can do it, I can, too.

I have plenty to give and the world responds to my generosity.

We all prosper.



Today I choose a Healthy Body.

My body is a universe in itself that enjoys working correctly.

Each part of my body is an important member of the team.

When the mind is happy, the body responds in kind.

When the body is healthy, the mind is also more in sync with itself.

My body gives me signals about how to take care of my physical and mental self.

I give my body what it needs and my body gives me health.

It is a win-win for all of me.

Today I choose Attraction.

I am attracted to people who are attracted to what I love and appreciate.

There is a law of natural selection and I pay attention to it.

Whenever a topic or situation does not resonate with me, I leave it alone.

I will not be distracted.

I simply shift my attention to that which attracts me.



Today, I choose Stop Signs.

Every time I come to a stop sign, I can remember why it's there.

Stop signs tell me to slow down, stop, and yield to others.

They are there for my safety; they prevent accidents and mistakes.

Stop signs are in every part of my life.

Before I rush headlong into a buying spree, an argument, or job, I can stop first to ponder if it's the right move to make.

I take a deep breath and look in all directions, so I can proceed with confidence.

Today I choose to Forgive.

A sad, sick loved one who died long ago appeared to me in a dreamlike meditation.

He smiled happily and said, "Look! I have forgiven myself and you can forgive me, too. And you can forgive yourself, too – for anything!"

When I forgive others, as well as myself, there is no longer anger or guilt to hang on to.

Gone are the grudges and excuses for not living fully. I forgive thee and I forgive me. We are free.

Today I choose Detachment.

How wonderful it feels to be minding my own business today.

Friends and family are diving, dashing and crashing around me, but they are not me.

I am not their solution -- not the answer they are looking for.

I stand back, watching them find their own way and facing their own consequences, good or bad.

Detachment helps me live and love again.



Today, I choose Fresh.

Ahh, Fresh - newness, vibrancy, vitality! It even feels good to say the word!

I am eating fresh food today; I am breathing fresh air.

Some of my plants are fresh and flourishing; others need to be pruned and tended.

That which was once fresh in my life may also need to be tended and pruned.

The snake sheds its skin; pets shed their fur.

I let go of the old; there is more room for new.

I choose Fresh - in the grocery, at a restaurant, in my ideas.

Today, I choose Optimism.

One person looks at a glass half empty; the other, half full.

It is the opinion each person brings that makes it so.

I choose an optimistic opinion.

My bank account can grow; I can work at what I enjoy.

I can find solutions to any problems and be receptive to new ideas.

I say "Yes" to a better life for me and everyone else.

Today I choose Gratitude.

We will always want more, yet there is much to be grateful for today.

I am grateful for what my money can buy – electricity, shelter, food for my family.

The driver who lets me into a line of traffic...teens picking up trash in the park...the color of my paintings on the wall.

When I am grateful for more, the more I have to be grateful for.

Beverly Molander is a writer, artist and public speaker. She is president of Next Step! Network, a company dedicated to supporting men and women in taking that next step in their personal or professional lives. She is also a New Thought minister and guest speaker based in Atlanta, Georgia.



Beverly's own next steps have included:

- New Thought Minister in Atlanta and out to places yet unknown...
- Commissioned Intuitive Abstract Artist.
- Columnist for the Atlanta Journal - Constitution.
- Consumer Reporter for Noon Day for the NBC TV affiliate in Atlanta, WXIA-TV.
- Coordinating Producer of the WXIA –TV consumer unit.
- Director of national consumer guru Clark Howard's Consumer Action Center at WSB Radio & TV.
- TV Host and Creator of her award-winning public television series, HealthStyle.
- Agent for national cooking show host, Nathalie Dupree.
- Owner of The Résumé Company (career guidance).
- The first female traffic reporter in metro Atlanta, gaining the reputation as “The Mouth of the South” and “Traffic Lips” (I was so much younger then....!).
- M.Ed. from Georgia State University – teacher for four years.
- Adoptive Mother.
- Traveler to Soviet Union, France, England, Germany, Italy, Switzerland, The Netherlands, Belgium, Sweden, Finland, Jamaica, Bermuda, Mexico, Quebec, Newfoundland, Nova Scotia, Brazil and Peru.

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