



## 'Stick to it Attitude'

July 2006

Over the last year I've had several opportunities to learn about the value of developing a "stick-to-it" attitude when it comes to doing things that are important to the nourishment of my body, mind, and soul. Even when things get really tough and I have just wanted to give up I've seen the difference it makes when we hang in there and keep going - even when every part of me has wanted to give up and settle for an easier life/option. At times even just walk away

What about you? Do you tend to quit when things get hard or frustrating or even boring, or do you have a "stick-to-it" attitude that encourages you to keep plodding along even when the going gets tough?

Developing the ability to hang in there in the final hour when things get hard, or when you feel tired or tempted to quit, will mean the difference between living an okay, mediocre life or an exciting, joy-filled one that truly reflects your soul's deepest longings and desires

It's about training yourself to work through the temptation to quit on those things that you know in your heart and soul really, really matter.

If, like me, you have a tendency to look for the short cuts when you know you need to stay strong, don't worry. With a little patience and practice, you can teach yourself to develop a "stick-to-it" attitude too. All it takes is awareness as you approach everyday tasks in a new way.

### **For example,**

The next time you decide to de-clutter a room, make sure you actually finish the project

When you're tempted to leave a few items in a corner, tell yourself "No I've got a stick-to-it policy" and so stick to it.

I have really struggled with the following one, but slowly getting there. When clearing out your wardrobe, don't stop, don't hang on to things because they may fit you when you have lost a few pounds, or you may need that T-shirt to go to the gym, when you actually never do go to the Gym. Start to clear and do not stop until completed.

While weeding your garden, don't give up on the last two feet, hang in there and get those last few weeds out.

When your cheque book doesn't balance and you're tempted to let it go until next month, challenge yourself to keep looking until you get it right.

Stop yourself the moment you start to rationalize why you deserve to make a purchase on your credit /charge card that you know you can't pay off Take the tough road and say "No!" and stick-to-it.

When vacuuming out your car, pick up the mats and clean underneath rather than do a quick surface cleaning to finish quickly.

If you decide to get fit, don't go to the gym once, feel good about it and never go again Set yourself a realistic fitness target and keep going to the gym on a regular basis till you hit your goals

As you review the above do keep in mind that the point is less about the actual activity and more about installing a new behaviour pattern, a pattern that will make a big difference in the quality of your life. It has in mine

My determination to step up to the challenge, to carry on when all seems too much has given me self-respect, more trust in myself and my ability to follow through, and a feeling of satisfaction knowing that I have the inner strength to move mountains if I have to. It has also started to help my confidence in myself. If you step into the challenge of your 'stick-to-it' policy it will do the same for you and you will start to feel instantly much better about yourself.

After reading this months newsletter, there's a good chance that you'll catch yourself right in the middle of walking away from something you do not want to do or deal with, just stop and think for a moment, then do what it is your putting off or deal with the issue.

Cook that healthy meal rather than grabbing a quick, unhealthy snack.

Or finish paying your bills rather than leaving a couple behind for later. You'll be glad you did, when your finished and you can walk away feeling the strength and peace of mind that comes from a job well done.

Good Luck

**Angel Blessings**

*Julie and Steve*

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**From the Angels:**

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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### **Julie Lomas M.I.A.C.H.T.**

Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

She is a member of the International Association of Crystal Healing Therapists and has been practicing and teaching these holistic therapies for 14 years.

She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

### **Steve Ritchie**

Steve is a Usui Reiki Ryoho Master / Teacher /Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing areas such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

Steve has been conducting Reiki, Angel Therapy, stress and relaxation workshops for several years.