



Unleash Your Fire Through Motion

“Creating an environment for progress is 90% of the solution” – Jeremy N. Johnson

There is a FIRE within you to accomplish great and wonderful things. Quite often though, that fire is squelched as LIFE gets in the way. This simple guide will give you steps to follow and the purpose is to get you excited about making progress regardless of what in life is getting in the way. Print this out if you have not already and find a place that offers enough room to move around. You’ll be given information and action items to complete. It is recommended that you go through this daily.

The ability to create action and energy through movement

There’s a chicken and the egg problem when it comes to taking action and making progress on dreams, ideas, and the things we know we should do. This is related to actually taking the steps to move forward and make progress. The problem is that in order to make progress, there has to be a desire to take action. So what comes first, the desire or the action? Might I suggest movement and action first as a precursor to desire (instead of the, “I’ll do it when I feel like it”). Either that, or you can wait for a threat so big that it creates an emotional response so great that you feel compelled to take action.

Let’s just say, waiting for a threat so great to take action will end up putting you in a lot of pain. Instead, you can start making progress now and it won’t require you to be in pain. This is the very first thing you must do – and that is start creating movement in your body. This is nothing fancy, but it does require you to think about the way you move your body. If you are reading this, then I know you have that yearning inside of you – the yearning to do something more - the yearning to create lasting positive change – the yearning to grow.

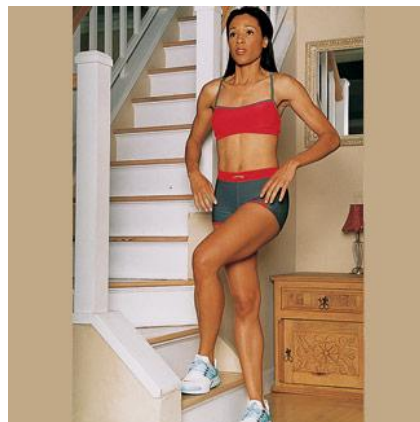
There are many ways to move your body and alter its biochemistry so that you feel excited and more inclined to do the things you want to do – and it DOES NOT involve drugs or alcohol! I am going to focus on some simple ways that you can move right now that I know will alter your state of mind and get you excited and feeling good. You should wear shoes and a comfortable set of clothes for this part. This is your first step! I am excited because I know you are about to take action and get excited. Here we go!

Movement Action Items

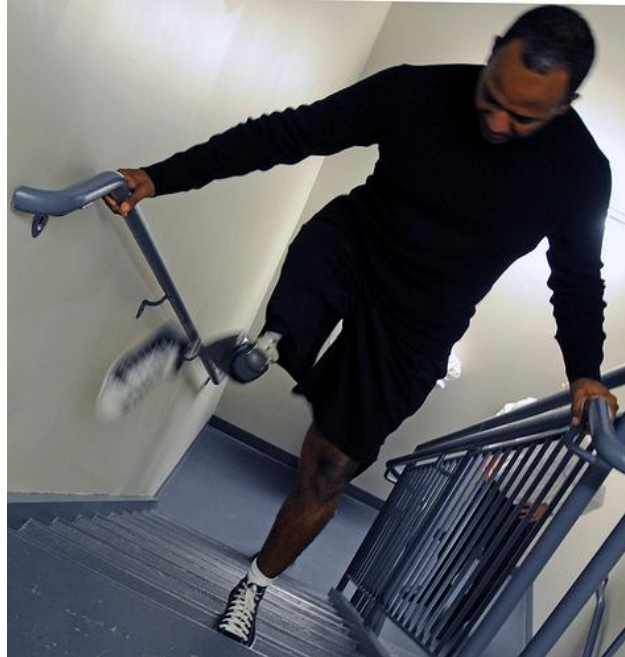
Action Item 1: Side stretch – Clear your mind and focus. Stand up with your feet close together and put both arms up in the air as high as you can – keep your arms as straight as possible. Touch your palms above your head – your elbows can bend slightly here. Leave your left arm up and take your right arm and put it down directly on your right side. Bend your body towards the right keeping your left arm and legs as straight as possible. Stretch as far as you tolerate without discomfort. Hold for 20 seconds. Repeat this for the other side of your body (right arm will be in the air, left arm will be at your side). Do each side twice (four times total). You should look similar to this:



Action Item 2: Marching in place – stand up and march in place. This is not a casual walk – lift your legs up (with knees bent) as high as you can and focus on breathing. Go up and down off a stair for further movement. You should feel the movement in your legs as they go up and down. Your arms should be moving back and forth with elbows bent. Focus in your mind just one of the things you know you want to do while you march. Keep it in your mind. You are marching to victory! You will accomplish what you set out to do! Do this for three minutes.



Action Item 3: Stairs – (If stairs are not an option for you, keep marching in place). Go up and down the stairs for a total of 30 times (each time down is one, back up is two, etc...). If you only have a few stairs, increase the number. As you go up the stairs, picture yourself climbing a mountain. Picture yourself reaching the top, which is your ultimate goal. If this awesome man can do it, so can you!



Action Item 4: Jumping - Raise your arms over your head and begin jumping up and down as high as you can. Be sure to land on the top ends of your feet for a cushioned landing. As you repeat jumping over and over, you will find that your visualizations increase dramatically. Jumping is invigorating and an excellent way to put your body in a peak, powerful, and highly focused state!



Action Item 5: Jab Punches – Punches? Yes, you read that right punches. Focus your gaze directly forward now. Lift your hands in front of your head and make fists. Put your feet a little wider than shoulder width apart and have your toes pointed directly forward. Look directly ahead. Your prize is directly behind a brick wall that you are going to smash through. Visualize the wall in front of you and alternate punching – and smashing it – with each arm. Do this for three more minutes. With each punch, yell, “HYAH!”. Yell, “I am powerful and strong!” Then picture the wall being smashed further and further until it is completely destroyed!



Spend the right amount of time for you on these activities. By the time you are finished, you should be breathing much more than usual and have a more focused and heightened state of mind. This movement will stimulate your mind much more than if you were just sitting passively and casually. The visualizing of the things you want while actively moving will cause your thoughts to be etched in your mind as if by fire through the combination of your heightened emotional AND physical state you are achieving through motion!



If you are looking for even more ways to discover yourself, or put yourself in a focused or heightened state, please visit:
<http://valeriemondesir.com/101-ways-to-discover-yourself/>

Visualization Action Items

Once you reach a heightened state through movement and stimulating your body and mind, you should start the visualization process – before you have finished moving even. You want to begin focusing about a minute into your movement. This is nothing more than picturing what you want in your mind while you are moving. The previous exercise had you start doing this – but now we are going to get very specific in what is visualized.

There are six key areas that I want you to focus your visualizing on. While you visualize, you are still going to be doing all the movement action items above. So you will do side stretching, marching in place, stairs (if possible), jumps (if your body allows it) and punching that brick wall which is blocking your prize. If you are unsure of what you want in your life, your visualizing will be thinking about what you want the most until it is clear.

When you get clear ideas of what you want in each area, stop moving briefly and write it down in the box provided. When you are out of ideas, start moving again and visualize. Let's get started!

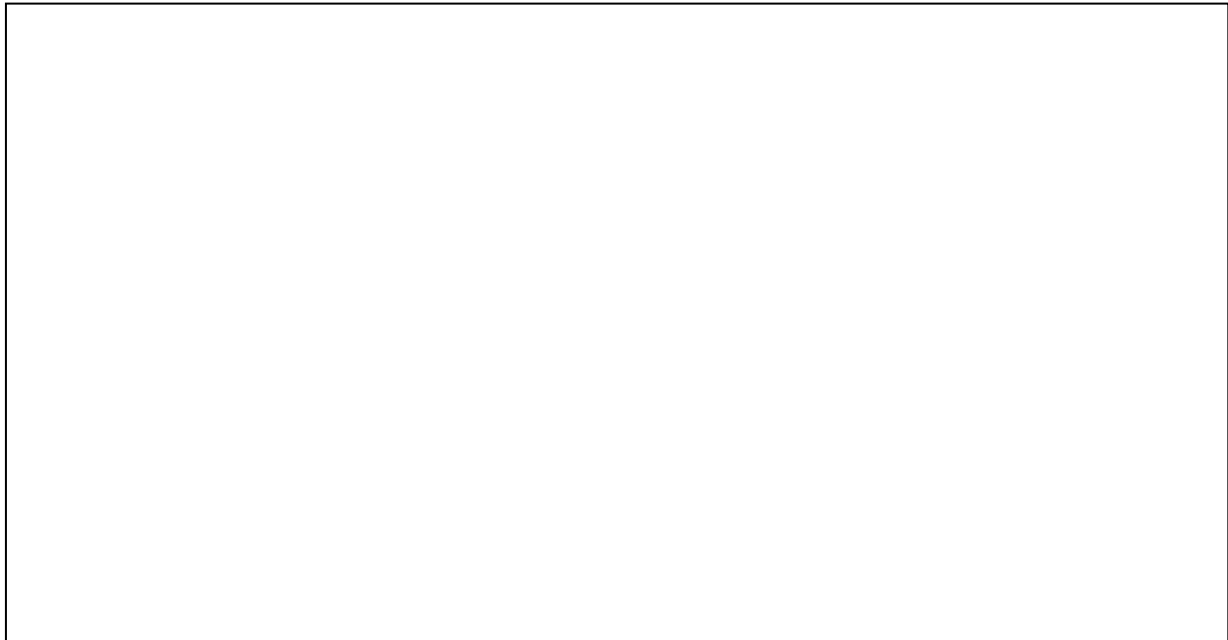
Physical Health

Think about your physical body. What kind of energy do you have right now? Are you tired or energetic? Are you slow moving or moving quickly? Are you satisfied with how you look and feel? Start writing below what you would like your physical body to be like. Don't just say, "I want to lose 50 pounds". Think of it in terms of what a fit body will allow you to do. Try something like this instead, "If I was this way, just think of the energy I'd have to do my side business!"

I'm going to leave a large amount of space for you. Visualize the kind of body you want and why being that way will enhance your life. Visualize the kinds of foods that will help your body feel alive and energetic.

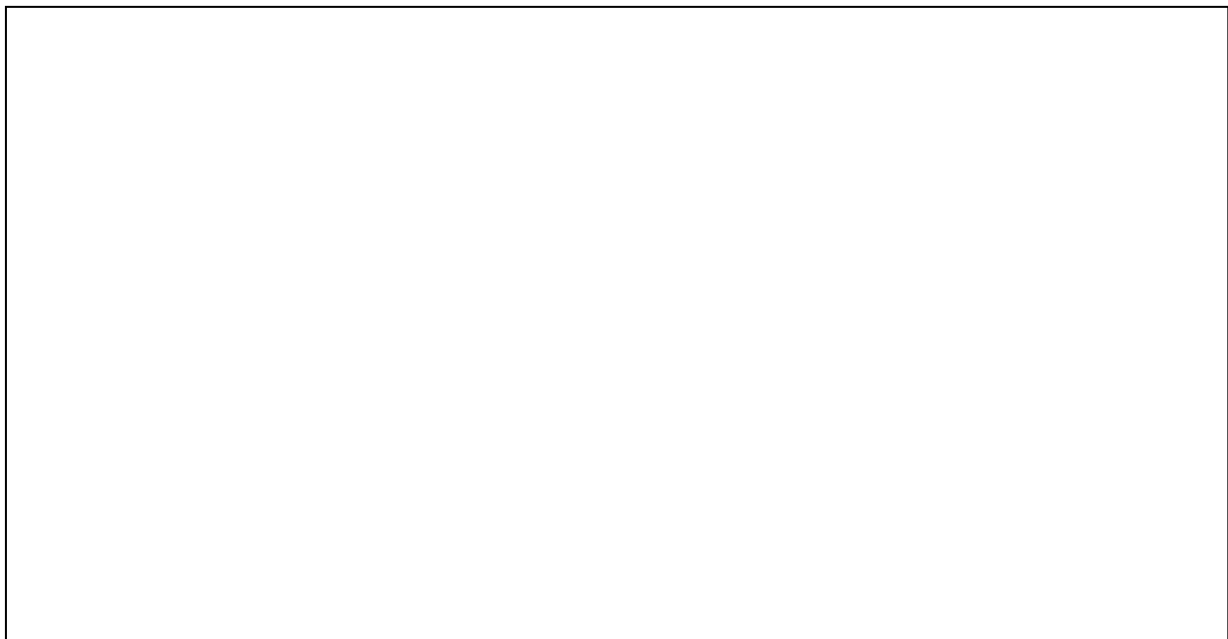
Relationships

What kind of relationships do you want in your life? Think of the perfect match for you and what YOU must do to attract that kind of person. If you are already in a relationship, think of what you must become to better your relationship. Visualize being an understanding and caring person who earnestly seeks to serve your significant other. Now list below what you want out of your relationships and then visualize it.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and list what they want out of their relationships.

Finances

What are some of your feelings about money? Would you love to feel rich even without having the money right now? How about debt? Wouldn't it feel great to be free of the debts that have piled up over the years? Visualize now your ideal financial situation and all that you could do with an abundance of income.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and visualize their ideal financial situation.

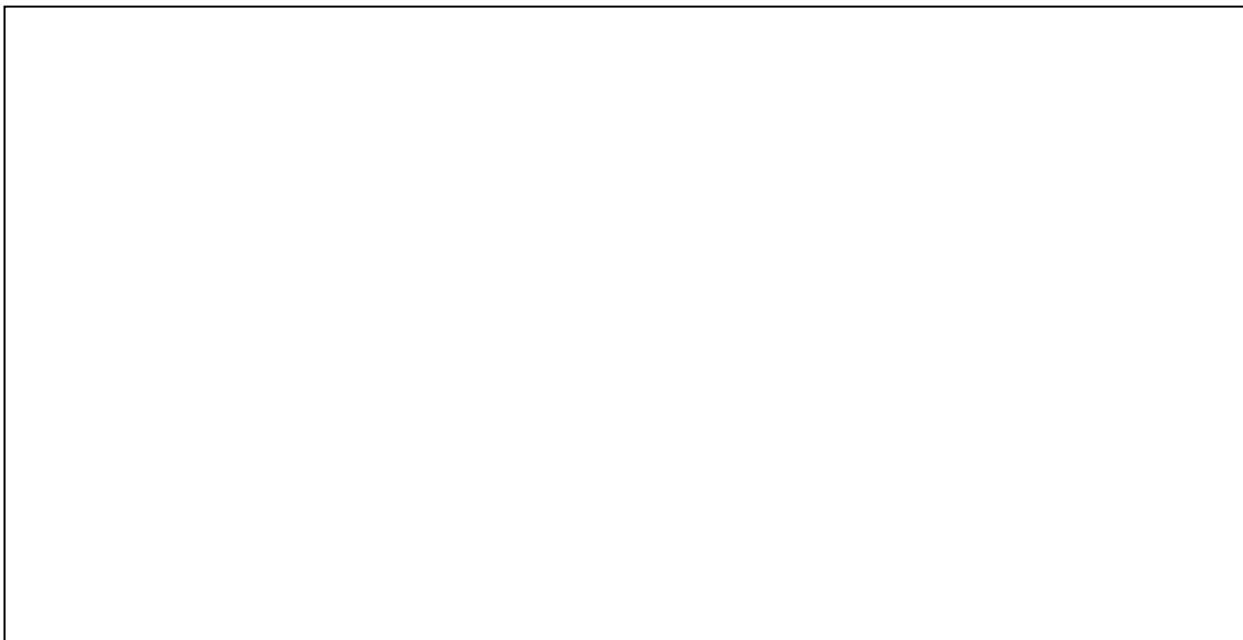
Spirituality

How connected do you feel with your life's purpose? Do you feel there is more to life than just living and dying? Use spirituality in your own unique way and focus on the inner strength and power that you have. Visualize yourself tapping into spiritual power far greater than yourself. In what ways can you use spirituality to better your life? List the ways below.



Career

How satisfied with your career are you right now? Think of yourself in the perfect position in your career right now and what it would take to get there. Imagine you are supremely confident and see yourself doing what it takes to have the career you want. Write down your thoughts about your career - and what you desire from it - below.



Personal

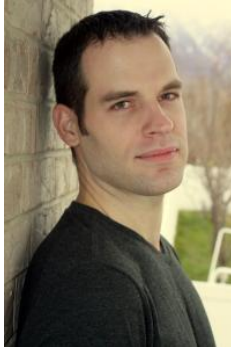
How do you feel about yourself right now in your life? Who would you like to become? What would you like to achieve? Feel the energy flow through you and envision yourself doing everything you could ever want to in your life. What would that feel like? What would it be? Write your thoughts below.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and responses to the prompts above.

I hope by now that you are seeing the power of combining movement with visualizing what you want in your life. By combining the power of these two techniques, you create a connection between the two – a neuro association that is stronger than had you just been sitting around relaxing and just thinking. See if you can repeat this exercise every morning for 15 minutes. By creating a connection between the power of movement and exercise with visualization, you will find yourself much more apt to follow through on the wonderful things you dream and have ideas about!

Special thanks to Valerie Mondesir (<http://www.valeriemondesir.com>), for her insights and input in helping me with some of the physical movements here, the pictures, as well as providing input on this e-book in general.

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*It really is my pleasure to serve you with what guidance I have to offer. I wish you success and happiness
as you live your life to its fullest – each and every day!*
- Jeremy

Image Sources:

Fire from Polynesian Cultural Center, in Hawaii (picture by my wife, Heidi)

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