

Hometown News Online!

Words of Wisdom...



"Miracles can only happen when you get rid of the concept of 'impossible' and allow yourself to experience the magic of knowing."

Dr. Wayne Dyer

Quick Links

Sylvia's books
Sylvia's Children

Want a free color xerox? Call Sylvia @ 732 946 2711 and find out how! She now has three!!!!!

Where In The World Is Sylvia?









August 5, 2015

THE POWER OF THE SUBCONSCIOUS MIND!

Looking at today's quote, how many times have you said "Oh, that's impossible." Do you know that the minute you said this you already MADE it impossible?

I was almost going to make this week just some of my favorite quotes; rather, I want to talk about negative thinking or, how to get rid of it.

- 1. Meditate or do yoga.
- 2. Smile.
- 3. Surround yourself with positive people.
- 4. Change the tone of your thoughts from negative to positive.
- 5. Don't play the victim. You create your life take responsibility.
- 6. Help someone.
- 7. Remember that no one is perfect and let yourself move forward.
- 8. Sing.

May 23-September 30 ... Farmers' Market every Saturday in Aitkin, MN

August 3-7 ... Dahlonega, GA

August 25-26 ... Alabama Main Street, Birmingham, AL

September 12 ... Brewfest at the Butler building, Aitkin, MN

September 14 ... NRPA, Las Vegas, NV

September 15-16 ... Graph Expo, Chicago

September 21-23 ... IFEA convention, Tucson, AZ

September 24 ... Wisconsin Main Street, Chippewa Falls, WI

October 11 ... Lake Harriet Christian Church/Sylvia's Children

October 28 ... Jewish Business Network Breakfast speaker, Marlboro

November 12-20 .. Christmas Party in Uganda, Africa



- 9. List five things that you are grateful for right now.
- 10. Read positive quotes.

Watch your thoughts, they become words.

Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become your character.

Watch your character, it becomes your destiny.

Happy positive thinking and remember -- nothing is impossible!

Still have room for some speaking engagements in October and December - give me a call 732 946 2711 or e-mail me sylvia@allenconsulting.com.

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