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If I could just make more money . . . then everything will be perfect. If I could just get over this illness . . .

Author and teacher, Teri Uktena, writes that most of us have gone through times when we think the

Many people think that all their if-I-could issues would be resolved by winning the lottery. However,

Teri says that the real issue is: To have the life you desire, you have to become the person you want

When people say they don't know what they're passionate about, they're actually saying they don't

If you probe less than a millimeter below the surface, Teri says you will find that these people do have

Leave the torrid obsessions to the movies, says Teri. Your real passions are the things you enjoy doing

So, you'd think that once you've identified what it is you want to do, the next thing would be to figure

Life coach Christy Whitman says when you imagine the end result; you have to be clear on how you

Mary Morrissey calls this process 'scaffolding'. For example, see yourself in a year's time with a graduate

Mary says it is a universal rule that everything happens twice: once in your imagination and then in reality

Or, á la Mike Dooley – “thoughts become things”. Mike says that once you’ve thought about what y

Remember that your belief in the necessity of blood, sweat and tears or sacrifice, worthiness and y

Teri says that no one sees the path ahead clearly. We aren’t meant to. That kind of distance would

As Walt Whitman says in ‘O Me! O Life!’: “That you are here – that life exists and identity, That the p