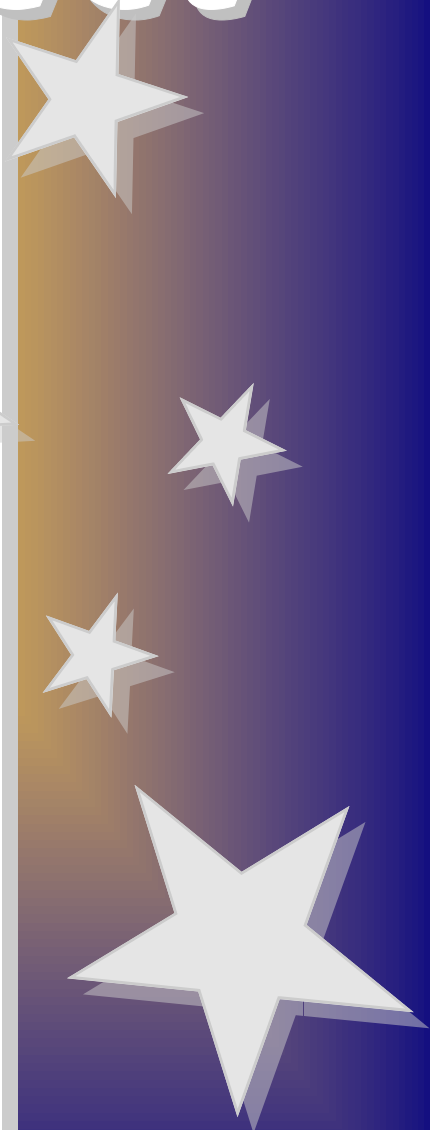


Nancy Nordstrom Presents
The Imagine Nation®

Power Project



Power Project



An introduction to
Nancy Nordstrom's
Imagine Nation® Method
of Dream Realization
for Teens.

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A Quick Note

The Power Project helps you recognize and use your power to realize your dreams. At its core is the Imagine Nation® Method of Dream Realization. Within these pages is an *overview* of that method that will tie in with the Project. Combined, they allow you to remove the obstacles preventing you from achieving your dreams.

If, as you read, you decide this approach seems too simplistic, too “out there”, or just not possible, don’t give up. Ask yourself one question each time this happens: “what if?”.

- ? What if... this method really works?
- ? What if ... I actually have power?
- ? What if... this *is* possible?

What if? Who knows what might happen if you are just willing to ask yourself the question, and then give it a try.

Before you begin the Project, a few disclaimers to help you make the journey successfully:

1) Do not read this in one sitting, give yourself time to absorb and accept the insights shared. Doing so will enable you to understand the Project better, and your dream will benefit from the concentrated attention you are giving to it.

2) Be aware that these pages do not take the place of a mental health professional (counselor, psychologist, therapist, etc.), nor is the author such a person. If you are diving into destructive behaviors, seek help from the right professional. Then, come back here to continue your journey to dream realization.

3) While on the subject of healthy mindsets, it must be noted that the Power Project is for those who live a life of normalcy grounded in decency – in other words, ax-murderers, socio-paths, government terrorists or any other like-minded individuals need not continue!

4) With normal being relative, understand that if you have had negative experiences in your life or find yourself in a less than desirable lifestyle the Power Project does not mean to trivialize or diminish where you were or where you are now.

However, neither will it dwell on the past or expect you to. This program assumes you have chosen to journey to dream realization because you are ready to move forward, to make a positive change in your life, to enhance your life by taking this journey now.

It is time to make that first move, to put your feet on the right path toward realizing your dreams.

Find your power and let the journey begin!

*“A dream is the essence of a goal;
a goal is the enhancement of a life!”* (N.E. Nordstrom)

Table of Contents

| | |
|---|----|
| Who's Got The Power? | 1 |
| <i>Recognizing The Power</i> | 2 |
| <i>Power of Words</i> | 3 |
| The Empty Sack | 4 |
| Best Friends Forever – Right! | 5 |
| Living in The Real World – Sorry! | 6 |
| <i>The Power of Choice</i> | 8 |
| You Have The Power! | 8 |
| Feel the Power | 10 |
| <i>Power of Perception</i> | 12 |
| The Meaning of Perception | 12 |
| Experimenting with the Power | 13 |
| Recognizing the Power | 14 |
| A Not So Positive Perception | 15 |
| <i>You've Got the Power</i> | 17 |
| Feeding the Fire | 18 |
| <i>The Prepared Traveler</i> | 18 |
| You Are Where Exactly? | 20 |
| <i>Orlando Bloom</i> | 22 |
| Fantasyland | 22 |
| Living The Dream | 23 |
| Go For The Goal | 23 |
| <i>Defining Details</i> | 25 |
| <i>Applied Imagination</i> | 28 |
| Escaping the Box | 28 |
| <i>I See – Possibilities</i> | 30 |
| <i>Review</i> | 31 |
| Attitude | 33 |
| As Old As Time | 33 |
| Kinetic Kick | 33 |
| Can't Can't | 34 |
| <i>Laws</i> | 36 |
| In The Beginning | 37 |

| | |
|-----------------------------------|----|
| And Then Came..... | 38 |
| <i>Review</i> | 41 |
| Action | 43 |
| Climbing Mt. Everest | 43 |
| What's The Purpose?..... | 44 |
| <i>Roadmap</i> | 46 |
| Putting The Pieces Together | 46 |
| Test Drive | 47 |
| Trouble Ahead | 48 |
| Road Hazards | 52 |
| Side Trip Anyone?..... | 53 |
| <i>Review</i> | 55 |
| Motivation | 57 |
| What Works?..... | 57 |
| What's Not Working? | 58 |
| <i>Maintain</i> | 60 |
| <i>Will You Support Me?</i> | 63 |
| Get What You Give | 63 |
| Oil and Water | 63 |
| Family and Friends? | 63 |
| <i>Review</i> | 65 |
| Wallow | 66 |
| Wise Words | 68 |
| The Final Word | 71 |
| For the Road Ahead | 74 |

To achieve your dream you will need to work hard. You will need to sacrifice your time, expend your energy, and stay strong and true to yourself even against those who wish you to be different; less of a dreamer like themselves.

Your journey to dream realization will be hampered by hazards: obstacles to waylay you, mistakes to stall you, and criticism to stop you. You must remain true to the dream, believe in it, and have faith in yourself, for the dream to be achieved.

You have the dream. You have the power. Within these pages are the tools to help you journey to that chosen destination successfully. The road to dream realization can be difficult, the means to do so shouldn't be. Such is the Power Project

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Who's Got The Power?

You are constantly under construction.

Everyday you create yourself and then you create the day that best fits this ongoing project.

The moment you wake, you make a decision as to how your day will be: if you feel pleased and satisfied with life, your day is more likely to be pleasant. However, if you feel unwell or unhappy, you're likely to have a "bad" day.

Who you are and *how* you are in this day you've created, works the same way. You decide, upon waking, that you are a loser, a champion, poor, rich, smart, dumb, a victim, a bully, etc. You take this creation and build for it an appropriate day: a pleasant one, a bad one, a frustrating day, or a fulfilling day.

You *create* all of it!

The "you" you create is not based solely on your own input, but includes input from others, as well. Think about it. Don't you tend to remember and hold onto the ugly things people say to you regardless if it came in jealousy, anger, or frustration? We all remember, and then we make it a part of the person we create upon waking.

To make matters worse, we don't just take in what people actually say to us, we also *assume* their thoughts.

Have you ever "assumed" that someone thinks you're a loser, or that you're ugly, fat, or dumb? On the other hand, do your assumptions tend to be more positive, that you are wonderful, smart, beautiful, or talented!

Regardless of how positive or negative your assumptions may be, all this input: what you think of yourself, the input you accepted from others, and the assumptions you make, makeup the "you" you created today.

So... how's that "you" working for you?

*"If you wouldn't say it to someone you love,
why would you say it to yourself?"*

Recognizing The Power

Why are you giving everyone else so much power and leaving so little for yourself? That's what you are doing when you accept the negativity of others as part of your makeup. If the creation that you fashioned first thing this morning isn't suiting, then start recognizing the power you have to change it.

You are the "project" in the Power Project and you are constantly under construction. You have the power to develop this "project" any way you want. You can create the life *you* want; not the life others want for you, but the life you want for yourself.

Whoa, quick note here regarding the "Quick Note" at the start. If you can't handle the issues that you are creating in your life, or the issues that others are shoveling upon you, seek help, from a trained and licensed mental health professional. If the life *you want for yourself* is one that is not healthy, falls within the definition of destructive, or is not constructive in nature, then this program is NOT for you. There are those who can help you develop a more positive perspective, seek their help then come back here.

However, if you have dreams, if you have goals you want to achieve, and can maintain a healthy mindset to seek them out, then recognize your power and utilize it to move you forward.

Yes, you have power. This is not a philosophical belief, a trendy approach, or a delusional thought! You have power and you have a choice to use that power or not – which is a power in itself!

You have the power to create a "you" that is successful, happy, and fulfilled! You have the power, you just need to recognize it and learn to use it wisely.

You will find the majority of your power in three areas: words, choices, and perception. As you read through these pages, recognize where you can use your powers to move you forward on your dream realization journey. For when you do, the "you" you create, the day you create to fit this improved "you", and the life you are creating for that empowered person, will be one that enables you to be the best you possible!

And, isn't that a "you" worth waking up to!

Power of Words

Someone once said, “Words are only words and they only have power if you give them power.” However, once they have been spoken and heard, power has been given to them.

Don’t believe words can be that powerful? No weapon on this planet is as powerful! Wars that have lasted centuries were started with words! Powerful nations have crumbled, politicians toppled, and families destroyed, because of words.

Peace has been spread, lives have been spared, love has been shared, and healing has occurred – because of words.

You have this power!

Now if you only knew how to use this power to create a day where you will thrive and achieve!

We all have the power of words but most of us tend to use this power against ourselves and against others. It is much easier to throw an insult than to give a compliment; to be sarcastic rather than appreciative; to condemn rather than empathize. And, this is in our dialogues with our selves!

Imagine you are carrying around a sack. A simple sack that is empty when you start out in the world. Each day you add something to the sack: an insult from a friend, a sarcasm that hits close, a disregard from a family member. Each of these goes into the sack.

Along with the thoughtless words of others, you add your own verbal abuse: that stupid thing you said the other day, how fat you look in your jeans, what a loser you are for whatever reason.

Yes, all your ugly words, and those from others, heard and assumed, go into the sack.

As time goes by, the sack grows, worn and heavy. Your shoulders fold under the weight. The constant burden creates unhappiness and dissatisfaction. If there are others around you right now, you can literally see whose sack is weighing heavy upon them.

Such constant discontent creates misperceptions: your choices aren’t as well thought out and as healthy as they should be, your involvements with others are not balanced and satisfying. You settle where you should exceed.

Your life is most *definitely* not how you want it to be, where you want it to be!
The sack must be emptied before you just can't lift it anymore!

The Empty Sack

To empty the sack, you must first stop adding your own words to it. You are worthy of more respect and it begins with showing respect for yourself. This includes how you speak to the “you” you create each day. Be a kinder, gentler, more nurturing self and that is the self you will create.

Then you must let go of the perceptions of others. That's what their words are, a projection of their perception (usually of themselves) onto you.

People who speak negatively about others do so because they have a negative perception of themselves, they see themselves in a negative way and they want you to feel just as bad. Don't give them that kind of power; don't let them *take* that kind of power from you. They only *think* that what they are saying about you is true, you *know* differently. It doesn't matter what others think about you, it matters what you *know* about yourself. In accepting this, the words of others will lose power and you'll quit carrying their misperceptions around in that worn sack.

This only works, however, if you *know* the truth about yourself. That truth is: you are worthy, have value, and make a positive contribution to the world around you. If you don't *know* this about yourself, you will believe what other's think, and become what they want you to be: less than who you are!

To empty the sack, *trust* in yourself and use self-dialogue that promotes a confident feeling to enable you to deflect the negative words of others.

- ↔ If you wouldn't say it to a person you love, you shouldn't say it to yourself.
- ↔ If you can say something kind to someone else, say it to yourself as well!

Best Friends Forever – Right!

Sometimes it's difficult to keep our thoughtless words to ourselves. We feel a need to target our verbal pessimism at someone else. For some, it is a somewhat emotionally satisfying way to rid them selves, temporarily, of their own self-abuse.

Take the case of Shari, Geri, Carrie, and Sue. Best friends since they were in the hospital nursery. Checking each other out, saying how cute the other was in her little pink blankie. “Hey Girlfriend! Best friends forever, girl!”

Skip ahead a number of years and they are in junior high, out at lunch, talking about the “losers” at school when Shari decides to go get a drink of water. As soon as she walks away, Geri turns to the other two girls and starts in on Shari’s new haircut: “It’s so awful! Can you believe she thinks she looks like Jessica Simpson! She looks more like that girl in the cartoon, the ‘Simpson’s’!” The other two laugh and giggle, nod and agree as they all wave merrily in Shari’s direction.

Shari knows that she may have to worry about what others say about her, but luckily, her three best friends have her back – or so she thinks! She has no idea that they are talking about her *behind* her back!

Shari returns to the group and now Geri decides that a cool drink sounds great. Off she goes. No more has she walked away than Carrie is having her say, “What’s with the ‘hoodie’ Geri always wears? Can you believe her? Like, does she *ever* wash it? She thinks Dylan likes her in it and that’s why she wears it all the time! She can be such a dork!” The other two laugh and join in, waving at Geri as she heads back from the drinking fountain.

Yes, Geri, too, thinks her best friends have her back. She has no idea, none whatsoever, that they are talking about her behind her back. She rejoins the group, and giggles and laughter go around as they get back to making fun of the other kids at their school.

Now, however, Sue has decided she’s thirsty! Should she separate from her best friends, the ones watching out for her, and go get a drink? She knows her friends talk about each other. She *knows* this. Does she dare leave?

I hope that you answered with an emphatic “no!”

Have you *ever* talked about a friend behind his/her back? You may say no, but chances are – yes! Only, it generally doesn’t occur to us that someone we like, love, or consider a friend would talk about *us* behind *our* backs!

⇔ It’s guaranteed: if you talk about others, others will talk about you.

Yes, Sue leaves the group to get a drink! Although she *knows* Geri talked about Shari while Shari was gone, and Carrie talked about Geri while Geri was gone, it never occurs to her that they will talk about *her* while she is gone!

When such a friendship is tested over time, it won't survive. It doesn't survive because the power of words, which has been added to each girl's sack, will destroy it.

Very few of the friends you have today, consider them now, will still be there for you in the years to come. Choose your words carefully to ensure that you create a circle of friends that is built on the power of the positive rather than the negative. Find friends that will help and support you in creating a day and a future of your choosing.

You have this power of words. You can use this power to propel you into a future of choice, one where your dreams are achieved, or a future of someone else making choices for you! Use your words to build relationships, not tear them apart, to create solidarity rather than solitude.

Living in The Real World – Sorry!

Wait, we live in a real world! That means that sometimes we say things that we shouldn't. We use our words, fueled by temper or frustration, to lash out.

Okay. Not good, but it happens.

That's when you use the power of your words – to fix it. You are entitled to your feelings. *How* you express those feelings decides which direction you move from there. If you express your feelings in an acceptable manner, you continue to move in a forward manner. If you express them in a hostile or immature manner, you move, but not forward!

If you've said something you shouldn't have, or later regret, guess what? You can fix it by using the power of your words. You apologize, sincerely, for how you expressed that frustration or anger. Then you ask to be given another chance to calmly state your case.

The other person may say no to another chance. That happens. It doesn't say much, does it, for them to behave that way? You, however, will feel better. You will know that you used your words to correct a situation and you will feel a sense of pride for behaving in a manner that moves you toward the things you want in life, rather than leaving it with the words that took you away from what you want.

It's hard to say you are sorry or that you were wrong. Yet, every time you use the power of your words to correct a poor choice, you move closer to achieving what *you* want. Every time you use the power of your words to build relationships, you create a powerful circle of support. Every time you use the power of your words to nurture yourself, you'll find yourself more confident in the choices you make in the future.

Likewise, every time you use the power of your words to inflict harm, you lose power – you become a “small” person. Same thing goes every time you accept the verbal abuse of others: you become diminished. Why give your power away? Take pride in yourself, use your words to build strength, and you will find that you have created a powerful person capable of achieving dreams!

When you wake tomorrow, create a “you” that is happier, worthy, and ready to achieve dream realization by using the power of your words. Be kind to yourself. If you do this, you will find that you will create a day that is well suited to this more empowered “you”.

Remember, how you use your power is up to you. It's a choice!

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| Want to take some notes, jot down some ideas? Here's a place to do it! |
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The Power of Choice

How you choose to use your words, is up to you. That choice is power. When you use the power of choice wisely, you move toward creating the future you want for yourself. When you don't use this power wisely, you step away from that future.

It's all up to you.

To continue reading so you can create the life you want, visit [Imagine Nation](#) and purchase and download your copy now!