



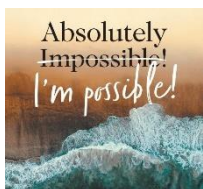
**Angela MacDonald**, BBA-HRM  
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Learning & Development Consultant

## To Really Live Blog – By Angela MacDonald

### Dreams Do Come True – Even in the Stressful Times

There is a power in dreaming, creating a dream list, and continuing to maintain that list over time because those dreams you have are a great reference point to setting goals. It's simple. Get a journal or booklet where you can note the date you wrote the dream down, what the dream is, and an estimated or envisioned date that you'd like to transform that dream into reality. It's a great reference point for long-term, future goals. I have kept my own list going since doing my Dad's goal setting course in my late teens. Over the years, I have had many of those dreams come true as I transformed them into goals when the timing felt right. This year felt like the best timing to finally make my dream of writing a teaching memoir to inspire and help others find hope, healing, and transformation in their life. We all experience miracles on this journey called life and it's a matter of identifying what those miracles are. This can drive you to find inspiration that pushes you to be more, do better, and reach higher points of self-awareness, resulting in your dreams becoming reality.

*"Identify the positive in the negative things you experience. Changing your perceptions will change your energy and outcome."*  
Angela MacDonald



#### Book Coming in 2021!

#### **Absolutely I'm-possible!** Lessons learned from defying the odds.

A Teaching Memoir – Being told she couldn't to proving she could! Life lessons to learn from a quadriplegic with epilepsy who transformed into a walking, seizure-free miracle! This book will take you on a journey of healing to wholeness, transforming the *Impossible to I'm-possible* to really live a life you call your own! By Angela MacDonald

This journey of writing, editing, designing, and getting my book published has been an adventurous, disciplined, creative, and exciting one so far. As I work with my editing and publishing team, the next round of editing is happening and we are working on finalizing the details and design for the cover of the book—check out the small glimpse of the cover design. We are on track so far. Here's an excerpt from what's to come...

"Pessimism and optimism are based on your thoughts and beliefs and whether or not you allow yourself to be you. Optimists can be confronted with the same hard knocks as the pessimists, but they regard misfortune in a completely different way. They tend to believe defeat is just a temporary setback. Optimists view defeat as something brought upon them by circumstances or bad choices. Optimists remain unfazed by failure. When confronted by a difficult situation, they perceive it as a challenge and try their best to overcome it, looking for what can be learned from the experience. If what they are doing is not working, it's a matter of being in the question and asking, *what else can I be or do that will change this situation?* Optimists invite challenge and change."

"Pessimists give up more easily than optimists. Therefore, they tend to live with symptoms or ailments and journey through a constant dark night of the soul, unlike optimists, for whom such experiences are but momentary. This can influence the need to be in control because pessimists lack the faith in the Universe. Even more significant, they lack faith in themselves. Optimists have a great deal of faith in the unknown. They are driven and live by their intuition, allowing their gut instincts to lead the way with a positive outlook. They ask a lot of questions and look for signs and clues to answer those questions, open to receiving guidance in unforeseen ways. This supports their overall health and their inviting attitude for change. Optimists take risks and are willing to stand on the edge of life. They search out change and possibilities. They are open to receive whatever comes to them and deal with it in a positive way."

## Coaching

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## Workshops

Leadership Development

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## Connect with nature.



## Curiosity

*“Be curious, in the  
question, and the  
creator of your life.*

*Letting go of what was  
and being open to what  
is will create a new  
reality for what’s next.”*

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## Tips for Managing Stress

It’s quite evident that stress levels are high for some people during these trying times. Stress puts a strain on your mental and emotional state which can manifest physically. There are different types of stress including acute and chronic. These types of stress will be evident through different physical responses. It’s how you choose to manage stress and your perspectives on reality that will impact the outcome. When you take a mindful approach to respond to stress, this will change the outcome to be more positive.

Here’s some tips for managing stress:

- Increase self-awareness
- Get the body moving – exercise, walk, run, dance
- Fuel your body with healthy nutrition
- Meditate and breathe work
- Create a long-range plan or strategy
- Recharge yourself
- Remain calm – this is your superpower
- Recall and apply your own inner strengths
- Honour your values
- Clarify your purpose
- Create or revise your vision
- Reduce the load you are managing
- Quiet the chattering monkeys and the negative story they create
- Identify immediate needs
- Be mindful – this will influence perspectives
- Be creative
- Connect with and be in nature
- Take the good medicine - laughter
- Work with a wellness coach for stress management and wellbeing

## Contact information

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Let’s connect and dis-cover what else is possible!

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