

Etch-A-Sketch For Your Day
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When I was a little girl I had a toy called the "Etch-A-Sketch". My Sister had one as well. We would play for hours on our etch-a-sketch and draw many pictures. I suspect you are familiar with the etch-a-sketch, but just in case you are not, the etch-a-sketch is a pallet style drawing device that has two dials. By moving the dials in a chosen direction you can create a picture/image on the pallet. The amazing thing about the etch-a-sketch, is that you can draw a picture using the two dials, and if you want to create a new picture, you simply turn the etch-a-sketch upside down, shake it and the picture will disappear and you have a clean slate.

What does an Etch-A-Sketch have to do with Goal Achieving? you may ask. Quite simply, a lot!

These are the things that I believe are similar to the Etch-A-Sketch and Goal Achievement:

1. The opportunity is available to everyone to create their own masterpiece.

We are all masters of our life. We have choices - many of them; consistent minute to minute decisions, daily choices, all of which will determine our outcomes for tomorrow. When we enter our life we have a clean slate, a chance to create whatever we choose. We also have the choice as to how we respond to what shows up for us in our life. Every new day is also a clean slate. Today you can choose to create something new -- something beautiful. What do you choose?

You hold the controls and can sketch out a beautiful life filled with joy, peace and abundance or you can sketch something less empowering. Honestly, I don't believe anyone would consciously choose to create dis-comfort and unhappiness in their life, and possibly, it is because they simply don't realize two very important things: #1. We are all playing a role (consciously and subconsciously) to what shows up for us in our life. And, #2. Regardless of what has occurred in the past, or regardless of what we've experienced or created, we NOW have the opportunity to create something new.

What do you wish to create today? Leonardo da Vinci said "Where the spirit does not work with the hand there is no art." Put your heart and your spirit into your creations today.

2. If you don't like what you've created, you can re-create something new.

Here's a quote that depicts this point well: "The dripping...well, if it happens, it happens; it does not take anything from the work. The dripping just proves that you were not trying to control the work, but the work was developing by itself and if it drips, it's a natural part in the evolution of the work." by Keith Haring

My belief is that there is perfection in everything and we need not judge our results, but be an "observer" and learn from our results.

With an etch-a-sketch you can take the device, turn it upside down, shake it and the image that you've created will disappear. What if life was similar to that? What if we could take our past painful experiences and simply make the pain disappear? One thing for certain, we can't erase the past. However, we can learn from it and move on. Wayne Dyer quite often talks about how the wake of a boat is not the power that drives the boat. Too many people are living their life giving power to the "wake" of their life. For what purpose? To stay in pain? To justify their behavior? To validate their feelings? This does not serve anyone.

From this point on, decide to simply learn from the past and give thanks for the experience

"What you etch-a-sketch today will determine your tomorrow." Peggy McColl

(The Etch-A-Sketch website is <http://www.etch-a-sketch.com>
If you'd like to know exactly how an Etch-A-Sketch works, go here:
<http://www.howstuffworks.com/question317.htm>)

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