

# Why Exist...When You Can Live...30 Days At A Time!



Join the A.S.P.I.R.E  
Movement and Live!

Several months ago, I watched a TED Talk titled, *"Try Something New for 30 Days,"* by Matt Cutts. During his talk, Matt shared with the audience that several years ago he felt like he was stuck in a rut and decided to try something new for 30 days. Matt makes a great point by saying, *"I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot for the next 30 days."*

Matt's video has inspired me to start a movement that will profoundly change people's lives and help them A.S.P.I.R.E. Let me ask you, *"How do you eat an elephant?"* Yes, I know you already know the answer, *"one bite at a time."* Why not apply the same concept to your life? So, I ask you, *"How can you create the life you want and deserve?"* Here's the answer: *"30 days at a time."*

A.S.P.I.R.E.: What Does It Mean?

**A**chieve   **S**ignificant   **P**rogress   **I**nspiring   **R**esults   **E**very 30 Days

If you are like me and Matt, you have fallen into a rut where

you feel as if you are “*existing*” instead of “*living*.” What do I mean by that? Well, let’s do a quick exercise. Please read the statements below and check all those that apply to you.

1. You know there is greatness inside of you; but you haven’t been able to unlock it.
2. Your life is not as fulfilling as you would like it to be.
3. You are giving those you love 90% of your time, and only allocating 10% for your self-care.
4. You lack the drive, motivation and discipline to accomplish your goals.
5. You are in a relationship that is not growing and has lost its sizzle.
6. There are many things you would like to do, but find yourself procrastinating.
7. Your life lacks balance.
8. Your life has become one big routine, with minimal deviation.
9. Your life lacks spontaneity.
10. Your life is filled with more of the things you don’t want and less of what you really want.
11. It has been awhile since you’ve tried something new and exciting.
12. You are not sure why you are here, why you were created. You desire to discover your divine purpose.
13. You know there’s more, but you are not sure what it is or how to obtain it.
14. You have become stagnant...you are not growing spiritually, personally and/or professionally.
15. You want to utilize your gifts and talents to make a difference in the lives of others; but not sure where to start.
16. You feel that your life lacks meaning and significance.
17. You struggle with planning and setting goals.
18. You plan, but lack the initiative to implement.
19. You feel as if you are existing and not living.
20. You have lost your drive.

If you checked 5 or more of the statements, I have a solution for you...**join the movement!**

#### What You Will Receive When You Join the Movement

- a FREE “Get Ready to A.S.P.I.R.E.” online webinar to provide you with the information, and support to assist in a successful 30-day journey.
- a FREE 31-day email coaching program to inspire you to A.S.P.I.R.E.
- a community of like-minded aspiring individuals to provide accountability and support to ensure your success.
- a platform to share your successes and to inspire others to A.S.P.I.R.E.
- an opportunity to create your best life now!

Just ponder these questions for a moment...

*What would my life look like if I joined the A.S.P.I.R.E. Movement?*

*How would those closest to me be positively impacted?*

*What impact will I have on my family, relationships, community, church and organization as I grow and live a more fulfilling life?*

*How would the world be impacted if thousands of individuals joined the A.S.P.I.R.E. movement?*

OK...one more quick assignment. Please answer YES or NO to the following questions.

Are you interested in...?

1. living a more fulfilling and rewarding life?
2. living a life of purpose with passion?
3. making your vision a reality?
4. developing or eliminating bad habits?
5. establishing successful behaviors?

6. doing something new to enrich and enhance your life?
7. being a part of a movement and community that is aspiring to create and live their best life now?
8. being connected to a community that provides accountability and support to ensure your success?
9. making a difference in the lives of others through the sharing of your accomplishments?
10. achieving success in every area of your life?

If you answered YES to 3 or more statements, then I invite you take this journey with me.

**Accountability + Support = Success!**

I truly believe that if you have accountability and support; you can succeed at anything. When you join the A.S.P.I.R.E. movement, you will be connected to other like-minded individuals that are on the same journey. Like you, there are many others who want to A.S.P.I.R.E. in their:

- Relationships
- Career
- Business
- Health
- Finances
- Spiritual Life
- Etc., etc., etc.

**If you answered YES to any of the questions below, then let's A.S.P.I.R.E together!**

**PLEASE CLICK BELOW TO JOIN THE MOVEMENT AND LET'S GET GOING!**

Within a few days of joining the movement, you will receive a *Welcome* email and an invitation to the "Get Ready to A.S.P.I.R.E" webinar.

We kick off early June!

Always Aspiring,

Rosalynd

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# BLOG TALK RADIO SHOW: Are You Living Your Core Values?

*"Ladies For Such A Time As This"*  
with Rosalynd M. Rambert &  
Sandra Haynes Sawyer, Esq.  
Every 1st & 3rd Saturday  
10:00—10:30 AM EST



**CALLING ALL LADIES!**

*Have you identified your core values?*

*Is your life and core values in alignment?*

*Are you "consciously" living "your" core values?*

**"When you achieve complete congruence between your values and your goals, like a hand in a glove, you feel strong, happy, healthy, and fully integrated as a person. You develop a kind of courage that makes you completely unafraid to make decisions and take action. Your whole life improves when you**

**begin living your life by the values that you most admire.”~Brian Tracy**

To truly live a life of fulfillment, harmony, meaning, satisfaction and greatness, one must be true to themselves by honoring their core values. Have you identified your core values? Are you living a life aligned with your values?

Your values are your guiding principles, the things that mean the most to you. Like a compass, your values dictate the choices you make and determines your life's direction.

**Your core values must be the driving force in your life.** We all have and live by values, the question is: *“Are you consciously living core values “you” have chosen to help you live your best life now?* Many people are not consciously aware that they are living values inherited from their parents and/or have adopted values based on societal influences, that are NOT serving them. It's time to live your life on purpose.

Please join me and my co-host Sandra Haynes Sawyer as we discuss the importance of identifying and consciously living your core values, on Saturday, May 18 from 10:00 AM -10:30 AM EST.

We look forward to you tuning in, **“For Such A Time As This!”**

Have a FANSPIRING day!

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/05/18/are-you-living-your-core-values>

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# **Summon The Courage To Dream**

# Again!



"All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake up in the day to find it was vanity, but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible." ~ T.E. Lawrence

Like many of you, in my childhood I dreamed many dreams. Many of them were extraordinary and seemed impossible. The more my imagination grew, the bigger my dreams grew. As children, we had an amazing ability to look fear in the face and laugh at it. In fact, we dared fear to give us a run for our money. However, somewhere along the journey of dreaming big, LIFE HAPPENED!

When life happens, we don't dream as big. The gap between the impossible and possible grows wider and wider. For those of you who have stopped dreaming altogether, I have a message for you. *"You must dream, because if you don't, you'll die."* Not physically, but in every other way, you will cease to exist. Yes, I know to ask you to dream again or to dream big may be a scary proposition. You have dreamed many dreams and after 5, 10, 15 years they haven't come true. Perhaps you have stopped dreaming because you've completely given up hope that your dreams will ever come true. Well today, I would like to offer you one word of hope, "**COURAGE.**" I pray that today you will summon the courage to dream again. Remember this, as long as you are still alive there is still time to realize your dreams.

I am happy to share with you that I have started dreaming big

dreams. The older I get, the more I understand that my life doesn't belong to me, but to the people whom I've been called to serve. Furthermore, most of my dreams involve other people. My dreams continue to serve as insight into my purpose and brings clarity to the vision that God has given me. Hence, I can never stop dreaming and neither can you. For your dreams don't just benefit you, but they affect the lives of others.

To help you on your journey, I would like to share this powerful 3-minute video called "*Dreams Are Whispers From the Soul.*" Many of your dreams are related to your purpose; the main reason for your existence. Because of this, your soul will never stop dreaming.

**Summon the courage to dream again my friend and ASPIRE TO GREATNESS!**

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## **What I Know For Sure**



## WHAT I KNOW FOR SURE



On the eve of my 45th birthday, February 26, I could hear Oprah Winfrey's infamous question playing over and over again in my mind, *"What do you know for sure?"* Over the past couple of years, I have observed her ask this question of many guests as they share stories and pass on their wisdom. It's March 11, and this question has been playing as a loop in my mind.

As I envision myself sitting across from Oprah, we are engaged in stimulating conversation regarding our life experiences and lessons learned. Our time together is drawing to a close, and she smiles and asks me, *"Rosalynd, what do you know for sure?"* I share the following thoughts:

### **1. Being a Great Mother Is My Greatest Role**

About a year ago, a colleague I worked with many years ago applauded me on Facebook for being a great mother to my now 28-year old daughter. Although, I appreciated her comment, I responded *"No, I wasn't a great mother, I was a good mother and here's why..."* I am sure that many people reading my comment were thinking to themselves, *"What is going on with her and why is she admitting this publicly?"* Well, let me first share something with you about me. I believe in the power of transparency. In this world today, I believe many of the epidemics we face are because most people don't have the courage to stand up and just be real. I wonder what the state of our marriages, relationships, companies, communities and churches would look like if we exercised great courage...just something to ponder.

As a single mother raising my daughter, I struggled with the stigma of being a teen mother. I harbored feelings of guilt because my daughter's father was not actively involved in her life; and the list goes on and on. Consequently, I developed a

mindset and value system of acquiring and attaining. I truly believed that if I provided my daughter with every material thing; sent her to the best schools; filled her life with great activities; purchased a home and excelled as a professional and entrepreneur, then I would become a great mother. WRONG...WRONG...WRONG! Providing your child with things doesn't make you a great mother. Ask your adult child...ask yourself what your experiences were growing up.

What I know for sure about being a great mother is this, you must:

- a. tell your child every day that you love them and how special they are.
- b. be emotionally available.
- c. be actively present when they show up.
- d. teach them morals and values.
- e. exercise great responsibility in what you allow them to hear and view. Everything they are exposed to will develop their personality and belief system (by the age of 7), which will determine who and what they become.
- f. allow them to be themselves and not what you want them to be.
- g. nurture the gifts, talents and abilities ALREADY within them. Each person was born unique, for a specific purpose. Help your child discover who THEY are, not what you want them to become.
- h. be impeccable with your words. Whatever you tell your child about who they are, they will believe and become it. Your words hold the key to shaping your child's destiny.
- i. love your child unconditionally for who they are and where they are.

j. love, protect and nurture your child, no matter what.

My beautiful 4-year old Gabriella is very independent, verbal, opinionated and energetic. Most times, she is a handful. But you know what, I love and appreciate her for who she is. I am not seeking to change her, but to develop and cultivate the awesome gifts, talents and abilities God has given her.

I believe that every human being was created for a specific purpose. I believe we were all created to solve a specific problem; to be the answer for someone or something. What I know for sure is that Gabriella was created for purpose and that she is my gift. How Gabriella serves and shows up in the world will be an indication of the mother I am to her. Because she is the solution to a problem, my greatest role will be in how I love, nurture, protect, guide and serve her. This is what I know for sure.

## **2. The Only Person You Have the Power to Change is Yourself**

Like many of you, for many years I held the belief that I actually had the power to change the people I loved the most; such as my husband, children, parents and siblings. Although, I have heard all my life, *"You can't change anyone but yourself,"* I believed there was an exception to the rule that other people had not yet figured out. In most cases, I believed that if someone really loved me and wanted to make me happy, they would change their negative behaviors and attitudes. I was so wrong. While change is very necessary, it can be difficult.

What I know for sure is that no one has the power to change another, nor should they seek to do so. People will only change if they believe they need to change, coupled with a strong desire to do so. If people do not see the need to change, there is nothing you can do to bring about change in their lives. Change is a personal decision.

At best, we have the power to influence one to change their

actions, behavior, attitude or opinion; which is quite different. As human beings, we constantly seek to change another, when we should be consumed with changing ourselves. Like Gandhi, I believe that we must aspire to become the change we want to see in the world...and so, change begins with you.

These are the things I know for sure. When you know better, you do better. I am now inspired to ASPIRE TO GREATNESS in these areas of my life. Will you join me?

If you enjoyed this post, please be sure to subscribe to the blog as this will be a continued series.

Thank you so much for taking the time to stop by. I hope you were inspired to ASPIRE TO GREATNESS!

Always Aspiring,

Rosalynd

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## **What's Really Going On In Your Subconscious Mind?: The Power of the Subconscious Mind**



THANK YOU TO ALL THE LADIES WHO TUNED INTO OUR SHOW TODAY! If you were unable to join us, due to the magic of technology, you can listen to the playback at <http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>

**CALLING ALL LADIES!**

**DO YOU REALLY KNOW WHAT'S GOING ON IN YOUR SUBCONSCIOUS MIND?**

Join me and Sandra H. Sawyer, Esq. on Blog Talk Radio, for a powerful 30-minute discussion on *"What's Really Going On In Your Mind: The Power of the Subconscious Mind,"* on Saturday, February 16 from 10:00 – 10:30 AM EST.

*"Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives." ~ Robert Collier*

The captain of your ship, which is your conscious mind, is responsible for navigating your life. When you make a conscious decision to do something, the subconscious mind is responsible for carrying out the order. What's going on in your subconscious mind, will determine how the order is carried out. Some of you may feel as if your ship is either

steering out of control or headed in the wrong direction. Join us on Saturday, as we discuss why this may be happening and what you can do to get back on course. (Please be sure to read "4 Powerful Ways to Reprogram Your Subconscious Mind To ASPIRE TO GREATNESS.")

To join us on the air, simply click on the image or link below or dial in at (714) 409-0612. Be sure to invite a friend.



You don't want to miss it; so let's hear you on the line ladies... "For Such A Time As This!"

**WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE, RELATIONSHIPS FOR SUCH A TIME AS THIS!**

We look forward to you tuning in.

Always Aspiring,

Rosalynd

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>

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# 4 Powerful Ways To Reprogram Your Subconscious Mind to ASPIRE TO GREATNESS!



It's the evening before your 7-day Caribbean cruise to Antigua. As you pack your suitcase, you are filled with anticipation of all the fun and adventurous things you and your six friends will do while cruising on the ship and indulging in the sights and activities on the Antiguan Island.

Beep, beep, beep...the alarm reads 5:00 AM. You jump excitedly out of bed and shower and dress within record time. Screeching outside your doors are the tires of the yellow cab destined to the airport. As the driver zips and whizzes through traffic, you conference in the group to ensure everyone is en route to the airport.

Seven hours after the ship sets sail, you and your friends sense something has gone awry as you watch the staff move in a hurried fashion on the upper and lower decks. On your way to the restroom you overhear a crewman saying to another, *"Can you believe the ship is off course? They better hurry and reprogram the system so the ship can get back on course."* Like the ship, many of you are off course. Why? Because of the faulty programming in your subconscious mind. Before you get offended, we all have faulty programming. To get to the place you desire to be in life, you must reprogram your subconscious mind for success!

***"You are like a captain navigating a ship. He must***

***give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind which controls and governs all your experiences.” ~ Dr. Joseph Murphy***

**So, what is the subconscious mind?**

The subconscious is the part of your mind that is not immediately accessible by your conscious mind; it functions below your normal level of waking consciousness. Envision your subconscious as a huge filing cabinet that stores files such as: every wonderful and traumatic experience you have ever had, habits, skills, and every visual image you have ever seen. In contrast, the conscious part of your mind is responsible for logic, generating thoughts, being proactive and deciding which path to take. In your conscious mind, all of these functions are completely under your control, unlike your subconscious mind. The conscious mind makes decisions and gives orders to the subconscious mind. Therefore, the subconscious will carry out the directive based on what is programmed, not necessarily what you are requesting. Yes...I know, it sounds a bit scary...keep reading.

Your subconscious mind carries out the instructions of your conscious mind without questioning. Within your subconscious lies all your beliefs (including limited beliefs) and habits (what you do every day). Our beliefs and habits control our everyday life. Were you aware that 88% of your mind is comprised of the subconscious, which you do not actively control? On a daily basis you only use 12% of your conscious mind. Therefore, your subconscious mind is at the helm; it's running the ship—you.

***Is your ship on course?***

***Are you sailing in the right direction?***



## ***Is your subconscious mind programmed to help you achieve success in every area of your life?***

### **How to Reprogram Your Subconscious Mind**

There are several ways to reprogram the subconscious mind. We will explore four powerful and effective strategies within this article. These strategies are affirmations, visualization, meditation and positive self-talk.

Limited beliefs and negative habits can be reprogrammed by using affirmations. The subconscious mind learns through repetition. ***An affirmation is a definitive statement asserting that something exists or is true.*** Every belief and habit you possess was formed through repetition; and we can implant new ones the same way. The first step toward implanting new beliefs and developing new habits is to know exactly what you really want to have, do and be. So, let's explore affirmations!

### **Strategy 1: Affirmations**

Affirmations are an effective way to plant positive messages into your subconscious. It is one of the most effective ways to change a limited or negative belief. You must be careful of what you affirm as it becomes a self-fulfilling prophecy. If you continuously say *"this is never going to work,"* then it is highly probable that things never will.

Repetition of an affirmation changes the neural pathways in your brain over time to produce the new belief. Dr. Mona Lisa Schulz, MD, PhD, a practicing neuropsychiatrist and associate professor of psychiatry at the University of Vermont School of Medicine says, *"We can rewire the patterns in our brain with cognitive behavioral therapy or affirmations. Affirmations change the way our brains are wired and the brain lights up differently."*

**Here are some examples of affirmations:**

1. I am a genius and use my mind, talents, gifts and abilities to produce wealth.
2. I am living a life of divine purpose and destiny.
3. I am emotionally, mentally and psychologically sound.
4. I am focused and driven to create the life I want and deserve.
5. I am a money magnet; money flows to me.

## Strategy 2: Visualization

***Visualization is a technique that involves focusing on positive mental images in order to achieve a particular goal.***

It is the ability to vividly imagine something—to “see” it in the mind’s eye—before it exists in any physical reality. Steve Jobs had a clear mental image of what the iPhone would look like and its functions and features before he and his team began to design and build it. Visual images have a huge impact on your brain, both consciously and subconsciously. Consequently, visualization is a great way to program/reprogram your subconscious mind.

Here’s a powerful example of visualization in motion:

Dr. Lee Pulos, a Sports Psychologist, Olympic Team Trainer, and the author of *“The Power of Visualization,”* describes an experiment the Soviets did with their 1980 Olympic Team and its highly skilled, world-class athletes. The athletes were divided into four groups using varying degrees of physical and visualization exercises. Below is a chart illustrating the methods used.

Groups	% of Method Used	
	Physical Practice	Visualization
Group A	100%	0%
Group B	75%	25%
Group C	50%	50%

Group D	25%	75%
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So which team do you think won? At the end of the Moscow Olympics and the Lake Placid Olympics, Group D had won the most medals. There are countless other examples. VISUALIZATION WORKS!

### **Strategy 3: Meditation**

Meditation plays a vital role in reprogramming the subconscious mind, because it helps to still the mind. In this state, your brain becomes more receptive; it becomes fertile ground for whatever you want to “implant” into the mind. Your conscious mind engages in the activities of writing powerful goals, creating a vision state, and developing affirmations. To have those seeds take root and flourish into reality, we have to get those words and images soaked deep into our subconscious mind. Placing yourself in a meditative state is an excellent way to help that process. Regular meditation trains your mind to hold its focus without getting distracted. Over time, meditation helps you to become laser focused.

### **Strategy 4: Positive Self-Talk**

Several years ago, I read a powerful book, titled *“What to Say When You Talk To Yourself,”* by Shad Helmstetter about the power of the mind and using positive self-talk as a tool to reprogram the subconscious mind.

On a daily basis, we spend more time talking to ourselves than any other person. Whether it’s a verbal tirade, an analytical discussion or the incessant chatter that takes place within our mind. Our self-talk dictates our mood, behavior and guides our choices and decisions. Perhaps the most powerful influence on your attitude and emotions is what you say to yourself, and believe. As I always say, *“It is not what happens to you that really matters, but what you say to yourself about what happened.”* Your response to the event or

situation is what determines your thoughts and feelings and ultimately, your actions. By effectively managing your self-talk, you can begin to live your life on a higher level and create the life you truly want and deserve.

Your subconscious mind will believe whatever you tell it most. Therefore, you must spend time each day intentionally speaking positive self-talk to yourself. It is only through repetition that your subconscious mind will adopt its new programming. Then and only then, will you begin to change the autopilot of your mind to think these new thoughts automatically.

So, how can reprogramming your subconscious mind help you to ASPIRE TO GREATNESS? Well, I am so glad you asked 😊 . Here's the quick answer, "EVERYTHING." Everything begins and ends in your mind. If you want to LIVE...DO...BE on a higher level, you must cultivate a mindset that will support that. So, let's start reprogramming our subconscious mind for success!

Based on what you have read today, please review the four strategies and share in the comments section below, what you WILL commit to do within the next 24 hours to help you ASPIRE TO GREATNESS! Come on now...no procrastination. Procrastination is for losers and you are a winner 😊 .

Thank you for sharing and have a FANSPIRING day my friend.

Always Aspiring,

Your Sister and Friend

Rosalynd