

100 More Ways to Make Life Easier

By Marcia Wieder
America's Dream Coach®

BOOK
TWO

THE *Fundamentals of Ease* SERIES

In selected anecdotes in this book, names and identifying characteristics have been changed to protect the privacy of the individuals.

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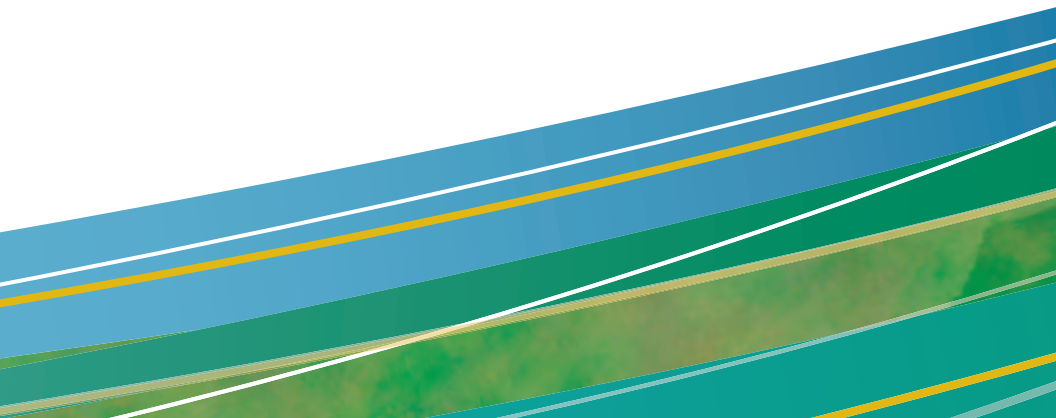
100 Ways to Make Life Easier

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More Ways
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Introduction

“Summertime, and the livin’ is easy...” That old, slow Gershwin standard conjures up images of sipping lemonade in a hammock on a sultry summer afternoon, doesn’t it? But that kind of “easy living” isn’t quite what I have in mind when I encourage you to learn to live a life of ease. The “ease” I’m talking about will aid you in bringing purpose, happiness and satisfaction into your life. In this book, the companion to Fundamentals of Ease: 100 Ways to Make Life Easier, you’ll discover 100 more truths and suggestions for living a passionate life filled with ease, ideas that you can use as you take action to make your dreams come true.

—Marcia Wieder

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“Passion is the
access to ease.”

PASSION: THE JUICE

1. If you want to do less and have more, identifying your passion is important.

2. Passion can give us energy to handle the things that overwhelm us. When you are in touch with your passion, you have more energy, vitality and creativity.

3. The happiest people know that passion lives inside of them and the secret to a fulfilling life is to find ways to consciously design more of what they love into their everyday existence.

4. Begin to recognize who you are passionate about *being* rather than just what are you passionate about *doing*. Why? Because the broader your area of passion, the more places you can express it.

5. For some, taking what you love and turning it into a vocation would kill the passion. For others, being paid for doing what you love would be the ultimate dream come true.

6. Once you know your passion, you can actively design the life you want and put more passion and vitality into your life, regardless of what you are doing, where you are doing it or who you are doing it with.

7. Live “on purpose” by designing a blueprint for achieving what you want and you will streamline the process of reaching your dreams.

8. If what you want is to live life fully, have fun and wonderful relationships at work and at home, and ultimately make your dreams come true, it is essential that you explore your purpose.

9. Passion is the access to ease, and the way to tap your passion is through your life’s purpose. Your purpose is who you are or what gets you excited. I might even say that your purpose is remembering why you’re here.

10. Start with your purpose and rest assured that you will accomplish things faster and easier when you are passionate and “on purpose.”

11. Standing in your purpose, you will be able to develop

projects that will take your dreams out of your imagination and make them part of your reality. Not only will your projects be “real,” but they will further the journey toward realizing your dreams.

12. By taking the time to define your purpose, you’ll open up more time and space, have more energy, and be more focused. Life becomes richer and has personal meaning.

“ Once you know your passion, you can actively design the life you want. ”

13. When you have a sense of your passion and purpose, you have the ability to be responsible for your own happiness and satisfaction, both at home and on the job.

14. Once you have established your foundation and know who you are, you can start to look at how you want your life to be.

DREAMS: THE FOCUS

15. A dream is defined as a fervent hope or desire. Making your dreams come true is about getting clear about what you want and figuring out how to obtain it. The prime dream we are working to achieve here is doing less and having more.

16. Goal-setting is important, but there’s a different kind of energy released around dreams. Our dreams are spacious and creative. You don’t need to know how to make a dream happen, you don’t have to believe it’s possible and you never actually have to do anything about your dreams.

17. The formula for getting what you want is: get clear about your dream; remove the obstacles to your dream, especially the limiting beliefs; and design the strategies for achieving your dream.

18. Write your dream down. Do not omit this step. Don’t

fool yourself by saying you know what it is. Write it down so it is out of your head and you can see it.

19. The talking process is useful because it can help your dream grow and crystallize. It is in the expression of what we love that we actually begin to see it and create it. Talk your heart out.

20. Great things happen when we share our dreams with others. It is essential that the people in your life know you are committed to greater ease. And if they don't support your dream, you definitely need to know that, and find someone who does.

21. The strategy for making any dream come true is creating a clear dream, breaking it down into small steps, identifying the resources that can help, and taking action every day.

22. Here are six different ways or places where you can access dreams: Expression, inspiration, real-life desires, active imagination, sleeping and exploration.

23. If there's something simple that can be brought into your life right now that will make you feel good and give you ease, do it. Make an investment in yourself and bring part of your dream into reality. You will be that much closer to having it all.

24. Start by thinking about your dream as being real, by visualizing it and expanding on your image. Learn to speak about it clearly; the more you speak about it, the more detailed it will become.

25. Your nocturnal dreams offer exceptional communications and deserve special time for closer examination. Treat them with respect and reverence, honor them as teachers, and they will reward you justly.

26. I can't stress enough the importance of making an honest assessment of where you are now. Starting with inaccurate information will lead to erroneous decisions about what has to be done and how far you have to go to reach your dream.

27. In order to create a life of ease, where you are doing less and having more, it is essential that you are more committed to your dream than to your reality.

28. Without your dreams, all you have is reality, and

although this is not a bad thing, there is a very different kind of energy attained from your dreams than from going through life checking things off your task list. Taking action for the sole purpose of getting rid of a problem usually leads us back to the problem.

BELIEFS: THE FOUNDATION

29. In the early stages of creating a dream, there isn't always evidence that your idea is a good one, or that this is the right time to launch it. The same is true about a big dream, like doing less and having more.

30. Your beliefs become the necessary foundation to support you in moving forward in your new life. Since our atti-

“ In any given moment,
we choose what we
believe. ”

tudes and beliefs determine the choices and decisions we make, your beliefs will either empower you or impede you.

31. Your beliefs are never neutral. They either move you forward or hold you back. Our attitudes and beliefs determine our thoughts and feelings. These shape our choices and decisions.

32. Being aware of your beliefs is the first step toward changing them. When we can hear the subtle conversations in our head, we have some power over them. It's the unconscious limiting beliefs that often sabotage us or catch us off guard.

33. Consider my acronym for the word BUT: Believe, Understand, Trust. Use the BUT theory to keep your beliefs optimistic and your dreams alive and well.

34. This process of reframing how you deal with objections can change your outlook on life and support you in taking risks. If we believe in our dreams, we tend to move forward; if

we don't, we tend to be stagnant or complacent.

35. You have plenty of opportunities to practice accessing your new belief, shifting the downward spiral of doubt and putting you back in touch with what you want.

36. Confidence means to confide in yourself. Self-trust comes from practice. It is a skill that can be honed and it is essential for creating greater ease.

37. Our beliefs are our own opinions and judgments, but for some strange reason we seem to forget that we can choose them. In any given moment and in any given circumstance, we choose what we believe.

38. When you are not consciously choosing to believe an empowering belief, what you get by default is your old limiting beliefs. Choose a belief that will empower your dreams for having greater ease, for doing less and having more.

39. What does it take to change a limiting belief to a positive belief? It takes willingness, choice and practice. Be willing to choose a new belief and practice believing it by acting on it.

40. At the bottom of all our excuses, the fear of failing keeps us immobilized. Our fear is natural and understandable. But if we don't learn to use it or interface with it, it will keep us stuck.

41. Even fear can serve a purpose. We do not need to be stopped by it. In fact, we can even be motivated by it.

42. Don't do your dream in. Don't let your ego sabotage your goals with doubts, fears and concerns. When these come up, ask yourself this ever-empowering question: "What am I more committed to, my dream or my reality?"

43. If you are not acting on your dream, you are acting on your fears and beliefs. Although change always brings up all sorts of doubts and concerns, it's how you deal with them that matters.

TASKS: THE MOMENTUM

44. Dreams die when we put them on our "To Do" list. They are too big, overwhelming and unmanageable. The way to achieve big dreams is to create small projects.

45. A project or goal is often defined as a dream with a dead-

line. Projects make our dreams real. Dream first, then set goals for the dreams you want to move forward.

46. Tasks are the essential tools needed to create what you want. Although at first you may consider tasks to be arduous work and more responsibility, the proper use of them can be transformational.

“ If you still feel the passion, stay in action. ”

47. Create a project, or several projects, that can easily be accomplished in three months or less, since short-term projects help us see quick results. Each project should be specific and measurable and have a due date.

48. A project can deal with any aspect of your life. When you pursue projects, you are mastering the techniques of consciously designing your entire life. You can only learn these by practicing.

49. To make your project part of your reality, you will need strategies and tasks to guide you toward your dream. A strategy is the approach you take to achieve your dream.

50. Tasks are the specific steps needed to accomplish the strategy. An entire project may include several strategies, each comprised of several tasks. If the separate tasks aren't listed individually, the project usually never happens.

51. The single steps that you take every day toward your dream determine the quality of your life. Our goal is to have these tasks, as much as possible, be things that you enjoy and that move you toward your dream.

52. Use your passion as your guide in saying “no thank you” to the tasks you can decline, and you will have more time and space in your life. As you lessen what you don't want and don't need, and increase what you love and want, your life will be changed.

53. As long as your projects come from your purpose and are aligned with your dreams, as long as you still feel the passion, stay in action.

54. Projects come in all sizes and shapes. Begin with a project that will fulfil your dream of having greater ease in your life. When you are ready, perhaps now or sometime in the future, design other projects that excite and have meaning for you.

55. No project is too small. The only criterion is that you be passionate about it.

EASE TEAMS: THE SUPPORT

56. The number-one way to experience ease in your life is to share your dreams with others and ask for help. The best way I know to do this is to build “Ease Teams.”

57. I know what you are thinking. “I will not share my dream because people might laugh at me, think I’m lazy or crazy, steal my idea, or—here’s the biggie—they might expect me to do something about it.”

58. The problem is that unless you are sharing your dreams, they remain a secret. And often, an unspoken dream is forgotten.

59. Identify people who share your dream of having greater ease. This could be your Ease Team. Whether it is people in your family, at work, in the community, or even strangers, when you team up with other like-minded people you can find ways to share resources, as well as inspire each other.

60. It’s your prime Ease Team that will truly make the difference in your daily life. These are the people you know you can count on to help you, support you and even hold you accountable to your vision. These people are resources you need to make your life easier.

61. What’s essential in the beginning of this process is that you find at least one other person who believes in the dream and is willing to support you. The strength of the team grows exponentially if the interest is mutual.

“Like-minded people
inspire each other”

62. Create a robust database. Make sure your own fabulous resources are only a phone call away.

63. The job of your travel Ease Team should be to make your life easier and, ideally, to make your travel experience a pleasant one. If you travel a lot and don't have this team in place, I strongly recommend that you create it now.

64. Communication is an essential strategy for any project. Talk to the people in your life, even the negative people. Find out what they are thinking and feeling. Give them some space to have their concerns and reactions.

65. Break your dream down into projects with due dates. This will help you identify exactly what you need and where you can use some assistance.

66. Most of us enjoy making a contribution or being supportive, but we are busy and overwhelmed. If you can make it uncomplicated for people to respond affirmatively to you, you will have mastered a powerful skill for having greater ease.

67. What is essential for doing less and having more is to build an extraordinary team of people around you. Find people you trust, people you can count on. Then honor these relationships as gold.

MOMENT BY MOMENT

68. Without a doubt, the single biggest contributor to stress, or lack of ease in our life, is time. How we spend it, use it and perhaps waste it has become a problem of epidemic proportions.

69. We must learn to shift our relationship to time. This is something we absolutely can do. We can make the most out of time by actually experiencing life as opposed to doing as much as we possibly can.

70. When we shift our relationship to time, we shift our relationship to life and how we live. Stress and anxiety about time occur when we relate more to the future than to the present.

71. Time management doesn't give us more time. Although it speeds up the treadmill and we may become more produc-

tive, we're only doing more. Time management may worsen our stress because we're not actually shifting our relationship to time.

72. You can loosen technology's grip on your life by using your fax machine, e-mail, voice mail and pager only when necessary or when you choose to. Take control of your time by learning not to answer immediately.

73. We need to find our own rhythm, our own flow. By becoming aware of your natural rhythm, of your internal clock, you can begin to create and shift your relationship to time. You can begin to use time as a gift for creating ease.

“ Small steps build confidence to take larger leaps. ”

74. In the present moment there actually is no stress. Stress comes in our resistance to this present moment. If you could just relax into it, allowing this precious moment to be whatever it is, it would be a priceless gift.

75. Is this you? “I am forever questioning where I am and wishing I was elsewhere, when all I really need to do for ease is to get still, get present and realize that where I am is the perfect place to be.”

76. We can take back our lives in small ways. Small steps build confidence to take larger leaps. Less stress means more success and more time and energy for the people and things you love.

77. Learn to infuse the spirit of ease into everything you do in everyday life by cultivating awareness.

78. Spontaneity, in moderation, can give you a breather, reignite your passion and give you a new perspective. Give spontaneity a shot.

79. Passion can be the ultimate time-saving tool for two good reasons. First, when you are doing what you love, who

cares about the time? Second, when you are doing what you love, it often gets done faster than when you are doing only the things you need to do.

THE COMPLETION CORNER

80. Complete what you start, when you start it, even if part of the completion process is to decide not to do it anymore. Keep your mind relaxed and available for the things that matter to you. You will find this a life-changing practice.

81. The more honest you can be with yourself, the more powerful this process will be. And the more detached you can stay from the procedure, the less painful it will be. Don't judge or belittle yourself because some part of your life is in disarray.

82. Clarity about where you are helps shine a bright spotlight on what needs to be done, created or accomplished. Remember, our goal here is to clear out the clutter, emotionally and physically, and make plenty of room for ease and flow.

“ Be open to order *and* chaos, welcoming and practicing both. ”

83. Completion creates freedom. Having a sense of humor and keeping a sense of lightness about this process is useful. Your goal is completion and ease, not an obsessive compulsion.

84. When you're not looking over your shoulder at all the incompletions in your life, you can be focused on moving ahead. When your energy isn't diffused or wasted in a fixing or fretting mode, you are available to play.

85. Keeping your word is how you show yourself that you are accountable. You demonstrate to yourself that your word is powerful because you honor what you say. You use it to create, and it works.

86. The more your life is in order, the faster and easier your ability to manifest will become. You'll find that almost as soon as you say what you want or ask for what you need, it shows up.

87. Let's not disregard the power of chaos as a force for change. Let's honor and respect the energy behind a creative whirlwind. Let's be open to order *and* chaos, welcoming and practicing both!

88. There are two common experiences associated with completing. One is fulfilment and satisfaction. The other is depression and loss. Both come up often when we undertake a creative endeavor.

89. If you have fear completing, reread the section on beliefs. Format a powerful belief that will help move you out of your fear. Fear of completing can be energy-draining and can kill the dreamer inside of you.

90. Completing is just as important as beginning. Begin, do or express, complete, and begin again.

EASE IN REAL LIFE

91. As you begin to develop your skills for having greater ease, life will offer you many opportunities for practice and perfection.

92. Do not panic, have an unnecessary big reaction, lose your cool, blame or attack, or make matters worse. Remain calm in the midst of chaos. This is what ease is about.

93. Get into relationship with the people who can bring ease, and with it great happiness, into your life.

94. The most successful people use their passion to engage others, or use it to influence and make changes.

95. What I love about his wisdom is it's so simple. Here are wonderful ways you can do less and have more, no matter where you are, who you are with or what you are doing.

96. Hard work won't kill you, but smart work is easier. Working smart requires you deal with challenging situations and includes planning.


97. In life, you can do everything "right," but through

events beyond your control, everything can still go wrong. You have to learn to deal with it and just let it go. When we stop getting upset about or trying to control situations that are out of our hands, we are practicing surrender and ease.

98. Strive for balance. When we do not balance our activities for any extended period of time, everything seems to fall apart. Learn to make time for all the things that matter to you. A successful life includes work time, family time, self time and spiritual time.

“Moment by moment
is the only way we
can live life.”

99. Moment by moment is the only way we can live life. Savor life and you'll understand the true joy of doing less and having more, every precious instant of every priceless day.

100. No matter where we are or what we are doing, life provides wonderful opportunities and lessons. To push and resist is to learn the hard way. If we remain open, centered and available to the lessons life is handing us, we experience ease. 



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