

GET TO GOOD

A MANTRA FOR LIFE

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Get to Good

Everything you want in your life comes with the thought that you will feel better in having it. Once you get it or get there then you can feel good. Why not take the shortcut to your desires and feel better now? By choice without contingencies permission granted *Get to Good!*

Your life is right now, it is not someday, when you get that promotion, new car, married or lose 10lbs. Many of you are looking for yourself and the good life in all the wrong places. You are one more shopping spree, anti-depressant, big money deal, elective surgery, and love affair away from truly finding yourself and enjoying the good life. Where is the Joie de Vivre? You think it is over there, they have it, over the next horizon, like chasing a shadow and you convince yourself why today is not the day to feel good but soon, after I make it happen, one day...perhaps. Pushing the pause button on life for the elusive dream, regret the past, worry about the future and distracted with the now...*Oh! My Stars...*one can see how this would leave you frustrated, powerless and disillusioned.

Take a breathe... now exhale...you are exactly where you intended to be and all is well. While postponing the good life may have been your modus operandi up until now, you do have choice in the matter and this book is written with you in mind. Whether you are a Mother who is trying to find balance and yourself... a professional trying to make a secure living and provide for your family, an entrepreneur or artist who wants to make it big, someone who is trying to find meaning to your life rather than feel stressed and depressed or single and searching...the answers are closer and easier than you might think. Allow me to remind you of all that you are beyond behaviors you are the hero and heroine of your life. You may not feel that way right now, your behavior and life may be a reflection of the contrary but that is of no interest, our interest is upon amplifying your potential not your problems. You are the creator of your life experience and you are worthy of all of your desires. All is Well is your natural rhythm; whereas, pain and struggle were added by you after the fact through life experience, observing and justification. *Get to Good* will be your guide for the mantra *I am Worthy and All is Well* for accelerated abundance in all areas of your life.

What do you want for your life? Whether material items, career, relationship, healthy body, financial freedom, peace of mind or all of the above. Think about it, there is not anything you desire that is for any other reason than you would feel better once realized. Consider the possibilities if you were able to condition yourself for feeling good in the moment anywhere anytime with anyone. All of this and more will be provided for you throughout the book. Is it really the desire that brings the better feeling or does the better feeling bring about the desire? Unlike the chicken and the egg dilemma where the jury is still out on which one came first, your thoughts and feelings supersede a realized outcome, invisible creates visible, whether you believe it or not; it is so. The intent is that by the time you finish the book you will not only believe it but you will begin to implement it into your own life. Introducing *Get to Good A Mantra for Life* for feeling good now and being a match to your desires. *All desires come from alignment.*

I acknowledge you for all that you are and look forward to who you will become. This book was written with you in mind, offering you how to think rather than what to think. Beyond memorization or just more knowledge, *how to think* allows you to recall at will. You have all you need within you, allow this book to be a reminder, you are in the perfect place and time, nothing is wrong or needs fixing for a transformation to exist.

Being a spokesperson for empowerment, I have the privilege to coach private individuals and speak publicly worldwide which allows me to continue my curiosity and insight into human potential. The intent is to bring my experience to you in the introduction of a book. My clients range from CEO's, Entrepreneurs, Professionals, Homemakers, and Students to those who are seeking who they want to be when they grow up. One thing they all share in common just like you is belief in the potential of the human spirit.

The intention behind *Get to Good* is to allow your potential to come out and play! *Permission Granted!* You are going to read it, hear it, say, think and see it abundantly so it becomes A Mantra for Life: *Get to Good!*

Allow me to set the stage for integrating *Get to Good* as a lifestyle for you. As you read, profound knowledge will be offered for paradigm shifts in thinking for you to access your potential anywhere, anytime with anyone. Think of *Get to Good Lifestyle* as an effortless way of being and enjoying the life you are creating. Throughout the book you will notice *mantras in bold*, practice using them in your daily life as A Mantra for Life. Notice I said practice not perfect. Utilize only the mantras that resonate for you. At the end of the book and weaved throughout, *Get to Good Lifestyle Conditioning* is included for further integration of the insights and knowledge. For you overachievers and analyzers patience grasshopper, give yourself the opportunity for shifts in thinking before understanding how to implement otherwise it will be a superficial fix. As you evolve you will want to reread the book for new meaning and integration as it relates to you. Shall we begin?

Do you ever wonder why some days are better than others? You wake up and wonder why did I get out of bed this morning? Think having the good life is really coincidence, luck, and favoritism? If so, you can see how this would leave you feeling powerless and chaotic, the good news is the good life is linked back to you. You look at your bank account and wonder why you do not have more money or when will your ship come in? You look at your relationships and wonder when will he show up or when will she leave? You have desires but most of you think your desires are contingent upon something or someone outside of you. Contingency desires are limiting and never a true reflection of your potential. *Potential transcends logic.* Your current state of affairs does not have to be your consistent reality. What is real? That which you give your attention combined with evidence to support your reality.

If you wait until the evidence of what you want shows up before you feel better than you will be left with more waiting. Most people have the sequential order reversed for realizing their desires with an attitude of "let me see it then I will believe it." What if you were able to access feeling good before the evidence of your desire showed up? You would be a match to your desires and by universal law the evidence would show up in your experience and by the way sooner than later. Empower your life. *Empowerment is the power to control your world.*

So here it goes: If you cannot *Get to Good* then you cannot get the Good Life! *Get to Good* is a mindset for alignment with the good life, the one worthy of you! The answers you are seeking come from being aligned as an empowered person.

I hear your voices declaring, "Wait a minute, it cannot be that easy, I have to work hard, struggle, shed my share of sweat and tears, earn my way to the winners' circle and then maybe just maybe I can have it all, or at least more than I have now. I simply cannot just sit back and pretend everything is going to be fine because it is not. I have bills to pay, a family to provide for, a boss to answer to, and the reality of life." Listen, I am not condoning inaction or wearing rose colored glasses, what I am certain about is you are the creator of your world, *as you think it and feel it you create it*. If you choose stress as your modus operandi then you perpetuate more stress in your life and confuse it as reality, it does not have to be so for you. Knowing my audience, you of all people have the power to rise above stress and your current reality and see your world from a new perspective. As a society we have resigned to being stressed about today and worried about the future. The only time stress enters your world is when you are not in the moment, many times you are either worrying about the future or wishing you could change the past. *Stress is a buzzword for fear and worry is the misuse of your mind*. Enlighten me, when has worry ever been productive for you? Exactly. Borrowing from worry is synonymous to a loan shark; nothing good can come from it. Who needs enemies when you have a mind full of worried thoughts? So you continue the perpetual cycle of exchanging this moment for the next in hopes that it will get better, it just has to get better, but it will never get better until you *Get to Good*.

Jacqueline ISMS

OH! My Stars!

Get to Good!

Less is More

Leave the party when you are having fun

What you practice in private you will be rewarded for in public

One person who is aligned is more powerful than one billion who are not

The person with the most certainty influences the conversation

Be the person God intended you to be

Worry is the misuse of your mind and talent

High Vibration

Magnify your potential not your problems

I Am (insert your name) and All is Well

A Call to Be More

It Becomes You

Permission Granted

Elevate your mind

The Universe will meet you at your desires may as well dream big

Give attention only to that which is worthy of you

Of Course

How can I be a match to my desires? What will I conjure up today? Who will I collaborate with today? Am I showing up aligned? Does this serve me?

You are more than your circumstance

Allow your potential to come out and play

My Pleasure

A Tall Order

Nothing needs to be wrong for a transformation to exist

Patience Grasshopper

You never need to justify your existence

All desires come from alignment

Alignment transcends logic

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