



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
NOVEMBER 2008

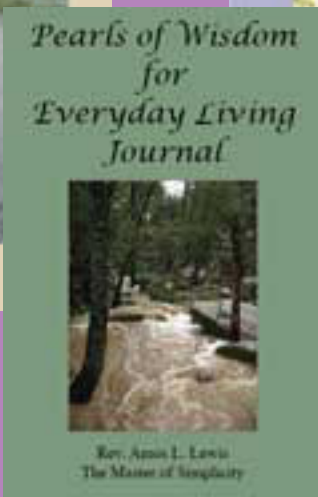
## AUTHORS' NOTE

The year is quickly coming to a close and the fast-moving holiday season is upon us. Even though there seems to be an endless number of things to get done, please remember to take a moment to reflect on the goals and dreams you had for this year. Be thankful for those you've achieved and remind yourself of those that need to be revisited. Note the goals and dreams that need to find their way back on your goal list for next year.

Until next month.....Lin  
 Website: [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com)  
 Email: [amlifecoach@aol.com](mailto:amlifecoach@aol.com)  
 Weblog: [www.amlifecoach.wordpress.com](http://www.amlifecoach.wordpress.com)  
 MySpace: [www.myspace.com/amlifecoach](http://www.myspace.com/amlifecoach)



**Christmas is just around the corner! Why not order some of our books as gifts for your family & friends at [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com)**





# ONE CHOICE CAN CHANGE A LIFE™

[www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com)

For the past year (since November of 2007) I have included excerpts from *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* which explore the power of choice in our lives. This month we will look at the 4th stage of achieving your goals and dreams, *BELIEVE*.

## ***The 4th Stage of Achievement: Believe***

What we believe has a huge impact on our lives. Because we behave in accordance with what we believe, our beliefs can help us to achieve our goals or assure our failure to reach them. For this reason, it is crucial for you to believe that the goal or life path you have chosen is obtainable. What we believe can control the outcome, whether or not we are aware of the importance of belief. If you have even the slightest doubt regarding the validity or the possibility of what you are trying to attain, it will most likely elude you. Doubt is a belief that something cannot happen. In fact if you look at the definition of the word "doubt" in the dictionary, you will read that doubt casts the idea that there is an inability to make a decision, which implies that an impasse exists. If you doubt your ability to manifest your goals, dreams or life path, then you will most likely demonstrate that doubt by not achieving your objective.

You may put your belief into a goal or dream that turns out not to be what you expected or desired it to be. Should you happen to have chosen a pursuit that is not what you expected once you achieve it, then you can eliminate it as a possibility, use the experience to refine your path, choose an alternative and move on. It does not mean you should stop believing in your goals or dreams. At the very least you will most certainly have learned something in the process. Based on my own experience and that of my clients and friends, it is not unusual to go through a series of refinements in order to clearly define and obtain your objective.

*Life was given to you so that you could learn and evolve. We are meant to find a way to be faithful, love ourselves and know we can find our path.*

ONE CHOICE CAN CHANGE A LIFE™

Order *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* at [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) or send your check or money order for \$20.30 (includes shipping & handling -- Arizona residents please add an additional \$0.85 tax) payable to Amethyst Moon. Our mailing address is: Amethyst Moon, P.O. Box 87885, Tucson, AZ 85754.

### **DISCLAIMER**

This newsletter is opt-in and can be un-subscribed. This message is sent in compliance with the anti-spamming bill, Section 301, p.(a)(2)(c) of S.1618, whereas by providing method of contact and removal of this message, cannot be considered as spam. If you are receiving this and you did not request it or you wish to be removed from our mailing list, send an email to [amlifecoach@aol.com](mailto:amlifecoach@aol.com) with the word REMOVE in the subject line. Include additional addresses and aliases which you wish to be removed. Any and all slander and/or libel which, in any way, results in public relations damage for our organization, downtime or loss of business, will be cause for liability action to the fullest extent of the law. Under no conditions is this list rented out or sold: it is for the use of this newsletter only. All opinions expressed are those of the editors.

Please visit us at [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) for information about products, speaking engagements, consultations, and coaching. This is a virus-free email. ©Amethyst Moon 2008, All Rights Reserved.

WE BEHAVE IN  
ACCORDANCE WITH WHAT  
WE BELIEVE