

DIANNE MARONEY

YOUR
IMAGINE
JOURNEY

Embrace, Reflect and
Transform Your Life



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Your Imagine Journey: Embrace, Reflect and Transform Your Life
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1) Self Help 2) Inspirational

THE IMAGINE PROJECT®

FROM THE AUTHOR

The Imagine Project is about life. Your life—your story, and how it's always evolving in this sometimes difficult, sometimes beautiful world. We all have a story. Your story might be difficult, even overwhelming at times, but within your story there are amazing triumphs. An important understanding of life is recognizing that we are never stuck in any experience, even if it feels like quicksand and we are sinking. Always remember that you can prevail, you can overcome anything, you can dream, and you can be and do anything. Owning your story and recognizing how extraordinary you truly are, is the beginning of making your life exactly what you want it to be.

In my book, ***The Imagine Project***, people from all over the country wrote their stories using the word *Imagine*. Every sentence of their story began with the word *Imagine*. This technique created powerful narratives that revealed their strengths, courage, and successes. You too can write your story using the word *Imagine* to access your strengths, gather your courage, and pursue the life you envision. Writing your story can instill hope, clarity of vision, and inspiration for moving through any obstacle. There are hidden treasures in our life story. By writing them down, reflecting and embracing where we've been, we can more easily let go and allow the beauty of life to unfold.

Writing your *Imagine* story entails five steps. The first step is about embracing your triumphs, large or small. The second is about reflecting on the challenges, past or present, in your

life. Both steps often bring up many different emotions from pride to sadness to amazement. Allow your emotions to flow in the third step when you write your story using the word *Imagine*. Write about the ebbs and flows of your life. Cry, laugh, smile and embrace yourself as you write. When you complete step three you will feel a sense of self that will bring you peace and joy. The fourth step is about dreaming and setting your intentions for your future. It gives you the opportunity to move out of your old story and embrace the new. Setting your intentions gives you control and insight about what you want next in your life. Be general or detailed, just dream! In the fifth and final step, you transform your *Imagine Dreams* into a reality using I am/ I will statements. Put your “I am” statements on sticky notes and put them all around you. Anchor your dreams into your life so you always remember what you are striving for!

It is my hope and dream that writing your *Imagine* story will bring you reflection, healing and growth. Those people featured in the book, ***The Imagine Project***, found their lives transformed after they wrote their own *Imagine* stories. You too, will find that doors open and life brings you wonderful experiences when you appreciate who you are in this world. So grab some paper, print off this book if you'd like, or download it on your smart device, whatever way works best for you to open your heart and mind and begin ***Your Imagine Journey!*** Reflect, embrace, imagine and dream, it feels so good! Thanks for taking a chance and embracing yourself.

With love and gratitude,

A handwritten signature in black ink that reads "Dianne". The letter "D" is large and stylized, with a long vertical stroke that loops around the "i" and "a".

Email: dianne@theimagineproject.com Website: www.TheImagineProject.com

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Imagine courage, resilience, and hope.
Imagine the possibilities.*

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Step One

EMBRACE

A TIME TO CELEBRATE, REMEMBER,
AND GIVE THANKS.

It's time to celebrate and embrace your success. Think back on the major triumphs, accomplishments and other amazing experiences that have shaped you. Write them down, draw pictures about them, do what inspires you to smile when you name them.

TIP: No triumph is too big or too small.
Write them all down. Be proud as you write!

Step Two

REFLECT

A TIME TO LOOK, LISTEN CLOSELY,
AND DISCOVER.

Use this section to look back on your life. Think back on the major experiences and challenges that have shaped you. Write them down, draw pictures, do whatever moves you to express yourself.

TIP: There are no right or wrong answers. Relax and write whatever you feel comfortable sharing.

Examples taken from *The Imagine Project*

IMAGINE . . . JUSTICE

BY KAYOKO MITSUMATSU

Imagine . . . growing up in a country during an economic miracle—no wars, but Olympics, World Expos, color TV and bullet trains.

Imagine . . . in that same country, men earning an income while women take care of the home, children, parents and in-laws, without much appreciation or recognition for their dedication and hard work.

Imagine . . . being 17 years old and spending one year as an exchange student in Australia, find a lifestyle where gender doesn't matter.

Imagine . . . one year later moving to Brazil with your family, and witnessing extreme poverty, discrimination and inequality.

Imagine . . . your deeply seeded sense of social justice growing steadily, but not knowing how to give it a voice as you can't even speak the language.

Imagine . . . becoming a documentary filmmaker years later, telling the stories of people whose voices are often ignored.

Imagine . . . practicing yoga to keep your body and mind healthy and strong.

Imagine . . . realizing that for \$25—the cost of a single yoga class—you can help an impoverished woman take charge of her life, start a business and end the vicious cycle of poverty.

Imagine . . . women being able to give their children a better life and an education.

Imagine . . . knowing deep down that first you live life to experience and learn and then you live life to serve others and give back.

Imagine . . . filming the women and children whose lives have improved because someone has given a single yoga class.

Imagine . . . making the world a better place—one yoga class at a time.

IMAGINE . . . POSSIBILITIES

BY TYLER KELLOGG

Imagine . . . being so serious about challenging yourself that you train for an Ironman triathlon (140.6 miles) during your senior year of high school.

Imagine . . . exercising for 14 hours and 36 minutes straight, and at the end of it all, accomplishing your goal and finishing the triathlon.

Imagine . . . speaking at your high school graduation ceremony about perseverance and attaining the impossible.

Imagine . . . heading out on a training ride in college, not realizing it would be your last.

Imagine . . . the driver of a full-sized truck intentionally crossing the centerline, honking and flashing his lights at you, playing chicken.

Imagine . . . the shock when the truck pulls a U-turn, speeds past you, hits you and sends you flying off the road.

Imagine . . . finding yourself in a ditch trying to get back on the bike when the truck speeds away.

Imagine . . . quitting cycling because you're afraid, but still consuming 4500–5000 calories a day.

Imagine . . . looking at yourself in the mirror 18 months later to find you've gained over 85 pounds.

Imagine . . . bursting into tears as you admit to the mirror all you've lost.

Imagine . . . realizing that in losing everything, anything you gain is something.

Imagine . . . spending months planning an epic philanthropic adventure, spanning twelve states in two months.

Imagine . . . packing your car with everything you think you need to survive.

Imagine . . . leaving your driveway and finding yourself on the road trip of a lifetime.

Imagine . . . the fear of asking the first person, “Can I help you” and the relief when he says, “Yes.”

Imagine . . . repeating this process 65 days in a row.

Imagine . . . sleeping in a 2000 Nissan Altima during a Georgia thunderstorm.

Imagine . . . meeting a man who had not spoken to a soul since he had lost his wife two months prior.

Imagine . . . helping him to find laughter again.

Imagine . . . eating a can of cold veggies for dinner almost every night.

Imagine . . . having a police officer force you to leave his town because you’re considered “homeless.”

Imagine . . . reaching Key West, FL, and mile marker 0.

Imagine . . . spending 18 hours alone every day and the toll it takes on your mind.

Imagine . . . returning home, only to overdraft by \$4.02 on the last tank of gas.

Imagine . . . walking into your house, 35 pounds lighter and light years more confident at the end of an incredible journey.

Imagine . . . 25 of your friends reading statements to you about how your trip affected them, and how they will live differently because of it.

Imagine . . . your project evolves into a mission.

Imagine . . . being asked to keynote an assembly at your alma mater.

Imagine . . . your local newspaper running a story about you, and things snowballing from there; TV interviews, TED talks and speeches to audiences from fifth graders to rooms full of global innovators.

Imagine . . . pondering what comes next; realizing anything is possible.

IMAGINE . . . STRENGTH

BY MACKENZIE MARONEY

Imagine . . . holding your dad's ring in your hand, knowing that when you were born, it could fit around your leg.

Imagine . . . living the first 3 months of your life in an incubator, your parents can touch you for minutes each day, holding you only when the nurses give them permission.

Imagine . . . being told you were never supposed to walk.

Imagine . . . having two big brothers—your heroes who cried for you, played with you, and pushed you everyday to live a normal life.

Imagine . . . walking through life a step behind, never knowing if you'll ever catch up.

Imagine . . . having the love and support of a family of aunts, uncles, grandparents, cousins, second cousins—all pushing you to be the best you can be and NEVER giving up on you.

Imagine . . . fighting for 19 years to live the best life you can and looking back proudly, knowing you have.

Imagine . . . you are your father's daughter—daughter of the man who, in those first critical years of your life, believed in you, and always will.

Imagine . . . loving your mom so much it hurts, for she gave you life, and would give hers for you in an instant.

Imagine . . . appreciating life with your every breath, for you almost didn't have a life to live.

Imagine . . . being born weighing only one pound, twelve ounces.

Step Four

DREAM

HOW FAR CAN YOU GO?

It's time to dream about your future and create intentions for the rest of your life! Be as creative as you'd like. Think hard and dream BIG! Write some *Imagine Dreams* that are general and some that are specific.

TIP: The sky is the limit, anything is possible!

Here are some examples of *Imagine Dreams* to get you started:

Imagine . . . having someone in my life that loves me unconditionally and feeds my soul.

Imagine . . . traveling the world, meeting interesting people, speaking another language.

Imagine . . . laughing and feeling joy everyday of your life.

Imagine . . . having more than enough money to spend every day of my life.

Imagine . . . becoming a Grammy winning songwriter.

Step Five

ANCHOR

WHAT WILL HAPPEN NOW?

Now it's time to anchor your dreams and intentions into your life! Transform your *Imagine Dreams* into "I" statements. It's fun and powerful!

TIP: Having "I" sticky notes around you grounds your intentions into your life!

Use the blank pages that follow to transform your *Imagine Dreams* into "I" statements. Then find some sticky notes, or just grab some small pieces of paper and write your "I" statements on the notes.

For example, change "Imagine . . . traveling the world" to "I will travel the world!"

Put the sticky notes all around where you live; on your mirror, in your car, on your notebook or by your bed. Seeing your *Imagines* all around you will remind you, every day, of the infinite possibilities in your life!

Examples of “I” statements from *The Imagine Project*

I am talented.

I have the perfect job for me (be more specific if you'd like).

I will have a loving family with children someday.

I have more than enough money for everything I need and want in life.

I am a Grammy winning songwriter.

I attract abundance with ease and effortlessness.

I love life!

I am extraordinary!

You can do anything you set your mind to!

Believe in yourself!

“Writing my Imagines gave me the ability to cry tears of joy, accept myself for everything I am, and love myself for the worst parts of me. Telling my story gave me that happiness I had been craving for so long.”

Jason Landers

“Writing my Imagines helped me to believe in myself again. I will never forget where I came from or the courage it took to get where I am.”

Karina Sanchez

“It was liberating to write my Imagines. It felt like I was shedding light on some of the things I had been through and it made it easier to put my past behind me.”

Troy Feldpouch

“Writing my imagines created a whirlwind of emotions and thoughts within. I am grateful for the opportunity to share my Imagines with the people I love and anyone else who can identify with my story. Amazingly liberating to my soul!”

Andy Losh



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