

song: *The World Is Mine (Paul Oakenfold's Downtempo Mix)* – David Guetta featuring JD Davis

week #26

**reach:** (verb: do it)

- to stretch out or put forth (a body part); extend
- to arrive at; attain: reached a conclusion; reached their destination
- to succeed in getting in contact with or communicating with

*arrive, attain, catch up to, check in, clock in, come, come to, enter, gain on, get as far as, get in, get to, hit, hit town, land, make, make it, make the scene, overtake, ring in, roll in, show, show up, sign in, turn up, wind up*

*"It is a paradoxical but profoundly true and an important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it."* –Arnold Toynbee

Reach is such a special word. Reach implies that there is so much more... more that can be attained. Reaching beyond what you already have – or stretching beyond your common capacity is a gift that each person has. If you see that there is more for you...more surprises in store, more passion to be enjoyed, if you feel that in stretching out your arm you may touch the skin that you long for or at least take up more space in the world, then you must.

### Reach.

If what you truly want is just beyond your grasp...then reach for more.

*"The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them."* –Dennis Watley

**Action:** Whether you consider yourself an athlete or not, this week, reach for the gold, so to speak. You don't have to be an Olympian to get a medal. Try running a race! It can be a 5K or a full marathon. Just set the goal and go for it!



During your Sweep, reach up for more than you've already got... Be brave enough to reach your eyes back behind you... Look into your past - it's what grounds you and makes you who you are today.

### June Color: Aspen Gold

Aspen gold, a shade of yellow, is known for stimulating the brain and increasing intelligence and mental agility.

### June Chakra: Solar Plexus

Sparking your internal fire or your solar plexus energy can positively affect your ability to find mastery and achievement.